

WELLBEING ACTIVITIES

Abergele and Surrounding Area

The Community Wellbeing Team help connect adults to activities available in their local area. Can't see what you're looking for? Contact the team today to find out about other opportunities available where you live.

Call: 01492 577449 Email: stayingwell@conwy.gov.uk Visit: www.dewis.wales

MONDAY

Sing and smile - 10am - 11am

4th Monday of the month

Chester Avenue Community House, 57 Cynlas Road, Kinmel Bay, LL18 5LP. **First session FREE - Suggested donation £3. Contact: Goldies Cymru - 01761 470 006**

Singing for fun / Social session - Every other Monday next session is 30th December - 1:30pm

Board games, crafts, knitting and crocheting

Eglwys St. Sannan Church, Llansannan, LL16 5HH. **£2 including refreshments. Contact: Eifion - 07584 413 400**

Welsh Reading group - 4th Monday of every month - 2pm
Abergele Library, Market Street, LL22 7BP.

FREE Contact: Abergele Library - 01492 577505

Craft and chat - Every 3rd Monday of the month - 7pm - 9pm (check centre's Facebook page for any changes)

Rhyd Y Foel Community Centre, Rhyd-y-Foel, LL22 8FG.

£2 refreshments included

Contact: Just turn up

TUESDAY

Patchwork and quilting - 1:30pm - 4pm

Must have some experience and have a sewing machine as this is not a sewing by hand session. Please call before attending for more information

Festival Church, 87 Gors Road, Towyn, LL22 9NR.

£6

Contact: Cllr Bernice McLoughlin - 01745 361 318

WEDNESDAY

Oasis Luncheon Club - 11:45am - 1:30pm

Homemade soup and a sweet. All Welcome

Festival Church, 87 Gors Road, Towyn, LL22 9NR.
£3.50

Contact: Festival Church - 01745 343 781

Mix and Mingle - 2pm - 4pm

Festival Church, 87 Gors Road, Towyn, LL22 9NR.
FREE donations welcome

**Contact: Cllr Bernice McLoughlin / Cllr Lynda Griffiths:
01745 361 318 / 01745 355 714**

THURSDAY

Knit and Natter Group - 10am - 12pm

Festival Church, 87 Gors Road, Towyn, LL22 9NR.
FREE

Contact: Lilian / Paula - 01745 343 781

Young at Heart Dance Club - 1:45pm - 3:45pm

Kinmel Bay Community Centre, The Square, Off Foryd Road, Kinmel Bay, LL18 5BT.

£3 per person includes refreshments

Contact: Jenny and Hugh Fitzpatrick - 07983 642 081

Yoga - 5pm - 7pm

Abergele Old Peoples Club, 3 Church Street, Abergele, LL22 7AN.

£6 Contact: Winnie - 07732 009 654

FRIDAY

Craft Class - 1:30pm

Kinmel Bay Community Centre, The Square, Off Foryd Road Kinmel Bay, LL18 5BT.

£2.50 including refreshments

Contact: Rose Walsh - 01745 886 632



WEEKEND

Festival Community Choir - Saturday - 10:30am - 11:30am

All types of music and no experience necessary

Festival Church, 87 Gors Road, Towyn, LL22 9NR.

£1 Contact: Vicky - 01745 343 781