

2019/20

Welsh and Aberystwyth-area versions also available



Independent Friendship Groups
in the South Ceredigion area

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
<i>Lunch Clubs</i>				
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
<i>Computer Groups</i>				
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
<i>Activity Groups</i>				
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