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Over 50's Activity Timetable

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March 2019

Taff Valley activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Weekly 2-4 pm</p> <p>Men's Shed. Ynysybwl Regeneration Project, Ynysybwl, CF37 3HY</p>	<p>Weekly 10.30 am-1 pm</p> <p>Walking Group Gilfach Goch Community Café, CF39 8TG</p> <p>Weekly 1.30-4 pm</p> <p>Memory Talk Tues/Time Out. Temple Baptist, Graig, Pontypridd CF37 2BP</p>	<p>6th, 20th 11 am-2 pm</p> <p>Dementia Support, Llantrisant Church Hall, CF72 8ED</p> <p>13th, 27th 1.30-4 pm</p> <p>New Age Kurling Cafe 50, Pontyclun, CF72 9EE</p> <p>Weekly 1-4 pm</p> <p>Life 4 Living Group Quiz, Bingo. Taff Meadow CC, CF37 1DB</p> <p>Weekly 1-3 pm</p> <p>50+ Alcohol Peer Support Meeting. Pontypridd Museum, CF37 4PE</p>	<p>Weekly 1-3 pm</p> <p>Thursday Friends. Trehafod CC, Trehafod, CF37 2NF</p>	<p>Weekly 10am-12 pm</p> <p>Friday Friends Activity Group; Ynysybwl CC, Windsor Place Ynysybwl, CF37 3HR</p>

Rhondda Valley activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 18th 11 am-2.30 pm Upper Rhondda Support Group-Activity Session. St. Matthews Church Hall, Treorchy,CF42 6AA</p> <p>Weekly 1-4 pm Over 60's Group Quiz/Bingo. Ystrad OAP Association, Ystrad</p>	<p>5th, 19th 10 am-12 pm Indoor Kurling Ysbyty George Thomas,Treorchy, CF42 6YG</p> <p>12th, 26th 1-3 pm 50+ Coffee afternoon /activity session. Community Hub, Maerdy, CF43 4DD</p> <p>5th, 19th 2-3.30 pm Happy to Chat Coffee/Quiz/Activities Porth Plaza, CF39 9PG</p>		<p>Weekly 10.30 am-12.30 pm Walking group Teify House, Maerdy, CF37 5RF</p> <p>Weekly 1.30 am-3.30 pm Sing Well, Feel Well. Ysybyty George Thomas, Treorchy, CF42 6YG</p>	<p>1st & 29th 2-4 pm Dementia Friendly Maerdy Seion Chapel Maerdy, CF43 4AE</p>

Cynon Valley activities

Monday	Tuesday	Wednesday	Thursday	Friday
	<p data-bbox="577 683 842 778">Weekly 10-11.45 am</p> <p data-bbox="555 818 864 1098">Indoor Kurling at ACT Building, Mountain Ash (next to Library), CF45 3EY</p>	<p data-bbox="1003 715 1232 754">March 20th</p> <p data-bbox="936 818 1305 1217">Taster Session Indoor Kurling March 20th Cwmbach OAP Hall. Cwmbach Road Aberdare, CF44 0LW</p>	<p data-bbox="1406 459 1680 563">Weekly 10-11.30 am</p> <p data-bbox="1373 611 1686 1050">Vintage Voices Choir Singing Group ACT Building Mountain Ash (next to library) CF45 3EY</p> <p data-bbox="1350 1137 1715 1449">(Venue may vary depending on concerts, Contact Phil Davies to confirm)</p>	

Merthyr activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p data-bbox="197 587 392 683">4th & 18th 1-3.30 pm</p> <p data-bbox="107 730 472 1161">SORT Activity Group. Quiz/coffee etc. at High St. Baptist. Church Hall. (At rear of building). High St. Merthyr Tydfil</p>	<p data-bbox="622 587 817 683">5th, 19th 2-4 pm</p> <p data-bbox="539 730 860 1034">Merthyr Art Group at VAMT High St. Merthyr Tydfil, CF47 8UH</p>			<p data-bbox="1787 587 2094 683">8th, 15th & 29th 9.30-11.30 am</p> <p data-bbox="1765 746 2123 1145">Indoor Kurling at High St. Baptist. Church Hall. (At rear of building). High St. Merthyr Tydfil</p>

Get in touch today!

If you would like to join any of our activities, please feel free to come along on the day (For Peer Support Groups you can also inquire at your local Jobcentre Plus). 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:

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Email: wales@drinkwiseagewell.org.uk

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

Twitter: [@DWAW_CwmTaf](https://twitter.com/DWAW_CwmTaf)