

# WELLBEING ACTIVITIES

## Conwy Valley 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](mailto:stayingwell@conwy.gov.uk) Visit: [www.dewis.wales](http://www.dewis.wales)**

### MONDAY

**Hatha Yoga - 6:15pm & 7.15pm**

Bro Cernyw Community Centre, Llangernyw, LL22 8PP.

**Conwy Ffit Membership applies**

**Contact: Tim - 0300 456 9525**

**Knitting and Crochet Group - 10am - 12pm**

Caffi Llan, Church Street, Glan Conwy.

**Pay for your drink**

**Contact: Sylvia - 07775 607 070**



### TUESDAY

**Ffit 66+ - 3.30pm/ Pilates - 5:45pm**

The Old Surgery, Church Street, Dolwyddelan.

**£35 for 6 sessions**

**Contact: Alison - 07780 165 844**

**Walking Football - Over 50's only - 7pm - 8pm**

Dyffryn Conwy Leisure Centre, Nebo Road, Llanrwst.

**£2.50 Contact: Bryn - 07833 932 480**

**or Andy - 07500 177 778**



### WEDNESDAY

**Wednesday Games Club - 2pm onwards**

The White Lion, Cerrigydrudion, LL21 9SW.

**FREE - pay for refreshments**

**01490 420 222**

**Crwst Camera Club - 7:30pm - 9:30pm (Sept to April)**

Guide Association Hall, Talybont Road, Llanrwst, LL26 0AU.

**Annual Membership - £20**

**Email - [crwstcameraclub@gmail.com](mailto:crwstcameraclub@gmail.com)**

**Book Club - 10:00am**

Bodnant Welsh Food, Tal Y Cafn, LL28 5RP.

**Third Wednesday of the month**

**01492 651100**

### THURSDAY

**Indoor Cycling - 6.45am**

Tal y Bont Memorial Hall, Tal y Bont.

**Conwy Ffit Membership applies**

**Contact: Tim - 0300 456 9525**

**Paned a Sgwrs - 10am - 12pm**

St Grwst Chrch, Church Street, Llanrwst.

**Donations welcome**

**Contact: Jon - 07936 973 476**

### FRIDAY

**Sing and Smile 3rd Friday of the month - 11.30am**

Hwb Yr Hen Ysgol, School Bank Road, Llanrwst.

**First session FREE, £3 donation thereafter Contact:**

**Community Wellbeing Team - 01492 577449**

**Friendship Group - 1:30pm - 4:00pm**

Golygfa Gwydir, Plough Street, Llanrwst.

**FREE - pay for refreshments**

**Contact: Rosie or Roger - 01492 642110**

### WEEKEND



**Social Walk - Welsh Leaners**

**Monthly - email for dates/information - 10:00am**

Meet outside - Caffi Llan, Church Street, Glan Conwy.

**FREE**

**Contact: Colin Holt - [colinholt@aol.com](mailto:colinholt@aol.com)**