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# Over 50s Activities

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LOTTERY FUNDED



## January



# Taff Valley activities

For list of Peer Support Meetings ( Map) across Cwm Taf see attached sheet

| Monday  | Tuesday  | Wednesday   | Thursday | Friday  |
|---|--|---|----------|---|
| <p><b>07th January</b><br/><b>2 -4 pm</b></p> <p>Men's Shed<br/>Ynysybwl<br/>Regeneration<br/>Project<br/>Ynysybwl</p> <p><b>Weekly 1-3 pm</b></p> <p>Live Wise, Age<br/>Well<br/>Trehafod<br/>Community<br/>Centre</p> | <p><b>Weekly</b><br/><b>10.30am-1pm</b></p> <p>Walking Group<br/>Gilfach Goch<br/>Community Cafe</p> <p><b>29th January</b><br/><b>1.30pm -4 pm</b></p> <p>Memory Talk<br/>Tues/Time Out<br/>Temple Baptist,<br/>Graig, Pontyripp</p> <p><b>Every Tuesday</b><br/><b>1-3pm.</b></p> <p>50+ Alcohol Peer<br/>Support Meeting.<br/>New venue to be<br/>confirmed</p> | <p><b>2nd &amp; 16th</b><br/><b>January</b><br/><b>11am -2pm</b></p> <p>Dementia Support,<br/>Llantrisant Church<br/>Hall</p> <p><b>9th &amp; 23rd</b><br/><b>January</b><br/><b>1.30pm - 4pm</b></p> <p>Kurling Cafe 50,<br/>Pontyclun</p> <p><b>Weekly 1-4pm.</b></p> <p>Life 4 Living<br/>Quiz, Bingo.<br/>Taff Meadow CC.</p> |          | <p><b>Weekly</b><br/><b>10am -12pm.</b></p> <p>Friday Friends<br/>Activity Group<br/>Ynysybwl<br/>Community Centre,<br/>Windsor Pl,<br/>Ynysybwl.</p> |

# Rhondda Valley activities

For list of Peer Support Meetings ( Map) across Cwm Taf see attached sheet

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday |
|---|--|--|---|--------|
| <p><b>15th January</b><br/><b>12-2.30pm.</b></p> <p>Dementia Support Group- Kurling/ Quiz. St. Matthews Church Hall, Treorchy</p> <p><b>Weekly</b><br/><b>1-4pm.</b></p> <p>Over 60's Group Quiz /Bingo. Ystrad OAP Association, Ystrad</p> | <p><b>Weekly</b><br/><b>2 - 3.30pm</b></p> <p>Happy to Chat Coffee/Quiz/ activities. Porth Plaza</p> <p><b>Weekly</b><br/><b>1 - 3pm</b></p> <p>50+ Coffee afternoon/ activity session Community Hub, Maerdy</p> | <p><b>16th January</b><br/><b>2-4pm</b></p> <p>Indoor Kurling Rhondda Sea Cadets , Tonypandy</p> | <p><b>Weekly</b><br/><b>10:30am-12:30pm.</b></p> <p>Walking group Teify House, Maerdy</p> <p><b>08th &amp; 22nd</b><br/><b>January</b><br/><b>2 - 4 pm</b></p> <p>Indoor Kurling Ysbyty George Thomas, Treorchy</p> |        |

# Cynon Valley activities

For list of Peer Support Meetings ( Map) across Cwm Taf see attached sheet

| Monday | Tuesday   | Wednesday | Thursday   | Friday   |
|--------|---|-----------|--|--|
|        | <p><b>Weekly</b><br/><b>10am - 11.45am</b></p> <p>Indoor Kurling at<br/>ACT Building,<br/>Mountain Ash<br/>( next to Library)</p> |           | <p><b>Weekly</b><br/><b>10am - 11.30am</b></p> <p>Vintage Voices<br/>Choir Singing<br/>Group<br/>ACT Building<br/>Mountain Ash<br/>(next to library)</p> <p>Venue may vary<br/>depending on<br/>concerts, Contact<br/>Phil Davies to<br/>confirm</p> | <p><b>11th &amp; 25th</b><br/><b>January</b><br/><b>10:30am-12:30pm</b></p> <p>Stroke- Activity<br/>Club<br/>'Phoenix Group'<br/>Mountain Ash<br/>YMCA</p> |



# Merthyr activities

For list of Peer Support Meetings ( Map) across Cwm Taf see attached sheet

| Monday   | Tuesday   | Wednesday | Thursday | Friday   |
|--|---|-----------|----------|--|
| <p><b>7th &amp; 21st<br/>January<br/>1pm-3:30pm.</b></p> <p>SORT Activity<br/>Group. Quiz/coffee<br/>etc. High St.<br/>Baptist. Church<br/>Hall.<br/>At rear of building.<br/>High St. Merthyr<br/>Tydfil<br/>Bi-weekly.</p> | <p><b>08th &amp; 22nd<br/>January<br/>2pm - 4pm</b></p> <p>Merthyr Art<br/>Group at VAMT<br/>High St.<br/>Merthyr Tydfil<br/>Bi-weekly.</p> |           |          | <p><b>04th &amp; 18th<br/>January<br/>9.30am - 11.30am</b></p> <p>Indoor Kurling at<br/>Merthyr High St.<br/>Baptist church hall.<br/>Rear of building.<br/>Merthyr Tydfil<br/>Bi- weekly.</p> |

## Mutual Aid Partnership Meetings ( MAP)

### TAFF

| DATE         | TIMES       | VENUE  |
|--------------|-------------|--|
| 7th January  | 10am – 12pm | Ilan Community Recreation Centre, Poets Close, Rhydfelin CF37 5HL                                |
| 8th January  | 10am – 12pm | Tonteg Com Centre, Main Road, Tonteg, Pontypridd, CF38 1ND                                       |
| 10th January | 10am – 12pm | Beddau Community Centre, Brynhyfryd Road, [r/o Cwm Welfare Club],<br>Beddau, Pontypridd CF37 2HN |
| 14th January | 10am – 12pm | Ilan Community Recreation Centre, Poets Close, Rhydfelin CF37 5HL                                |
| 15th January | 10am – 12pm | Tonteg Com Centre, Main Road, Tonteg, Pontypridd, CF38 1ND                                       |
| 17th January | 10am – 12pm | Beddau Community Centre, Brynhyfryd Road, [r/o Cwm<br>Welfare Club], Beddau, Pontypridd CF37 2HN |
| 25th January | 10am – 12pm | Pontyclun Community Centre, Heol yr Orsaf, Cowbridge Road,<br>Pontyclun, CF72 9EE                |
| 1st February | 10am – 12pm | Pontyclun Community Centre, Heol yr Orsaf, Cowbridge Road,<br>Pontyclun, CF72 9EE                |



## RHONDDA

| DATE         | TIMES       | VENUE  |
|--------------|-------------|--|
| 8th January  | 1pm – 3pm   | Cwm Parc Community Centre, Park Hall, Park Road, Treorchy CF42 6LD |
| 9th January  | 10am – 12pm | Capel Farm Resource Centre, Tonyrefail CF39 8AD                    |
| 15th January | 1pm – 3pm   | Cwm Parc Community Centre, Park Hall, Park Road, Treorchy CF42 6LD |
| 16th January | 10am – 12pm | Capel Farm Resource Centre, Tonyrefail CF39 8AD                    |
| 21st January | 10am – 12pm | Dai Davies Community Centre, Palmers Row, Cymmer Hill, Porth       |
| 28th January | 10am – 12pm | Dai Davies Community Centre, Palmers Row, Cymmer Hill, Porth       |

## MERTHYR

|              |             |   |
|--------------|-------------|---|
| 23rd January | 10am – 12pm | High Street Baptist Church, Methyr Tydfil |
| 30th January | 10am – 12pm | High Street Baptist Church, Methyr Tydfil |

# Get in touch today!

If you would like to join any of our activities, please feel free to come along on the day. They are all free to access.

However, if you would like to talk to a member of our friendly team before coming along please get in touch with us:

**Tel: 0800 161 5780**

**Email: [wales@drinkwiseagewell.org.uk](mailto:wales@drinkwiseagewell.org.uk)**

**Website: [www.drinkwiseagewell.org.uk](http://www.drinkwiseagewell.org.uk)**

**Facebook: [DrinkWiseAgeWellCwmTaf](https://www.facebook.com/DrinkWiseAgeWellCwmTaf)**

**Twitter: [@DWAW\\_CwmTaf](https://twitter.com/DWAW_CwmTaf)**