



Cartrefi
Conwy

#getinvolved

Timetable

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 Way Community Centre	2:00pm – 4:00pm
--------	----------------------	---	-----------------

Supporting communities through the colder months...



Come along to one of our
Warm Welcome events to
enjoy a warm safe space
with some soup and a roll



Timetable

Time	Day	Location
12pm – 2pm	Monday	Pentre Newydd, Old Colwyn
12pm – 2pm	Tuesday	Kennedy Court, Old Colwyn
11am – 1pm	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



Cartrefi
Conwy

CREU
MENTER
CREATING
ENTERPRISE

