

# WELLBEING ACTIVITIES

## Llandudno 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

#### **Pound Unplugged - 7:15pm**

**Pound uses lightly weighted fitness drumsticks. Contact for more information.**

Deganwy Play Centre, Park Drive, Deganwy, LL31 9YB.  
**£6. Contact: Clare - 07958 730 182**

#### **Craft Together - 1pm - 3:30pm**

**Every 2nd Monday of the month at Ormo Lounge.**

St Paul's Church Hall, Mostyn Broadway, Llandudno, LL30 1TP.

**£2 including refreshments. Contact: Sue - 07720 835 513**

#### **Chair Yoga - 11:15am - 12pm**

**For those who prefer a gentler class with no kneeling work.**

Penrhyn New Hall, Carolina Crescent, Penrhyn Bay, LL30 3HG.

**£5. Contact: Wendy - 07443 456 109**

### THURSDAY

#### **Book Club - 5:30pm**

**Every 1st Thursday of the month (9th January is the next one)**

Coffee V, 18 Mostyn Avenue, Craig-Y-Don, LL30 1YS.

**FREE. Contact: Coffee V - 07407 193 096**

#### **Community Afternoon Tea - 2pm - 3:30pm**

**Every 1st Thursday of the month (6th February is the next one)**

St David's Church Hall, Penrhyn Beach East, Penrhyn Bay, LL30 3NT.

**£5. Contact: Ann - 07872 933 926**

### TUESDAY

#### **Crochet & Chat - 10am - 12pm & 6pm - 8pm**

Craft-ty Wool Shop, Victoria Street, Llandudno, LL30 ILX  
**£7 including refreshments**

**Contact: Katie/Sharon - 07900 935 609**

#### **Llandudno & Colwyn Bay History Society - 7pm**

**Every 2nd Tuesday of the month (14th January is the next one)**

Trinity Centre, Trinity Avenue, Llandudno, LL30 2TQ.

**£3 donation per session or £13 Annual Membership**

**Contact: Philip - philb.10a@gmail.com**



### FRIDAY

#### **Colwyn Badminton Club - 7:15pm - 9:30pm**

Bryn Estyn, Badminton Centre, Llwyn Estyn, Deganwy, LL31 9RA.

**£5**

**Contact: Sue - 07770 417 322**

#### **Bingo - 2pm - 3:30pm**

Trinity Centre, Trinity Avenue, Llandudno, LL30 2TQ.

**£7 to play all games**

**Contact: Karen - 01492 875 686**

### WEDNESDAY

#### **Llandudno Photographic Society - 7:30pm - 9:30pm**

**Runs September - April**

Craig-Y-Don Community Centre, Queen's Road, Craig-Y-Don, LL30 1YS.

**£30 subscription**

**Contact: [secretary@llps.club](mailto:secretary@llps.club)**

#### **Conwy Sight Loss Group - 1pm - 3pm**

**Every 1st Wednesday of the month (5th February is the next one)**

Oriel Cafe, 12 Vaughan St, Llandudno, LL30 1AB.

**FREE. Contact: Vision Support - 01244 381 515 or [information@visionsupport.org.uk](mailto:information@visionsupport.org.uk)**



### WEEKEND

#### **Qigong - Saturday -10am**

**A 90 minute class based on the principles of Traditional Chinese Medicine Theory. Includes Chinese Tea and chat. Other dates and venues available.**

Llanrhos Old School, Deganwy Road, Llanrhos, LL30 1RW.

**£7. Contact: Phil - 07403 802 474**

Please note, this guide has been put together by the Community Wellbeing Team who are funded by UK Government. However, the activities listed are run by a range of local providers and community groups and not the team, therefore, are subject to a charge. Information correct at the time of publishing 20/12/2024.

**Mae'r ddogfen hon ar gael yn Gymraeg hefyd.**