

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DEMENTIA DAY CENTRE ⌚ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ⌚ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ⌚ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ⌚ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk	DEMENTIA DAY CENTRE ⌚ P £ Three hours: £32.50 All day: £60 ✉ Dementiadaycentre@ageukplymouth.org.uk
ADULT DAY CENTRE ⌚ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk	COMPUTER TRAINING ⌚ M FREE Timed appointments ✉ Community@ageukplymouth.org.uk	ADULT DAY CENTRE ⌚ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk	ADULT DAY CENTRE ⌚ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk	ADULT DAY CENTRE ⌚ M £ Three hours: £25 All day: £38 ✉ Daycentre@ageukplymouth.org.uk
COMPUTER TRAINING ⌚ M FREE Timed appointments ✉ Community@ageukplymouth.org.uk	FORGET ME NOTS ⌚ M £32.50 Every Tuesday, 10:00 - 14:00 ✉ Tracy.Walker@ageukplymouth.org.uk	SUPPORT FOR CARERS ⌚ M FREE 1st Wednesday of each month, 10:00 - 11:30 ✉ Caringforcarers@improvinglivesplymouth.org.uk	COMPUTER TRAINING ⌚ M FREE Timed appointments ✉ Community@ageukplymouth.org.uk	SUPPORT FOR CARERS ⌚ P FREE 1st Friday of each month, 10:00 - 11:30 ✉ Caringforcarers@improvinglivesplymouth.org.uk
WALKING FOOTBALL ⌚ F £2 Every Monday, 14:00 - 15:00 ✉ Michael.Truelove@ageukplymouth.org.uk	VETERANS STICKY BUN MORNING M £2.50 Every Tuesday, 10:00 - 12:00 ✉ Michael.Truelove@ageukplymouth.org.uk	INFORMATION AND ADVICE DROP IN CLINIC M FREE Every Wednesday, 10:00 - 15:00 ✉ Advice@ageukplymouth.org.uk	FITNESS & FRIENDSHIP: EXIM DANCE M FREE Thursdays, 10:30 - 11:30 6 weeks, starting Thursday 5th October ✉ Community@ageukplymouth.org.uk	COMMUNITY CUPPA M £2 Every Friday, 10:30 - 12:00 ✉ Community@ageukplymouth.org.uk
	NHS HEALTH CHECKS ⌚ M FREE 2nd Tuesday of each month, by appointment ☎ 01752 437177	FITNESS & FRIENDSHIP: GENTLE EXERCISE M FREE Wednesdays, 14:00 - 15:00 6 weeks, starting Wednesday 8th November ✉ Community@ageukplymouth.org.uk		JOLLY ELDERS ⌚ H £5 Every Friday, 13:00 - 15:00 ✉ Activeliving@ageukplymouth.org.uk

⌚ Book Ahead
01752 256020
£ Funded places available

M The William & Patricia Venton Centre, Astor Drive, Mount Gould, PL4 9RD
P The William Venton Centre, Memory Lane, Plymstock, PL9 9GH

H Manadon Sports & Community Hub, St Peters Road, Manadon, PL5 3JG
F Harpers Football, Outland Road, Plymouth, PL2 3DE

REGULAR EVENTS	VETERANS BRUNCH CLUB ⌚ £6 2nd Saturday and 4th Sunday of each month, 10:00 - 12:00 M ✉ Michael.Truelove@ageukplymouth.org.uk A traditional breakfast including tea, coffee, toast and good company.	DEMENTIA AWARENESS TRAINING ⌚ FREE Various days and times available M ✉ Tammy.Walker@ageukplymouth.org.uk Increase your awareness of living with dementia, we have one hour sessions or all day training available.	
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KEEP SOCIAL

<p>JOLLY ELDERS A group for those aged over 50 who want to get together and meet new people, with different themes and activities each week.</p>	<p>VETERANS STICKY BUN MORNING & BRUNCH Veterans aged 50+ or with disabilities are invited to join us for plenty of treats with tea, coffee and good company.</p>
<p>COMMUNITY CUPPA Would you like to get out for a couple of hours, meet other people and chat? Join us for our Community Cuppa for tea, coffee, cake and company.</p>	<p>DAY CENTRE & DEMENTIA DAY CENTRE We operate a day care service offering those aged 50+ within the Plymouth area an enjoyable and friendly atmosphere to socially engage. Our Plymstock site hosts a specialist Dementia Day Centre five days a week.</p>

KEEP ACTIVE

<p>WALKING FOOTBALL Grab your trainers, join us for a free first session and keep your mind and body fit.</p>	<p>NHS HEALTH CHECKS If you have not had a Health Check through your GP Surgery in the last 5 years, why not attend one of the clinics here at Age UK Plymouth, to book please call 01752 437177.</p>
<p>EXIM DANCE Fun and accessible sessions supporting coordination, balance and mobility! Exim Dance are an award winning dance company known for their fresh and vibrant approach to making dance accessible for all.</p>	<p>GENTLE EXERCISE Regardless of your age or medical condition, we can help you get in shape. Fitness at Home's personal trainers specialise in assisting seniors as well as people with various health issues. We are also able to help people with general fitness requirements.</p>

KEEP LEARNING

<p>COMPUTER TRAINING Learn how to use your digital devices such as smart phones, computers and tablets with the help of our volunteers.</p>	<p>FORGET ME NOTS An engaging and exciting cognitive stimulation session with our fantastic support workers designed for those living with mild to moderate dementia to enjoy. Includes a hot meal, tea and coffee.</p>
<p>SUPPORT FOR CARERS Do you look after a family member or friend? We can provide information, advice and support to help you in your caring role.</p>	<p>INFORMATION AND ADVICE DROP IN CLINIC Find out how we can support you with a range of issues from rights and entitlements, local services, information on staying safe and warm at home to housing options..</p>
<p>DEMENTIA AWARENESS TRAINING We offer free training and information for your group or organisation. Available at one of our open sessions at our Mount Gould centre or we can visit your group or place of work.</p>	<p>REGI-MENTAL WELLBEING Counselling and wellbeing support for Veterans over the age of 50 living and working in the city of Plymouth.</p>

IT WON'T BE LONELY THIS CHRISTMAS

“Loneliness is horror”

Terry turns 99 on Christmas Eve, last year was tough after a fall left her with a broken hip. Terry has suffered the losses of her husband and her son. She can go a week without speaking to anyone or hearing another person's voice.



Donate to a Hamper



Sponsor a Christmas Meal

FIND OUT MORE ABOUT DONATING

