

WELLBEING ACTIVITIES

Colwyn Bay 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

Craft & Card Morning 10.30am - 12.30pm

Bay Gallery, Unit 6, Colwyn Centre, Colwyn Bay, LL29 8DG.

£5.00

Contact: Brenda - 07909 893 254

Activities for People with Dementia 10.00am - 3.00pm

Carers Trust Dementia Centre, Quinton Hazell Enterprise Parc, Glan y Wern Road, Mochdre, LL28 5BS.

Donations Welcome

Contact: Carers Trust - 01492 542 212



THURSDAY

Walking Netball 6.00pm - 7.00pm

Llysfaen Village Hall, Dolwen Road, Llysfaen, LL29 8SS.

£1.00

Contact: Kirstie Buckley via Facebook

Power Yoga 9.30am - 10.30am

Mochdre Village Hall, Old Conway Road, Mochdre, LL28 5HU.

£7.00

Contact: Cornelia - 07879 680 212

TUESDAY

Sing & Smile - First Tuesday of month 10.30am - 11.30am

United Reform Church, Colwyn Avenue, Rhos on Sea, LL28 4RA.

First session FREE - £3.00 donation thereafter

Contact: Goldies - 01761 470 006

Coffee & Craft 10.00am - 12.00pm

Old Colwyn Baptist Church, Abergele Road, Old Colwyn, LL29 9PS. **Donations Welcome**

Contact: Rev Alan & Janice Brown - 07952 716 840 / 07906 618 113



FRIDAY

Indoor Bowls 1.00pm - 3.00pm

Llanddulas Village Hall, Beulah Road, Llanddulas, LL28 8FH.

£2.50

Contact: Brian Jones - 07891 709 138

County Market 10.00am - 12.00pm

(except Good Friday and over Christmas)

United Reform Church, Colwyn Avenue, Rhos on Sea, LL28 4RA.

Drop In

WEDNESDAY

Mens Shed 11.00am - 3.00pm

Rhiw Road, Colwyn Bay, LL29 7TE.

First 3 sessions FREE - £2.50 thereafter

Contact: Malcolm - 07986 315 853

Quiz Night 8.00pm

Mountain View Pub, Old Conway Road, Mochdre, LL28 5AT.

£1.00

Contact: Mountain View Pub - 01492 200 108

WEEKEND

Writers Circle - Saturday - 1.00pm - 2.00pm

Colwyn Bay Library, Woodland Road West, Colwyn Bay LL29 7DH.

FREE

Contact: Colwyn Bay Library - 01492 577 510

Social Dance - Sunday - 3.30pm - 5.30pm

Llysfaen Village Hall, Dolwen Road, Llysfaen, LL29 8SS.

£5.00

Contact: Barry - 07867 508 734