

WELLBEING ACTIVITIES

Llanfairfechan 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

Crafternoon - 10am - 12pm
Bring own crafts - sit and chat

Conwy Culture Centre, Town Ditch Rd, Conwy, LL32 8NU. **FREE** Contact: **01492 576089**

Step Aerobics & Toning - 6pm

Memorial Hall, 9 Penrhos Ave, Llandudno Junction, LL31 9EH. **£6** Contact: **Jo - 07778 542 325**

Badminton Seniors - 7:30pm - 9:30pm

Llanfairfechan Town Hall, Village Road, Llanfairfechan, LL33 0AB. **£4 per session**
Contact: **chrisegan383@gmail.com**

Orchard Coffee Group - 10.30am - 1pm

Second and Fourth Monday of the month
Penmaenmawr Library, Bangor Road, LL34 6DA.
£1 for coffee Contact: **Di Bellis 01248 680 306**

THURSDAY

Bowls & Visually Impaired Bowls - Various - contact

Dwygyfylchi Bowling Club, Treforris Road, LL34 6RG.
£2.50

Contact: **Dave Triner- 07501 134 416** or

Dave Edwards - 07984 694 540

Conwy Still Life Group - 2.30pm - 4.30pm

Conwy Comrades Sport & Social Club, 8 Church Street, Conwy, LL32 8AF.

FREE - Art based bereavement group

Contact: **Jill- escapeartistsnorthwales@gmail.com**

TUESDAY

Aikido - 7pm - 9pm

Japanese martial art that emphasises a non-violent response to aggression.

Bryn Pydew Village Hall, Pydew Road, Bryn Pydew, Llandudno Junction, LL31 9QA. **£5 - First lesson free**
Contact: **Richard Hackett- 07865 233 921**

Netball - 7pm - 8pm

Phoenix Netball Club

Kalle Kopec Park, Conwy Road, Penmaenmawr, LL34 6BH.

£2 per session

Contact: **Delyth - 07596 198 345**



FRIDAY

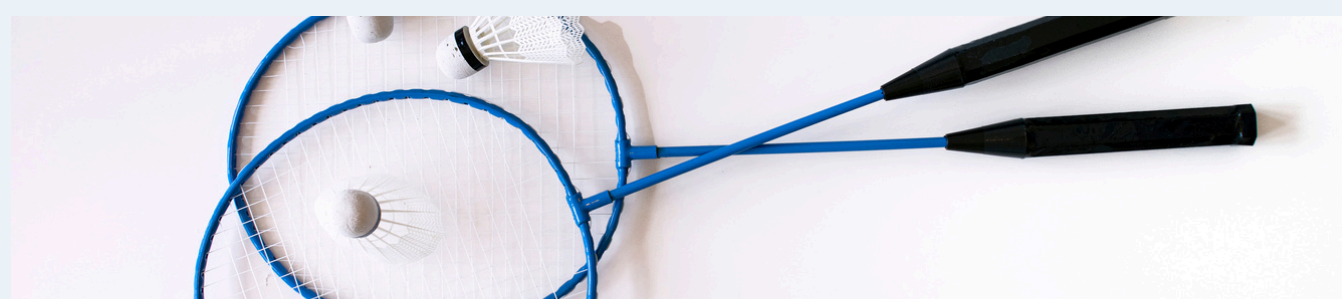
Lunch and social - 08:30am - 2pm

Friday (also Monday, Wednesday and Thursday)

Clwb Yr Efail, Berry Street, Conwy

£8

Pat / Terry **01492 581371**



WEDNESDAY

Ukulele Group - 11am

Bring your own Ukulele

Maen Alaw Community Centre, Bangor Road, Penmaenmawr, LL34 6LE.

£3 Contact: **Lyn - lynlording@gmail.com** or **Michele - 07487 757 188**

Clwb Clebran Cymraeg - 9am - 10am

Welsh chat and a 'panad' - all levels welcome

Ysgol Porth Y Felin, Llanrwst Road, Conwy, LL32 8FZ.

FREE

Contact: **swyddfa@porthyfelin.conwy.sch.uk**



WEEKEND

Repair Café Conwy - 2pm - 5pm

2nd Sunday of the month

St Johns Methodist Church, Rose Hill Street, Conwy, LL32 8LD.

FREE

Contact: **Alison - repair.cafe.conwy@gmail.com**