

# The William Venton Centre

Top of the Broadway Car Park, Plymstock

Call into our centre – you're sure of a warm welcome

DAY	TIME	ACTIVITY Refreshments included	COST
<b>Monday</b>	09.30 - 11.45	Busy Fingers Knitting Group	£3.00
	10.30 - 12.00	Book Group (monthly)	£2.00
	13.30 - 15.30	Craft session	£3.00
	14.00 - 15.30	Music for the Memory (Donations Welcome)	
<b>Tuesday</b>	09.50 - 10.50	Tai chi (Advanced)	£5.00
	11.00 - 12.00	Tai chi (Intermediate)	£5.00
	12.15 - 13.15	Tai chi (Beginners) (starts 26 <sup>th</sup> Feb)	£5.00
	13.00 - 14.30	Bingo	£5.00
	14.30 - 16.00	Sitting Standing Tennis	£2.00
<b>Wednesday</b>	09.30 - 11.45	Busy Fingers knitting group	£3.00
	10.00 - 11.30	Yoga	£6.00
	13.30 - 14.30	Rise and Shine Movement (starts 27 <sup>th</sup> Feb)	£4.00
<b>Thursday</b>	10.00 - 12.00	Carpet bowls	£3.00
	13.45 - 15.45	Art Group	£3.00
	14.00 - 15.30	Line Dancing	£5.00
<b>Friday</b>	09.30 - 11.45	Busy Fingers Knitting Group	£3.00
	09.45 - 11.45	Scrabble	£3.00
	09.45 - 11.45	Quilling	£3.00
	09.45 - 11.45	Board games / Puzzle	£3.00
	10.00 - 11.00	Tai Chi (mixed ability)	£4.00
	13.30 - 15.30	Craft Session (starts 1 <sup>st</sup> March)	£3.00
	13.45 - 15.45	Quilling	£3.00
	13.45 - 15.45	Memory Lane Group	£3.00

Please contact us for further information or to book an activity

**Telephone 01752 405632**

Email: [enquiries@ageukplymouth.org.uk](mailto:enquiries@ageukplymouth.org.uk)

[www.ageukplymouth.org.uk](http://www.ageukplymouth.org.uk)



**Home Cooked Lunches, Snacks and Cakes available**

**Monday to Friday**

**Main Meals £4.70 served from 12.15pm**

***2 course Meal £5.40***

***3 course Meal £6.00***

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**We offer FREE computer tuition during the week  
by appointment**

**\*\*\*\*\***

**Hairdressing & Chiropody**

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**FREE Information & Advice on a range of services  
and support for older people and carers**

Contact us for further information or to book an activity or lunch

**01752 405632**

**Age UK Plymouth - 8 Memory Lane, Plymstock, Plymouth, PL9 9GH**

**Email: [enquiries@ageukplymouth.org.uk](mailto:enquiries@ageukplymouth.org.uk)**

**[www.ageukplymouth.org.uk](http://www.ageukplymouth.org.uk)**

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\*\* Information correct at time of print Version February 2019