



# November Activities & Events Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Dementia Day Centre</b> <b>P £</b> Full or half days available	<b>Dementia Day Centre</b> <b>P £</b> Full or half days available	<b>Dementia Day Centre</b> <b>P £</b> Full or half days available	<b>Dementia Day Centre</b> <b>P £</b> Full or half days available	<b>Dementia Day Centre</b> <b>P £</b> Full or half days available
<b>Adult Day Centre</b> <b>M £</b> Full or half days available	<b>Plymouth City Council Housing Drop In Clinic</b> <b>M FREE</b> 09:30 - 12:30 Second Tuesday of each month	<b>Adult Day Centre</b> <b>M £</b> Full or half days available	<b>Adult Day Centre</b> <b>M £</b> Full or half days available	<b>Adult Day Centre</b> <b>M £</b> Full or half days available
<b>Computer Training</b> <b>M FREE</b> Timed appointments	<b>Computer Training</b> <b>M FREE</b> Timed appointments	<b>Support For Carers</b> <b>P FREE</b> 10:00 - 11:30 First Wednesday of each month	<b>Computer Training</b> <b>M FREE</b> Timed appointments	<b>Support For Carers</b> <b>P FREE</b> 10:00 - 11:30 First Friday of each month
<b>Energy Advice Drop In Sessions</b> <b>M FREE</b> 11:00 - 13:30 First Monday of each month	<b>Forget Me Nots</b> <b>M £44</b> 10:00 - 15:00	<b>Information &amp; Advice Drop In Clinic</b> <b>M FREE</b> 10:00 - 15:00	<b>Veterans Pain Clinic</b> <b>M FREE</b> Second Tuesday of each month 09:30 - 11:30	<b>Community Cuppa</b> <b>M £2</b> 10:30 - 12:00
<b>Walking Football</b> <b>H £2.50</b> 14:00 - 15:00	<b>Veterans Sticky Bun Morning</b> <b>M £2.50</b> 10:00 - 12:00	<b>Cancer Support Café</b> <b>M FREE</b> 13:30 - 15:30 Last Wednesday of each month	<b>Veterans Games Club</b> <b>M £2.50</b> 14:00 - 16:00	<b>Jolly Elders</b> <b>M £5</b> 13:30 - 15:30
	<b>Hairdressing</b> <b>M £15 - £70</b> Timed appointments Tuesday bookings: 07531 238 791	<b>Veterans &amp; Families Support Group</b> <b>F FREE</b> 18:00 - 12:00 georgina.edwards@ageukplymouth.org.uk	<b>Cancer Support Café</b> <b>R FREE</b> 10:30 - 12:30 Last Thursday of every month	<b>Hairdressing</b> <b>M £15 - £70</b> Timed appointments Friday bookings: 07733 021 799
				<b>Footcare</b> <b>M £30</b> 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, Whitleigh 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	<b>M £6</b>
<b>Regi-mental Wellbeing Individual Therapy Sessions</b>	Timed appointments		<b>F FREE</b>
<b>NHS Health Checks</b>	Timed appointments	Tuesday 3 December	<b>M FREE</b>
<b>Christmas Carol Service</b>	12:30 - 13:30	Saturday 7 December	St Andrews Church, Royal Parade
<b>Elf: The Movie At Plymouth Arts Cinema</b>	11:00 - 13:00	Saturday 14 December	Plymouth Arts Cinema
<b>NHS Community Liver Health Checks</b>	09:00 - 15:00	Monday 9 December	<b>M FREE</b>