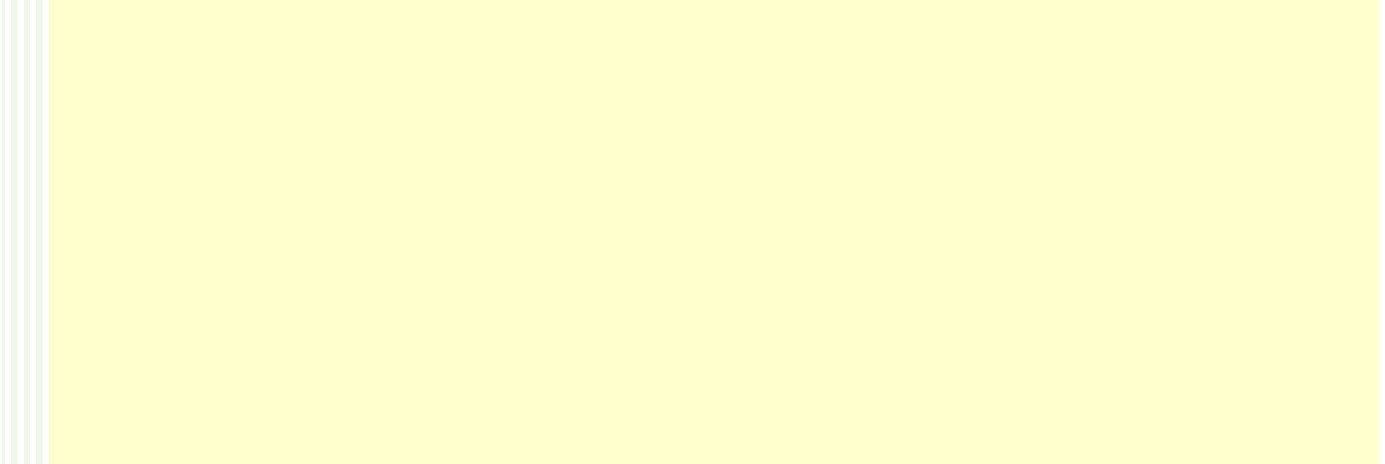
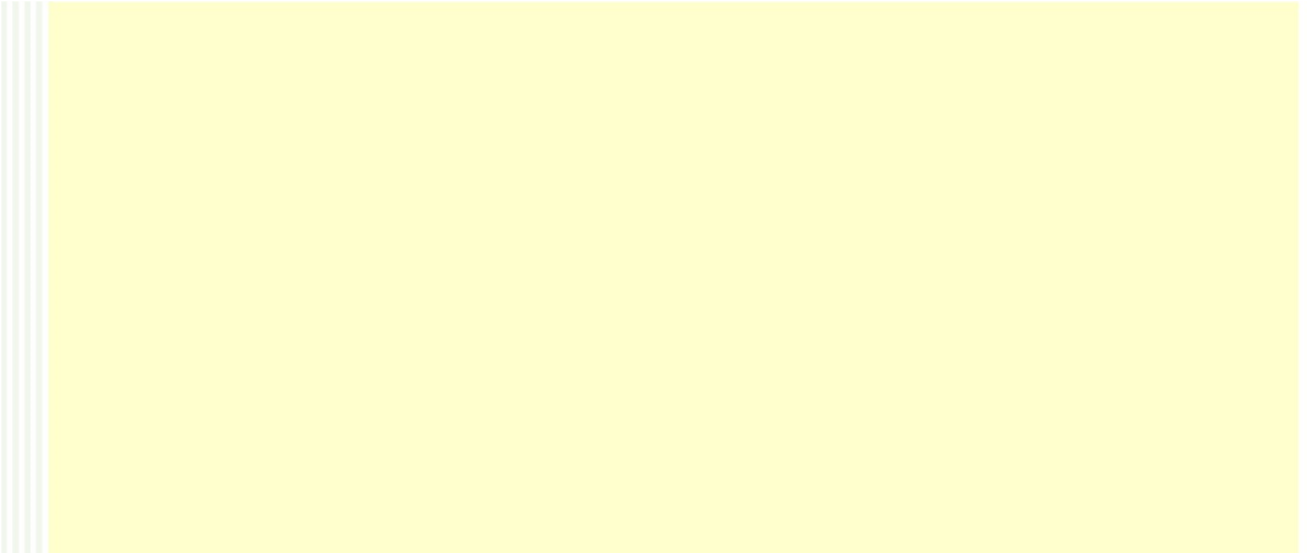
**Welsh and Cardigan-area versions also available**



2017/18



**Independent Friendship groups**

**in the Aberystwyth area**



vity Groups for 50+

Acti

**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 560234  07795 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 |