

Activities & Events

Timetable

Age UK Plymouth

t: 01752 256020

e: enquiries@ageukplymouth.org.uk

ageuk.org.uk/plymouth



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

Dementia Day Centre

☎ P £
Full or half days available

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☎ P £
Full or half days available

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Full or half days available

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Full or half days available

Dementia Day Centre

☎ P £
Full or half days available

Adult Day Centre

☎ M £
Full or half days available

Adult Day Centre

☎ M £
Full or half days available

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☎ M £
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☎ M £
Full or half days available

Adult Day Centre

☎ M £
Full or half days available

Computer Training

☎ M FREE
Timed appointments

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☎ M FREE
Timed appointments

Support For Carers

☎ M FREE
10:00 - 11:30
First Wednesday of each month

Computer Training

☎ M FREE
Timed appointments

Support For Carers

☎ P FREE
10:00 - 11:30
First Friday of each month

Walking Football

☎ H £2.50

Forget Me Nots

☎ M £46
10:00 - 15:00

Information & Advice

Drop In Clinic
☎ M FREE
10:00 - 15:00

Veterans Games Club

M £2.50
14:00 - 16:00

Community Cuppa

M £2.50
10:30 - 12:00

Energy Advice Drop In Sessions

M FREE
11:00 - 13:30
First Monday of every month

Veterans Sticky Bun Morning

M £3
10:00 - 12:00

Veterans & Families Support Group

F FREE
18:00 - 20:00

Cancer Support Cafe

R FREE
10:30 - 12:30
Last Thursday of every month

Jolly Elders

☎ M £6
13:30 - 15:30

PCC Housing Drop In Clinic

M FREE
09:30 - 12:30
Second Tuesday of each month

Cancer Support Café

M FREE
13:30 - 15:30
Last Wednesday of every month

Footcare

☎ M £30
Timed appointments
07866 738941

Hairdressing

☎ M £15 - £70
Timed appointments
Friday bookings:
07733021799

M The William & Patricia Venton Centre, Astor Drive, Mount Gould PL4 9RD

P The William Venton Centre, Memory Lane, Plymstock PL9 9GH

H Harpers Football, Outland Road, Plymouth PL2 3DE

F Four Greens Community Trust, Whiteleigh PL5 4DD

R The Rees Wellbeing Hub, Mudge Way, Plympton PL7 2PS

Other Regular Events

Veterans Brunch Club	10:00 - 12:00	Second Saturday and last Sunday of each month	☎ M £7
Regimental Wellbeing Individual Therapy Sessions	Timed sessions		☎ M FREE

Book Ahead

01752 256020

£ Funded Places Available