**Welsh and Cardigan-area versions also available**

2017/18

**Independent Friendship groups**

**in the Aberystwyth area**

vity Groups for 50+

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**Ceredigion Activity Groups for the 50+ (Aberystwyth Area)**

These groups have been successfully launched under a Big Lottery funded project and are now fully independent. Please contact the group leaders directly for further information:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Group**  | **Contact**  | **Day / Time**  | **Venue**  | **Cost**  |
| **Lunch Club: Aberystwyth**  | Angela Foot 01545 571165  | Wednesdays Every 2nd Wed, 12-2pm  | Marine Hotel, Aberystwyth  | £8 lunch (2 courses) £5 annual fee, Raffle  |
| **Lunch Club: Tregaron**  | Delyth Jones 01974 298593  | Wednesdays 12-2pm, monthly  | Talbot Hotel, Tregaron  | Lunch cost  |
| **Lunch Club: Tre’r Ddol**  | Joy Cook 01970 871649  | Tuesdays Every 3rd Tues, 12–2pm  | Wildfowler Inn, Tre’r Ddol  | £8 lunch (2 courses) Possible annual fee  |
| **Art and Craft Group**  | Michael Pooley 01970 820497  | Mondays 2-4pm, Weekly  | Penrhyncoch Church Hall  | Free  |
| **Seated Exercise to Music** **(LIFT)**  | Fiona Hoare 01545 56023407795 817572 | Wednesdays 10:30–11:30am, Weekly  | Morlan Centre, Aberystwyth   | £3.00  |
| **Reading group**  | Christine Pooley 01970 820497  | Wednesdays Every 4th Wed, 2-4pm  | Aberystwyth Library   | Free  |
| **Knitting group**  | Christine Pooley 01970 820497  | Fridays 10.30am-12.30pm, Weekly  | Belle Vue Royal Hotel, Aberystwyth  | Free  |
| **The Silver Radio Show**  | Listen to Radio Bronglais 87.8 FM and online  | Tuesdays 4-5pm, Weekly  | Enjoy themed music shows with Denis and Molly  | Free  |