



Abergele & Pensarn Spring Programme 2016

Venue	Activity	Start Date	Duration	Price
ITACA Hesketh House Bridge Street Abergele LL22 7HA	Mens's Sheds	Mondays From 4th April	10:00—12:00	Free
	Mixed Media Art Workshop - Seahorse Art & Design	Tuesdays From 19th April	Weekly for 4 weeks 10.30am— 12.30pm	£3
	Through Older Eyes with TV Conwy Digital photo & video project	Wednesday From 11th May	Weekly for 5 weeks 10am—12pm	Free
Canolfan Dewi Sant South Parade Pensarn LL22 7RJ	BOCCIA	Wednesday From 6 April	Weekly 12.30pm—2pm	£2
	Yoga for back pain with Conwy Yoga	Monday From 11th April	6 weeks 10:30 —11:30	£4
	Wellbeing Wednesdays Crafts, games and social activities.	Wednesday From 6 April	2:00—3:00	Free
Hafod y Parc Kinmel Avenue Abergele LL22 7LW	Living well sessions including Reminiscence activities— Wellbeing Team	Tuesday From 5th April	Weekly for 4 weeks 2.00—3.00	Free
	Stretch, tone and relax - Shape Up with Natasha	Tuesday From 3rd May	Weekly for 5 weeks 2.00—3.00	£2
	Wellbeing massage - Age Connects	Friday 15th April	Monthly 30 mins x 6 appointments 1pm—5pm	Free taster
	Life story workshop and help with digital devices	Thursday 28th April & 5th May	2 sessions 2:00—4:00	£2
The Bee Hotel 44 Market Street, Abergele LL22 7AA	Knit & Natter Social Group	Wednesday from 13th April	Weekly 7.30pm—9pm	Free when you buy a drink