



Conwy Valley & 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 or visit www.dewis.wales/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WILD FLOWERS - Various locations. 14:00. Contact Gill Meyer on 📞 01492 660339 for further information on this and other groups with the U3A. Times may vary in summer, 3rd or 4th Monday of the month. U3A membership fee payable.</p>	<p>FRIENDSHIP CAFE - Hwb yr Hen Ysgol, Llanrwst. 13:30. 📞 01492 577449. Including refreshments. FREE.</p>	<p>FFRINDIAU CERRIG FRIENDS - Paris Rooms, Cerrigydrudion. 13:30-15:30. Includes tea and coffee, share skills and has occasional guest speakers. £1.</p>	<p>MEN'S SHED - Golygfa Gwydyr. 10:30-12:30. Also a She Shed available. Contact Rosie Evans 📞 01492 642110. Donations welcome.</p>	<p>YOGA - Hwb yr Hen Ysgol, Llanrwst. 10:00-11:00. Contact Ffit Conwy on 📞 01492 577932/577939/577111 ✉️ ffit.conwy.llanrwst@conwy.gov.uk. Prices vary.</p>	<p>SATURDAY CAFE - Shiloh, Cwm Penmachno. 10:30-12:30. Informal social gathering with occasional speakers. Including refreshments. 1st Saturday of the month. FREE.</p>
<p>STUDIO CYCLING - Trefriw. 06:45. Booking recommended call Tim Ballam 📞 01492 575556, ✉️ tim.ballam@conwy.gov.uk. Prices vary.</p>	<p>WELSH READING CLUB - Llanrwst Library. 14:00. Get the book a month ahead, read over the month and discuss. £12 per year.</p>	<p>CYLCH DARLLEN (WELSH READING CIRCLE) - Cerrigydrudion Library. 14:00-17:00. Contact Dyfed Jones on 📞 01492 577547. Get the book a month ahead, read over the month and discuss. £12 per year.</p>	<p>U3A WALKING GROUP - Various locations. Contact Gill Meyer on 📞 01492 660339 for further information on this and other groups with the U3A. U3A membership fee payable.</p>	<p>FRIDAY FRIENDSHIP GROUP - Golygfa Gwydyr, Llanrwst. 13:30-15:30. Contact Rosie Evans 📞 01492 642110. FREE but donations welcome.</p>	<p>Sunday</p>
<p>SION A SIAN - Dolwyddelan Community Centre. 14:00. Aimed at those living between Pont y Pant and Roman Bridge inclusive and includes carers. Visitors always welcome. Start March 11th. £1.</p>	<p>WE'LL MEET AGAIN - Royal Oak, Betws y Coed. 10:00-12:00. No booking contact is Stuart Elliott 📞 01690 710313. Very informal, social gathering. Cost of coffee or tea.</p>	<p>NEW BEGINNERS YOGA CLASS - Bodhi Movement, Betws y Coed. 19:30-20:45. Starting Wednesday 20th March. Advance booking essential 📞 01690 359081, ✉️ info@bodhi-movement.co.uk. All equipment provided. FIRST CLASS FREE.</p>	<p>KNIT AND CROCHET GROUP - Siop Ar y Gweill, Llanrwst. 19:00-21:30. Contact Iona 📞 01492 641149. Including refreshments. £2.</p>	<p>FRIDAY FRIENDSHIP GROUP - Golygfa Gwydyr, Llanrwst. 13:30-15:30. Contact Rosie Evans 📞 01492 642110. FREE but donations welcome.</p>	<p>AFTERNOON TEA PARTY - Phone Contact The Elderly for more information on 02920 026211. Transport available and booking essential.</p>

