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Monday Timetable

Monday	Relaxation through Art. An intergenerational art project	• The Family Centre, Llanrwst	10am - 12pm
1st and 3rd Monday of the month	Chat and Craft	• The Fron Community Centre	1:30pm – 4:30pm
2nd and 4th Monday of the month.	The Fron Trendy Travellers Group	The Fron Community Centre	2:00pm – 4:00pm
Mondays	Kennedy Court Coffee Club	Kennedy Court	2:00pm – 4:00pm
Mondays	Orchard Group	Penmaen- mawr Library	11:00am – 1:00pm (starting 13 June)
Mondays	Laughternoon Tea with Allison	Cysgod y Gogarth lounge	2pm- 4pm (starting 20 June)



Tuesday Timetable

Tuesday	Fron Friendship Group	The Fron Community Centre	2:00pm – 4:00pm
Tuesday	Well Women Group	 Park Way Community Centre Rhos- on- Sea 	2:00pm – 4:00pm
Tuesday	Tai Chi	 Park Way Community Centre Rhos- on- Sea (Or Zoom) 	10:00am - 11:00am
Tuesday	Relax Body and Mind, Dealing with Stress	 Park Way Community Centre Rhos- on- Sea (or Zoom) 	11.10am - 12.10pm
Tuesday	Peulwys Community Hub Hot drinks, wellbeing through art and money support.	Swn Y Don Peulwys Community Centre	1pm-3pm



Wednesday Timetable

Wednesday	Fron Brunch Club	The Fron Community Centre	10:00am – 11:00am
Wednesday	Pentre Newydd Coffee Club	Pentre Newydd	10:00am – 11:00am
Wednesday	Arm Chair Exercise at Park Way between	• Park Way	2:00pm – 3:00pm
Wednesday	Coffee and Chat	Chester Avenue	1pm-3pm



Thursday Timetable

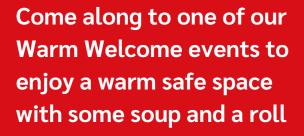
First Thursday of the month	Altogether Group Bingo, Club Llanrwst	The Fron Community Centre	10:00am - 11:00am
Thursday	Arm Chair Exercise at Park Way between	• Park Way	2:00pm – 3:00pm
Thursday	Pentre Newydd Social Club	Pentre Newydd	2:00pm- 4:00pm
Thursday	Building Mind Muscle - Dealing with Stress	 Park Way Community Centre Rhos- on- Sea (or Zoom) 	10:30am - 11:30am
Thursday	Wellbeing Group	Chester Avenue	10am- 12pm



Friday Timetable

Friday	Park Way Coffee Club	Park WayCommunityCentre	2:00pm – 4:00pm
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Supporting communities through the colder months...







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Timetable

Time Day L

Location

12pm – 2pm Monday

Pentre Newydd, Old Colwyn

12pm – 2pm Tuesday

Kennedy Court, Old Colwyn

11am – 1pm Wedne

Wednesday

Chester Avenue, Kinmel Bay

12pm – 2pm

Thursday

Y Fron, Colwyn Bay

5pm - 7pm

Thursday

ParkWay, Rhos-on-Sea

11am – 1pm

Friday

ParkWay, Rhos-on-Sea

Scan to view all locations



Sessions will run until the end of March 2023