



# Colwyn Bay & Surrounding 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](mailto:stayingwell@conwy.gov.uk) or visit [www.dewis.wales/](http://www.dewis.wales/)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ARTS AT THE HEIGHTS</b> - Bryn Cadno, Colwyn Heights. 12:15-12:45. ☎ 01492 525814 (term time only). A friendly group with members encouraging each other's art. £35 per term.</p>	<p><b>SILVER SWANS</b> - Step One Performing Arts School, Penrhyn Buildings, Rear of 24 Penrhyn Road, Colwyn Bay. 10:30-11:30. ☎ 07737 930818. Ballet classes for over-50s. £6.</p>	<p><b>BRIDGE</b> - Rhos Methodist Church, 49 Rhos Road, Rhos-on-Sea. 13:30-17:00. £3.</p>	<p><b>READING GROUP</b> - Room 3, Colwyn Bay Library. 15:30-16:30. Every last Thursday of the month. <b>FREE</b>.</p>	<p><b>CADOUGAN SOUP</b> - Old Colwyn Methodist Church, Wynn Avenue. 14:00-17:00. ☎ 07503 308357. Friendly group with crafts and art journaling. Includes a delicious homemade soup. £3.</p>	<p><b>INDOOR CYCLING</b> - Colwyn Leisure Centre, Eirias Road, Colwyn Bay. 09:15-10:00. ☎ 01492 577900. Prices vary.</p>
<p><b>STAGERIGHT DRAMA GROUP</b> - Rhos Methodist Church, 49 Rhos Road, Rhos-on-Sea. 19:30-21:30. A friendly and fun community drama group. £1.50.</p>	<p><b>PILATES MIXED LEVEL</b> - Pilates Body 4 U, Mochdre. 18:00-19:00. ✉ enquiries@pilatesbody4u.co.uk. £29 per month.</p>	<p><b>GHOSTBUSKERS</b> - Berthes Road, Old Colwyn. 18:00-19:30. A musical performance project for all ages and abilities. First session <b>FREE</b>. £2.50.</p>	<p><b>FUN QUIZ NIGHT</b> - White Lion Inn, Llanelian, Colwyn Bay. 21:00. £1.</p>	<p><b>TONING SESSIONS</b> - The Toning Centre 121 Abergele Road, Colwyn Bay. Between 14:00-18:00. ☎ 01492 531576. For all ages and fitness levels. £6 (£50 per course of 10).</p>	<p><b>WELSH SINGING</b> - White Lion Inn, Llanelian. 21:30. All welcome. Free sandwiches in the break. <b>FREE</b>.</p>
<p><b>TAI CHI</b> - Rhos Methodist Church, 49 Rhos Road, Rhos-on-Sea. 09:30-10:30. £5.</p>	<p><b>LINE DANCING</b> - Rhos Methodist Church 49 Rhos Road, Rhos-on-Sea. 11:00-12:15. £3.50.</p>	<p><b>SIT AND STEW COMMUNITY CAFE</b> - Douglas Road Community Centre, Douglas Road. 12:30-14:30. Enjoy a meal, a game of scrabble or cards, a bit of craft or just a chat! <b>FREE</b>.</p>	<p><b>THURSDAY AFTERNOON CLUB</b> - Old Colwyn Community Centre, Green Hill. 14:30-16:00. 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month. New members welcome! £2.</p>	<p><b>WRVS PARKWAYS LUNCHEON CLUB</b> - Rhos Road, Rhos-on-Sea. 11:30-14:30. £4.50.</p>	<p><b>Sunday</b></p>
<p><b>CRAFT DAY</b> - Bay Gallery, 21 Station Road, Colwyn Bay. Any time from 10:30. A time of knitting, sewing, craft, friendship and refreshments. £5. <b>FREE</b> if you bring your own materials.</p>	<p><b>GENTLE YOGA</b> - Colwyn Leisure Centre, Eirias Road, Colwyn Bay. 13:30-14:30. ☎ 01492 577900. Prices vary.</p>	<p><b>CHAIR AEROBICS</b> - Colwyn Leisure Centre, Eirias Road, Colwyn Bay. 10:45-11:30. ☎ 01492 577900. Prices vary.</p>	<p><b>POP AND PAINT</b> - Bay Gallery, 21 Station Road, Colwyn Bay. 13:30-15:30. Includes materials and refreshments. £5.</p>	<p><b>AQUA AEROBICS</b> - Colwyn Leisure Centre, Eirias Road, Colwyn Bay. 12:15-13:00. ☎ 01492 577900. Prices vary.</p>	<p><b>AFTERNOON TEA PARTY</b> - Phone Contact The Elderly for more information on 02920 026211. Transport available and booking essential.</p>

