

December Activities & Events Timetable

Monday

Dementia Day Centre ☎ P £
Full or half days available

Adult Day Centre ☎ M £
Full or half days available

Computer Training ☎ M FREE
Timed appointments

Energy Advice Drop In Sessions M FREE
11:00 - 13:30
First Monday of each month

Walking Football ☎ H £2.50
14:00 - 15:00

Tuesday

Dementia Day Centre ☎ P £
Full or half days available

Plymouth City Council Housing Drop In Clinic M FREE
09:30 - 12:30
Second Tuesday of each month

Computer Training ☎ M FREE
Timed appointments

Forget Me Nots ☎ M £44
10:00 - 15:00

Veterans Sticky Bun Morning
M £2.50
10:00 - 12:00

Hairdressing ☎ M £15 - £70
Timed appointments
Tuesday bookings: 07531 238 791

Wednesday

Dementia Day Centre ☎ P £
Full or half days available

Adult Day Centre ☎ M £
Full or half days available

Support For Carers ☎ P FREE
10:00 - 11:30
First Wednesday of each month

Information & Advice Drop In Clinic
M FREE
10:00 - 15:00

Cancer Support Café ☎ M FREE
13:30 - 15:30
Last Wednesday of each month

Veterans & Families Support Group
F FREE
18:00 - 12:00
georgina.edwards@ageukplymouth.org.uk

Thursday

Dementia Day Centre ☎ P £
Full or half days available

Adult Day Centre ☎ M £
Full or half days available

Computer Training ☎ M FREE
Timed appointments

Veterans Games Club M £2.50
14:00 - 16:00

Cancer Support Café ☎ R FREE
10:30 - 12:30
Last Thursday of every month

Friday

Dementia Day Centre ☎ P £
Full or half days available

Adult Day Centre ☎ M £
Full or half days available

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

Community Cuppa M £2
10:30 - 12:00

Jolly Elders ☎ M £5
13:30 - 15:30

Hairdressing ☎ M £15 - £70
Timed appointments
Friday bookings: 07733 021 799

Footcare ☎ M £30
Timed appointments
07866 738 941

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

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

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

H Harpers Football, Outland Road, Plymouth PL2 3DE

F Four Greens Community Trust, Whiteleigh PL5 4DD

☎ Book Ahead 01752 256 020

£ Funded Places Available

Upcoming/Regular Events

Veterans Brunch Club	10:00 - 12:00	Second Saturday and last Sunday of each month	☎ M £6
Regi-mental Wellbeing Individual Therapy Sessions	Timed appointments		☎ F FREE
NHS Health Checks	Timed appointments	Tuesday 3 December	☎ M FREE
Christmas Carol Service	12:30 - 13:30	Saturday 7 December	St Andrews Church, Royal Parade
Elf: The Movie At Plymouth Arts Cinema	11:00 - 13:00	Saturday 14 December	Plymouth Arts Cinema
NHS COVID & Flu Vaccinations	13:30 - 16:30	Tuesday 10 December	M FREE
NHS Community Liver Health Checks	09:00 - 15:00	Monday 9 December	M FREE