

2019/20

Activity Groups for 50+

Welsh and Cardigan-area versions also available



Independent Friendship groups
in the Aberystwyth area

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 01685 883848	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	Morlan Centre, Aberystwyth	Free