



Age Positive Week 30 September – 7 October 2018

Ideas for activities and events to celebrate the week

There are no rules about the type of activity that can be organised, except of course that it involves older people and that it's enjoyable!

Activities could include:

Entertainment: coffee mornings, social evenings, quiz nights, musical afternoons, traditional music sessions, tea dances, choral recitals, ceilidhs, twmpaths.

Cultural: historic walks, poetry readings, reminiscence sessions, art and crafts exhibitions, historical talks, photographic exhibitions.

Sport / Keep fit: fitness sessions for older people, Nordic Walking, family fun walk, indoor bowls, seniors golf tournament, seniors bowling tournament, bowling training, salsa dancing, ballroom dancing, Tai Chi, yoga.

Meetings: hold an older people's forum meeting.

Talks and information sessions: security talks, information days provided by local groups working with older people, Social Services open day, talks on rural transport and other issues.

Excursions and tours: local visits to places of interest like country houses and gardens, tours of museums and galleries, mystery tours.

Workshops: photography workshops, stress management workshops, creative writing workshop, basket weaving workshop, bridge workshops.

Health: nutrition information session, holistic therapy day, healthy eating sessions.

Spirituality: interdenominational service, mass and sermons on being Age Positive in churches.

Social: book club, bingo session, OAP club open days.



Gardening: bulb planting, park clean-ups.

Intergenerational: older people's groups and younger people getting together.

Contact Age Cymru if you'd like more information about:

- holding a Big Conversation or
- running for us in the Cardiff Half Marathon on 7 October

Details will be available at: www.agecymru.org.uk/agepositive

Be sure to use Facebook and Twitter to share details of your activities and events.

Follow us and everything 'Age Positive' at:



#agepositiv



Wythnos Positif am Oed 30 Medi – 7 Hydref 2018

Wyth Syniadau ar gyfer gweithgareddau a digwyddiadau i ddathlu'r wythnos

Nid oes unrhyw reolau am y math o weithgaredd y gellir ei drefnu, ac eithrio ei fod yn cynnwys pobl hŷn a'i fod yn foddhaol, wrth gwrs!

Gallai gweithgareddau gynnwys:

Adloniant: boreau coffi, nosweithiau cymdeithasol, nosweithiau cwis, prynhawniau cerddorol, sesiynau cerdd traddodiadol, dawnsiau te, perfformiadau corawl, ceilidh, twmpathau.

Diwylliannol: teithiau cerdded hanesyddol, darlenniadau barddoniaeth, sesiynau atgofio, arddangosfeydd celf a chrefft, sgysiau hanesyddol, arddangosfeydd ffotograffig.

Chwaraeon / Cadw'n heini: sesiynau ffitrwydd ar gyfer pobl hŷn, Cerdded Nordig, taith gerdded hwyl i'r teulu, bowlïo dan do, twrnamaint golff i bobl hŷn, twrnamaint bowlïo i bobl hŷn, hyfforddiant bowlïo, dawnsio salsa, dawnsio neuadd, Tai Chi, ioga.

Cyfarfodydd: cynnal cyfarfod fforwm pobl hŷn.

Sgysiau a sesiynau gwybodaeth: sgysiau am ddiogelwch, diwrnodau gwybodaeth a ddarperir gan grwpiau lleol sy'n gweithio gyda phobl hŷn, diwrnod agored Gwasanaethau Cymdeithasol, sgysiau am drafndiaeth wledig a materion eraill.

Alldeithiau a Theithiau: ymweliadau lleol i leoedd o ddiddordeb, fel tai a gerddi gwledig, teithiau o amgylch amgueddfeydd ac orielau, teithiau dirgel.

Gweithdai: gweithdai ffotograffiaeth, gweithdai rheoli straen, gweithdy ysgrifennu creadigol, gweithdy gwehyddu basgedi, gweithdai *bridge*.

Iechyd: sesiwn gwybodaeth am faeth, diwrnod therapi cyfannol, sesiynau bwyta'n iach.

Ysbrydolrwydd: gwasanaeth rhyngengwadol, offeren a phregethau ar positif am oed mewn eglwysi lleol.



Cymdeithasol: clwb llyfrau, sesiwn bingo, diwrnodau agored Clwb Pensiynwyr.

Garddio: plannu bylbiau, glanhau parciau.

Pontio'r Cenedlaethau: grwpiau pobl hŷn a phobl iau dod at eu gilydd.

Cysylltwch ag Age Cymru os hoffech fwy o wybodaeth am:

- gynnal Sgwrs Fawr, neu
- redeg ar ein rhan ni yn Hanner Marathon Caerdydd ar 7 Hydref

Bydd manylion ar gael ar: www.agecymru.org.uk/agepositive/

Manteisiwch ar Facebook a Twitter i rannu manylion am eich gweithgareddau a'ch digwyddiadau.

Dilynwch ni a phopeth 'Positif am oed' yn:



#positifamoed