



Abergele/Pensarn Community Wellbeing Winter Programme 2017

For more information or to book

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Venue	Activity	When	Time	Price
Hafod y Park, 20 Kinmel Ave, Abergele LL22 7LR ☎01492 572727	STRETCH, TONE, RELAX with Natasha White ☎07919 131516. Gentle exercise designed to improve your agility and help you relax.	Tuesdays, weekly 10/01-14/03	1:45-2:45	£4.00
	ABSOLUTE BEGINNERS UKULELE. Ever wanted to play the ukulele? Come & join our friendly beginners group. Instruments, music and cake provided.	Fridays, 10, 17, 24/02 3, 10, 17,24, 31/03	2:00-4:00	£3.00
Abergele Youth & Community Centre Market St, Abergele LL22 7BP	ABERGELE AUTUMN CLUB. A social club for 60+ with coffee, trips and bingo, a great place to connect. ☎01745 334794 BOCCIA with Gary Parker ☎07841432333. Seated indoor bowls, fun & suitable for all abilities.	Tuesdays, weekly 17/01, 21/02, 21/03	10:00-12:00 10:15-11:00	£1.00 £1.00
	TAI CHI MOVEMENTS for WELLBEING with Natasha White ☎07919 131516. Relax, improve your circulation, flexibility and balance as well as learn simple sequence movements for physical and emotional wellbeing.	Thursdays, 5,12,19,26/01 2,9,16/02 2/03	2:00-3:00	£5.00
Itaca, Hesketh House, Bridge Street, Abergele , LL22 7HA ☎01745 826570	CREATIVE JOURNALING GROUP with Tracy Hulse. Enjoy some creative 'me' time in a friendly, relaxing atmosphere. Bring your own journal/sketchbook and explore a range of mixed media materials and techniques.	Thursdays, weekly 9, 16 & 23/02 9, 16 & 23/03	1:00-3:00	£2.00
	FIRST AID—Community Course with Red Cross	Friday, 17/02	10:00-12:00	FREE
Gwrych Medical Centre, Abergele, LL22 8LJ ☎01745 824111	WELL-ZONE - an opportunity to find out about 5 ways to wellbeing and activities available in your area, look at a range of resources, try your hand at colouring and games while waiting for your appointment.	Wednesdays, weekly beginning 11/01	10:00-12:00	FREE
Canolfan Dewi Sant, South Parade, Pensarn, LL22 7RG ☎07975 543020	PANCAKE VALENTINE with Rooster Disco ☎07765093203 Community social wellbeing activities event with buffet, tea dance, quiz and more. ..	Tuesday, 28/02	12:15-2:15	£3.50
	FIRST AID—Community Course with Red Cross	Thursday, 16/03	1:00-3:30	FREE
	SWITCH-ON IT with Sue Jackson ☎07770 472488 Fun, relaxed and informal computer skills for 50+. Bring your own - Smart Phone, Tablet, Laptop or use our Computers.	Tuesdays, 7, 14, 21 & 28/02 7, 14, 21 & 28/03	1:30-3:30	£2.00
Abergele Golf Club Tan - y –Gopa Rd, LL22 8DS	CAFÉ CONWY with Carers Trust ☎01492 542212. Drop in Social for Carers and those they care for. Relaxed, informal and inclusive of a free cuppa.	Wednesdays, 4 & 18/01, 1 & 15/02, 1, 15 & 29/03	2:00-4:00	FREE
Abergele Leisure Centre, Faenol Avenue, LL22 7HT ☎01492 577940	PILATES- a gentle workout to improve posture, balance and joint mobility, as well as relieve stress and tension.	Mondays Tuesdays	6:00-7:00 9:45-10:45	£4.75/ 60+ £2.85
	AQUAROBICS - relieve stress while enjoying a water-based workout that doesn't put pressure on your joints. Non-swimmers welcome.	Mondays Wednesdays	6:00-7:35 12:00 - 12:45	£4.75