

## Llandudno and Surrounding Area

The Community Wellbeing Team help connect adults to activities available in their local area. Can't see what you're looking for? Contact the team today to find out about other opportunities available where you live.

**Call: 01492 577449 Email: [stayingwell@conwy.gov.uk](mailto:stayingwell@conwy.gov.uk) Visit: [www.dewis.wales](http://www.dewis.wales)**

### MONDAY

#### Spanish Club - 6pm

**Come to learn and practice your Spanish in a relaxed and friendly environment. All levels and age groups welcome!**

The Magic Bar Live, 14 Clonmel Street, Llandudno.

**£5 Contact: Angela - 07342 623 592 / [info@fluencylab.com](mailto:info@fluencylab.com)**

#### Social Meet (Stroke Association)

Llandudno Bay Hotel, East Parade, The Promenade, Llandudno. **Alternate Mondays 12.30pm - 2pm (next meeting 8th July)**

St George Hotel, St George's place, Llandudno.

**Alternate Mondays 11 am - 12.30pm (next meeting 15th July) FREE Contact: Colin - 07984 357 191**

#### Digital Support - 11.30am - 1pm and 1.30pm - 2.30pm

**FREE help, advice and training available to all residents of Conwy County.**

Llandudno Community Hub, next to the train station, Augusta Street, LL30 2AF.

**FREE**

**Contact: Mike - 07557 051 936**

### THURSDAY

#### Art group - 1pm - 4pm

Craig Y Don Community Centre, Queen's Road.

**£2.50**

**Contact: Marcella - 07709 289 051**

### TUESDAY

#### Book Club - 2pm - 3.30pm (2nd Tuesday of the month)

Penrhyn Bay Library, Llandudno Road, Penrhyn Bay.

**£2 including tea and biscuits**

**Contact: Alison - 07486 694 765**

#### North Wales Postcard Club - 2pm - 4pm (3rd Tuesday of the month).

Craig Y Don Community Centre, Queen's Road.

**The annual subscription is £5, but you have two free meetings to 'test the waters'**

**Contact: Marion - 01766 590 203**



### FRIDAY

#### Movie Club - 2pm (1st Friday of the month)

Llanrhos Old School, Deganwy Road.

**FREE**

**Contact: Counsellor Julie Fallon - 07860 232641**

**[cllr.julie.fallon@conwy.gov.uk](mailto:cllr.julie.fallon@conwy.gov.uk)**

#### Tai chi - 10.30am - 11.30am

**Sit or stand**

Trinity Centre, Trinity Avenue, Llandudno.

**£5 Contact: Amanda - 07534 262 250**

### WEDNESDAY

#### Lonely hour coffee morning - 11am

Castle View pub, Pentwyn Road, Deganwy, LL31 9TH.

**FREE coffee and cake**

**Contact: 01492 583777**

#### Line Dancing - 2pm - 4pm

**Every other Wednesday, next session on the 10th July**

Trinity Centre, Trinity Avenue, Llandudno, LL30 2TQ.

**£2**

**Contact: Sue - 07960 294 405**



### WEEKEND

#### Outdoor Bowls

**10am - 12.30pm (Tuesday, Thursday, Friday, Sunday)**

**and 2pm - 4.30pm 7 days a week**

Llandudno Oval Bowling Club, The Oval, Llandudno.

**FREE taster sessions available. Visitors £4 Per session**

**£1 for bowls. Membership £50 for the first year**

**Contact: Mark - 07427 612 978**

**[seclobc1906@gmail.com](mailto:seclobc1906@gmail.com)**