



Llanrwst and Surrounding Area Community Wellbeing Summer 2018

☎ 01492 577449

✉ stayingwell@conwy.gov.uk

Venue	Activity	When	Cost
LLANRWST LIBRARY Plas yn Dre Station Rd LL26 0DF ☎ 01492 576089	SHARED READING - relax, make new friends and share stories with others. Enjoy listening to a great story or poem — there's no pressure to talk or read	Monday 15:30 - 17:00	FREE
	TALKING POINTS - if you or someone you know needs help with day to day life or is feeling lonely and would like to get out more, come along to Llanrwst Talking Point. Advice available from a range of voluntary and social services. Just drop in!	Tuesday 9:30 - 13:30 12/6/18 - 17/7/18	FREE
UWCHALED EDUCATION CENTRE Ffordd Yr Alwen Cerrigrudian LL21 9SW	CHAIR PILATES (Ffit Conwy, membership available) - Breathe with awareness and restore balance. Focus on alignment whilst strengthening the body. ☎ 01492 575556/ 07717 543 696	Monday 17:30 -18:30	£6:00
COMMUNITY PAVILION Dolwyddelan LL25 0SZ ☎ 01690 750 490	IT CLUB	Monday 10:00 - 12:00	
	COFFEE MORNING	Tuesday 10:00 - 11:00	
	ART GROUP	Wednesday 9.30 - 13:00	
	LUNCHTIME CLUB	Friday - 11:00 - 15:00	
LLANRWST FAMILY CENTRE Watling St, Llanrwst, LL26 0LS	LLANRWST MEMORY CAFÉ —This is a Dementia friendly event, with lots of fun nostalgic activities, music, tea and cake. ☎ 01492 574140	Tuesday 13:30 - 15:00 29/5, 26/6, 31/7, 28/8	FREE
DYFFRYN CONWY Leisure Centre Llanrwst	PALS (Ffit Conwy) Fun, fitness and socialising for the over 50's .Price includes a free fitness class during the week	Wednesday 16:15 - 18:00	£3.75
GLASDIR, Llanrwst LL26 0DF	WALKING WITH FRIENDS -2-3 miles, walking for all abilities. Vicky Marginson ☎ 07826876992	Thursdays 13:20 - 15:00	FREE
LLANRWST COMMUNITY CENTRE, Watling street LL26 0LS	YOGA (Ffit Conwy membership available) ☎ 01492 577938	Fridays 09:45 - 10:45	£4.75 £6.00