

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
Monday	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)	
Tuesday	10.00 - 11.00	Tai chi (Advanced)	£4.00
	11.15 - 12.15	Tai chi (Beginner)	£4.00
	13.30 - 15.30	Bingo	£5.00
Wednesday	09.30 - 11.45	Busy Fingers knitting group	£3.00
	10.00 - 11.30	Yoga	£6.00
	13.30 - 15.30	Craft session	£3.00
	13.30 - 15.30	Sing Sing Sing	£3.00
Thursday	10.00 - 12.00	Carpet bowls	£3.00
	13.45 - 15.45	Art Group	£3.00
	14.00 - 15.30	Line Dancing	£5.00
Friday	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
	13.45 - 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

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

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

Hairdressing & Chiropody

**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

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