



# Abergele & Surrounding Area Community Wellbeing Summer programme 2018

☎ (01492) 577449

✉ [stayingwell@conwy.gov.uk](mailto:stayingwell@conwy.gov.uk)

Venue	Activity	When	Cost
<b>Dewi Sant Community Centre</b> , Pensarn LL22 7RG ☎ 07975543020	<b>ZUMBA GOLD</b> with Dion Parry. Zumba Gold is tailored to beginners, for all who are 'young of heart' or with mobility issues. ☎ 07717 504199	<b>Tuesdays</b> 13:30	£4.00
	<b>ABERGELE BOCCIA CLUB</b> —seated indoor bowls, fun & suitable for all abilities. ✉ <a href="mailto:gill.stafford@talk21.com">gill.stafford@talk21.com</a>	<b>Wednesday</b> 13:00-14:30	£2.00
	<b>CAFFI CWTCH</b> - Say no to loneliness and pop on down for a cuppa, a biscuit and a chat. Everyone welcome!	<b>Wednesday,</b> 13:00-14:00	Free
<b>Itaca, Hesketh House</b> , Bridge St, Abergele LL22 7HA ☎ 01745 826570	<b>MENS SHED</b> - if you like designing and making things, working on your own or shared project, or just want to come for a cuppa and meet like minded fellas, this is the place for you!	<b>Monday</b> 10:00-12:00	Free
	<b>IT CLASSES FOR BEGINNERS</b> - Limited spaces, call to book a space!	<b>Thursday</b> 10:00 - 12:00	Free
<b>Abergele Youth &amp; Community Centre</b> Abergele LL22 7BP	<b>BRIDGE and SCRABBLE</b> with Yvonne Harries. For just £1 you could meet new and old friends and enjoy a game or two - or maybe more! ☎ 01492 518404	<b>Wednesday</b> 10:00-12:00	£1.00
<b>PAVILLION</b> , Llansannan, LL16 5HZ	<b>LLANSANNAN BOWLING CLUB</b> (May— Sep) Meeting to play bowls with a welcoming and fun group. With Rhoswen Williams or Mike Dafforne. ☎ 07919 918193/ 01745 870533	<b>Monday</b> 19:00—21:45	£20 MAY– SEP
<b>Bro Cernyw Centre</b> Llangernyw, LL22 8PW	<b>PILATES (Ffit Conwy)</b> - Breathe with awareness and restore balance. Focus on alignment whilst strengthening the body.	<b>Monday</b> 19.00 - 20:00	£6.00
<b>Kinmel Bay Community Library</b> , Kendal Road, Kinmel Bay, LL18 5BT	<b>MEMORY CAFÉ</b> - a friendly session where you can come along for a cuppa and a chat. Suitable for people living with dementia but everyone is welcome. ☎ 01745 772150	<b>Last Monday of the month (Call for Bank Holidays)</b> 14:00-16:00	Free
<b>Abergele Leisure Centre</b> , Faenol Ave, Abergele, LL22 7HE	<b>FUN WALKS</b> with Vicky Marginson A fun walk with different routes every week. Brilliant for the Summer Sun. ☎ 07826876992.	<b>Friday</b> 13:15—14:20	Free