



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 📞 01492 577449 ✉️ stayingwell@conwy.gov.uk or visit www.dewis.wales/

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