



Llanfairfechan & 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>SLIMMING WORLD - Y Morfa Venue, Conwy Borough Football Club, Penmaen Road, Conwy. 09:30 and 11:30. £9.95 to join and then £4.95 per week.</p>	<p>READING GROUP - Conwy Library, Civic Hall. 14:00-15:00. 1st Tuesday of each month. Book is provided by the library. £1 per month.</p>	<p>CITIZENS ADVICE DROP-IN - Penmaenmawr Community Library. 10:00-14:30. FREE.</p>	<p>TAI CHI - Penmaenmawr Community Library. 10:00-11:00. £5.</p>	<p>PILATES CLASSES - Memorial Hall, Llandudno Junction. 09:30-10:30. ☎ 07585 978579. First class FREE - Membership available.</p>	<p>BEGINNERS WRITING GROUP - Conwy Library, Civic Hall. 10:30-11:30. Held on the 3rd Saturday of each month. FREE.</p>
<p>CRAFTAFTERNOON - Conwy Library, Civic Hall. From 13:00. Bring your own crafts - social activity for people to get together and chat. FREE.</p>	<p>IT FOR BEGINNERS - Conwy Library, Civic Hall. From 13:00. Provided by Llandrillo College. Bring your own technology or computers are available. FREE.</p>	<p>POETRY, STORYTELLING AND PERFORMING SESSION - Blue Bell, 19 Castle Street, Conwy. From 19:30. 3rd Wednesday of each month. Very informal and all welcome. FREE.</p>	<p>FITBALL - Memorial Hall, Llandudno Junction. 09:45-10:45. £5.</p>	<p>CHAIR YOGA - Penmaenmawr Community Library. 11:00-12:00. Bring your own cushion and blanket. £5 per session or £20 each month.</p>	<p>WEEKEND SPINNING CLASS - Spin Trails, Unit 3 Llanfairfechan Industrial Estate, Llanfairfechan. 08:15. All levels welcome. £5.</p>
<p>STEP AEROBICS AND ABS - Memorial Hall, Llandudno Junction. 18:00-19:00. Booking required: ☎ 07778 542325. £5.</p>	<p>WELSH CLASSES - Caffi Llan, Glan Conwy. 19:00-21:00. Informal fun way to learn Welsh. Including refreshments. £3.</p>	<p>BEGINNER'S UKULELE SESSIONS - Church Hall, Ysugborwen Road, Dwygyfylchi. 10:00-12:00. Ukuleles and songbooks supplied. £3.</p>	<p>YOGA - Penmaenmawr Community Library. 18:00-20:00. Booking required in advance: ☎ 01492 577449. Membership available.</p>	<p>DAY CLUB - Small Room, Church House, Glan Conwy. 10:00-14:00. Lunch and activities to socialise. Prices vary.</p>	<p style="text-align: center;">Sunday</p>
<p>PENBUSKERS - Penmaenmawr Community Library. 15:00-16:30. Informal and fun community music. £1.50 (first session FREE).</p>	<p>GUITAR SESSIONS - The Split Willow, Llanfairfechan. 19:45. 2nd Tuesday of the month. £2.</p>	<p>QI GONG - Llanfairfechan Community Hall, Village Road. 13:30-14:30. £5.</p>		<p>ABERCONWY CLASSICAL GUITAR GROUP - Penmaenmawr Community Library. 14:00-16:00. Held on the 1st Sunday of each month. Monthly subscription.</p>	