2017/18

**Independent Friendship Groups in the South Ceredigion area**



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

Activity Groups for 50+

**Ceredigion Activity Groups for the 50+ (South Ceredigion)**

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 Clubs*** |  |  |  |  |
| **Cardigan – 3 groups** | Tonia Knight (07588 881745) | Monthly: 12-2pm Tuesdays (group 1); Wednesdays (group2); Fridays(group 3) | Cardigan, Coleg Ceredigion | Lunch cost |
| **Llandysul** | Margaret Seymour (01559 362749) | Thursdays 12-2pm, monthly | Llandysul, Porth Hotel | Lunch cost |
| **Llanarth** | Llanina Arms (01545 581276 | Fridays 12-2pm, monthly | Llanarth, Llanina Arms | Lunch cost |
| **Aberaeron** | Margaret Garrod (01545 571141) | Tuesdays 12-2pm, monthly | Aberaeron, Celtic Restaurant | Lunch cost |
| ***Computer Groups*** |  |  |  |  |
| **Lampeter** | David Doughty (01570 480333) | Tuesdays 2-4pm, weekly | Lampeter, Hedyn Mwstard | Free |
| **Llandysul 1** | Richard Crookston (01570 481484) | Fridays 10-12am, weekly | Llandysul, Porth Hotel | £1.00 |
| ***Activity Groups*** |  |  |  |  |
| **Seated Exercise to Music** | Andrea Sanders (01239 851716) | Mondays 3-4pm, weekly | Llandysul, Porth Hotel | £2.00 |
| **Knitting Group** | Porth Hotel (01559 362202) | Mondays 10-12am, weekly | Llandysul, Porth Hotel | Free |
| **Knitting Group** | Margaret Garrod (01545 571141) | Tuesdays 3-4.30, fortnightly | Aberaeron, British Legion | £2.00 |
| **Reading Group** | Anne Nightingale (01558 685393) | Tuesdays 12-2pm, monthly | Hedyn Mwstard, Lampeter | Free |