



Llandudno & 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>DEGANWY DEMENTIA CAFE - All Saints Church, Deganwy. 10:30-12:30. 1st Monday of the month. Open to everyone, support available regarding dementia. FREE.</p>	<p>SING ALONG GROUP - Tŷ Llywelyn Community Centre, Llandudno. 14:00-15:00. A social group for all with refreshments. £1.</p>	<p>SEQUENCE DANCING - Queen's Hotel, Clonmel Street, Llandudno. 13:30-16:00. Including refreshments. £3.50.</p>	<p>MOVE IT OR LOSE IT - Tŷ Llywelyn Community Centre, Llandudno. 09:30-10:30 and 11:00-12:00. Gentle exercise to music in a group. £6.</p>	<p>DRU YOGA - Craig-y-Don Community Centre, Llandudno. 09:30am-11:00 (£6) and 11:15-12:30. (£5).</p>	<p>NORDIC WALKING - Llandudno Leisure centre. 09:00-11:00. ☎ 01492 575900 for more information. Prices vary as membership is available.</p>
<p>FUN TIME CHOIR - The Trinity Centre, Trinity Avenue. 19:30-21:00. £3.</p>	<p>MOVE IT OR LOSE IT - Craig-y-Don Community Centre, Llandudno. 09:30-10:30 and 11:00-12:00. Gentle exercise to music in a group. £6.</p>	<p>LINE DANCING TASTER SESSIONS FOR CARERS - Tŷ Llywelyn Community Centre, Llandudno. 10:00-11:00. Booking essential: ☎ 01248 370797. Held 1, 8, 15 and 22 May. FREE to all carers.</p>	<p>WELSH READING GROUP - Penrhyn Bay Library. 11:00. All levels of Welsh language welcome. FREE.</p>	<p>COFFEE MORNING - St John's Methodist Church, 53-55 Mostyn Street, Llandudno. 10:00-12:00. Including refreshments. £2.</p>	<p style="text-align: center;">Sunday</p>
<p>DRU YOGA - Craig-y-Don Community Centre, Llandudno. 19:00-20:30. Suitable for all. £6.</p>	<p>ENGLISH READING GROUP - Penrhyn Bay Library. 14:00-15:30. Every 4 weeks from 19 March. Including refreshments. £1.</p>	<p>BADMINTON - Stella Maris Badminton Club at Bryn Estyn Badminton Centre, Deganwy. 19:00. Prices vary as membership is available.</p>	<p>TAI CHI - Aberconwy Mind, 3 Trinity Square, Llandudno. 14:00-15:00. ☎ 01492 879907 prior to attending. FREE.</p>	<p>KNIT AND NATTER - Craft-Ty, Victoria Street, Craig-y-Don. 11:00-13:00. Including refreshments. £4.</p>	<p>AFTERNOON TEA PARTY - Phone Contact The Elderly for more information on 02920 026211. Transport available and booking essential.</p>
<p>BASIC IT - Tŷ Llywelyn Community Centre, Llandudno. 09:30-12:30. Including a sandwich lunch. FREE.</p>	<p>CROCHET CLASSES WITH KATIE - Craft-Ty, Victoria Street, Craig-y-Don. 18:00-20:00. Including refreshments. £5.</p>	<p>TAI CHI - Tŷ Llywelyn Community Centre, Llandudno. 11:00-12:00. Prices vary as membership is available.</p>	<p>AFTERNOON TEA SOCIAL CLUB - St David's Church, Penrhyn Bay. 14:00-15:30. ☎ 07872 933926. Only held 1st Thursday of each month. £3.</p>	<p>COMMUNITY LUNCH - Tŷ Llywelyn Community Centre, Llandudno. From 12:00. Booking highly advisable. £5 for 3 courses.</p>	<p>BADMINTON - Stella Maris Badminton Club at Bryn Estyn Badminton Centre, Deganwy. 19:00. Prices vary as membership is available.</p>