

# January 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

**Adult Day Centre** ☎ M £  
Full or half days available

**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

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

## 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

<b>Veterans Brunch Club</b>	10:00 - 12:00	Second Saturday and last Sunday of each month	☎ M £6
<b>Regi-mental Wellbeing Individual Therapy Sessions</b>	Timed appointments		☎ F FREE
<b>Co-op Estate Planning Talk: Planning Your Future</b>	14:00 - 15:00	Monday 20 January	☎ M FREE
<b>Warm Space</b>	12:00 - 14:00	Open weekdays	M FREE