

Rural Abergele 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 **301492 577449** stayingwell@conwy.gov.uk or visit www.dewis.wales/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
'CLWB CERDDED ALED' - Llansannan Square. 18:00. Eifion Jones J 01745 870382. Every Monday.	CUPPA AND A CHAT - St Digain Church, Llangernyw. 10:30- 11:30ish. No booking required, come when you can. Including refreshments. FREE. CRAFT GROUP - Church House, Community Centre, Llanfairtalhaiarn.	BRO CERNYW HISTORY SOCIETY - Bro Cernyw Community Centre. 19:30. Sometimes Wednesday sometimes Tuesday. See https:// brocernyw.org. £2.	SUNSHINE CLUB - Bro Aled Education Centre. 15:00. Eifion Jones J 01745 870656. Thursday 18/04/19. £2. GARDENING	WELSH LEARNERS PRACTICE - The Stag Inn, Llangernyw. 13:30-15:00. For experienced learners. Eifion Jones J 01745 870656. FREE - Buy own and volunteers' refreshments. LUNCH CLUB - Red Lion, Llansannan. 12:00-15:00. J 01745 870256. £7.	 SADWRN SIARAD Red Lion Pub, Llansannan. 10:00- 11:00. 1st and 3rd Saturday of the month.
BRO ALED CULTURE AND HISTORICAL SOCIETY - Canolfan Addysg Bro Aled, Llansannan. 19:30. J 01745 870653. 4th Monday of the month. £2.CRAFT GF - Church H Community Llanfairtalh 14:00. Bett J 01745 72 3rd Tuesday month. All th and refresh provided. £2COMPUTE Red Lion, L 09:30-11:30 870256. £2		CHAIR PILATES - Llansannan. 16:00- 17:00. Booking recommended call Tim Ballam J 01492 575556, ⊠ tim. ballam@conwy.gov.uk. Prices vary.	CLUB - Bro Cernyw Community Centre, Abergele. 19:00. Arfon Parry J 01745 860438. Meetings through Sept - May. Trips in June and July. No meeting in August. £5 per year.		Pay for refreshments. WHIST DRIVE - Bro Aled Education Centre. 19:30. Eifion Jones) 01745 870656.
	14:00. Betty Davidson <i>)</i> 01745 720281. 3 rd Tuesday of the month. All materials and refreshments are	LUB - sannan. annan. belives St Sannan, Llansannan. 16:30- 17:30. Sioned Roberts J 07704 522345. Starting in March. Donation for refreshments. SWAN BOOK GROUP - Swan Inn, Swan Square, Abergele. 19:30. Mutual discussion, book a month, occasional trips.	CIRCUIT TRAINING - Llanefydd. 18:15. Booking recommended call Tim Ballam Ĵ 01492 575556, ⊠ tim. ballam@conwy.gov.uk.		Sunday THE ABERGELE GUILD OF WEAVERS SPINNERS & DYERS
	provided. £5. COMPUTER CLUB - Red Lion, Llansannan. 09:30-11:30. J 01745 870256. £2 for refreshments.		Prices vary. ELDERLY SOCIAL - Memorial Hall, Llanfairtalhaiarn. 18:30. Last Thursday of the month. Refreshments included, occasional speakers, activities and games. FREE .		- The Village Hall, Betws-yn-Rhos. 10:00- 16:00. 2 nd Sunday of the month. £6 for Sunday all day, and £4 for half a day. Annual membership £20.











These activities are delivered by a range of community volunteers and organisations and may be subject to change.