



Cartrefi
Conwy

#getinvolved

Timetable

Monday Timetable

Monday	Relaxation through Art. An intergenerational art project	<ul style="list-style-type: none">• The Family Centre, Llanrwst	10am - 12pm
Every other Monday	Chat and Craft	<ul style="list-style-type: none">• The Fron Community Centre	1:30pm – 4:30pm
Every other Monday	The Fron Trendy Travellers Group	<ul style="list-style-type: none">• The Fron Community Centre	2:00pm – 4:00pm
Mondays	Kennedy Court Coffee Club	<ul style="list-style-type: none">• Kennedy Court	2:00pm – 4:00pm
Mondays	Orchard Group	<ul style="list-style-type: none">• Penmaen-mawr Library	11:00am – 1:00pm (starting 13 June)
Mondays	Laughternoon Tea with Allison	<ul style="list-style-type: none">• Cysgod y Gogarth lounge	2pm– 4pm (starting 20 June)

Tuesday Timetable

Tuesday	Fron Friendship Group	<ul style="list-style-type: none"> • The Fron Community Centre 	2:00pm – 4:00pm
Tuesday	Well Women Group	<ul style="list-style-type: none"> • Park Way Community Centre Rhos- on-Sea 	2:00pm – 4:00pm
Tuesday	Tai Chi	<ul style="list-style-type: none"> • Park Way Community Centre Rhos- on-Sea (Or Zoom) 	10:00am - 11:00am
Tuesday	Relax Body and Mind, Dealing with Stress	<ul style="list-style-type: none"> • Park Way Community Centre Rhos- on-Sea (or Zoom) 	11.10am - 12.10pm

Wednesday Timetable

Wednesday	Fron Brunch Club	<ul style="list-style-type: none">• The Fron Community Centre	10:00am – 11:00am
Wednesday	Park Way Brunch Club	<ul style="list-style-type: none">• Park Way Community Centre Rhos- on- Sea	11:30am – 01:30pm
Wednesday	Pentre Newydd Coffee Club	<ul style="list-style-type: none">• Pentre Newydd	10:00am – 11:00am
Wednesday	Maes Cwstennin Brunch Club	<ul style="list-style-type: none">• Maes Cwstennin Lounge	11:00am – 01:00pm

Thursday Timetable

First Thursday of the month	Altogether Group Bingo, Club Llanrwst	<ul style="list-style-type: none">• The Fron Community Centre	10:00am – 11:00am
Thursday	Arm Chair Exercise at Park Way between	<ul style="list-style-type: none">• Maes Cwstennin Lounge	2:00pm – 3:00pm (starting 08 June)
Thursday	Pentre Newydd Social Club	<ul style="list-style-type: none">• Pentre Newydd	2:00pm– 4:00pm
Thursday	Building Mind Muscle - Dealing with Stress	<ul style="list-style-type: none">• Park Way Community Centre Rhos- on- Sea (or Zoom)	10:30am - 11:30am

Friday Timetable

Friday	Park Way Coffee Club	<ul style="list-style-type: none">• Park Way Community Centre	2:00pm – 4:00pm
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