



Abergele & Surrounding Coastal Area Community Wellbeing Programme Spring / Summer 2019

Here is a taste of just some of the wellbeing activities suitable for people aged 55+ in Conwy ... if you can't see what you're looking for here, just get in touch ☎ 01492 577449 ✉ stayingwell@conwy.gov.uk or visit www.dewis.wales/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>YOGA - Dewi Sant Centre, S Parade, Pensarn, Abergele. 10:15-11:45. £6.</p> <p>PILATES - Abergele Leisure Centre, Faenol Avenue. 18:00-19:00. ☎ 01492 577940. Prices vary.</p> <p>ABERGELE DISTRICT ACTION GROUP - Pentre Mawr, Dundonald Avenue, Abergele. 17:00. ☎ 07740 302894. 1st Monday of the month. Join others in helping to make the area better for all and find out more about our Incredible Edible Project. FREE.</p> <p>BINGO - Chester Avenue Community House, 57 Cynlas, Kinmel Bay. 13:00-14:30. ☎ 01745 331825. FREE.</p>	<p>ABERGELE AUTUMN CLUB - Abergele Youth and Community Centre, Market Street. 10:00-11:45. ☎ 01745 825882. £1.50.</p> <p>FRIENDSHIP GROUP - Chester Avenue Community House, 57 Cynlas, Kinmel Bay. 13:00-15:00. ☎ 01745 331825. Refreshments available. £0.50.</p> <p>CHAIR YOGA - Abergele Old People's Club, Old Red Cross Club, Bryn Rhosyn. 14:00-15:00. £4.</p> <p>BREATHE EASY - Chester Avenue Community House, 57 Cynlas, Kinmel Bay. 14:00-16:00. ☎ 0300 3030253. 1st Tuesday of the month. Support group. FREE.</p>	<p>MIND BODY DANCE - Dewi Sant Centre, S Parade, Pensarn, Abergele. 11:00-12:00. Yvonne McGregor ☎ 07737 930818. A fun dance activity for all, including people living with Parkinson's, Dementia, MS, and with effects of a Stroke. £5. Carers attend FREE.</p> <p>SILVER SWANS - Dewi Sant Centre, S Parade, Pensarn, Abergele. 10:00-11:00. Yvonne McGregor ☎ 07737 930818. Ballet classes for over-50s. £5.</p> <p>WRITE YOUR LIFE STORY - Roots Cafe, 71 Market Street, Abergele. 11:00-12:30. ☎ 07792 460329. 1st and 3rd Wednesday of the month. £5 (does not include refreshments).</p>	<p>EPILEPSY ACTION CYMRU - Hesketh House, Bridge Street, Abergele. 10:00-12:00. A chance to get together with other people affected by epilepsy in an informal environment. FREE.</p> <p>CREATIVE WRITING GROUP - Countess's Writing Room, Gwrych Castle, Abergele. 18:30-20:00. ☎ 07792 460329. Try your hand at creative writing, enjoy a challenge and some fun and meet new people. Starts 25th April. £5 plus suggested donation of £2.50 to Gwrych Castle Preservation Trust.</p> <p>AQUA AEROBICS - Abergele Leisure Centre, Faenol Avenue. 12:00-13:00. ☎ 01492 577940. Prices vary.</p>	<p>KNITACA - Hesketh House, Bridge Street, Abergele. 13:00-15:00. A chance to have a go at some crafts in good company! FREE to attend - costs for materials and refreshments.</p> <p>OLDER PEOPLE'S FORUM - Hafod y Parc, Kinmel Avenue, Abergele. 14:00. ☎ Age Connects 01745 816947. Thursdays: 02/05 and 04/07. A platform where 50+ people can socialise and discuss local news and policies that affect their everyday lives. FREE.</p>	<p>KARAOKE - The Seagull, Towyn Road, Towyn. 19:00. Exercise your vocal chords and relax with some social singing. FREE.</p> <p style="text-align: center;">Sunday</p> <p>BALLROOM AND LATIN AMERICAN SOCIAL DANCE (ALL LEVELS) - Towyn Community Centre, Tyn y Coed, Towyn Road. 15:00-17:00. ☎ 01745 332171. Including refreshments. £3.</p> <p>INDOOR CYCLING - Abergele Leisure Centre, Faenol Avenue. 10:00-10:45. ☎ 01492 577940. Prices vary.</p>