



ABBAY ROAD CENTRE, BANGOR

01248 354888

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Drop-In Calendar JANUARY, 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED	2 CLOSED	3 CLOSED
6 OPEN 9.30 – 3.15 Massage Therapies 9.30 -1.30 Art Exhibition Preparation	7 OPEN 9.30 – 3.15 Indoor Gardening/ Outdoor (weather permitting) Art	8 OPEN 10-4 Reading Group12.30-2.00	9 OPEN 10-3 Art 10-3	10 OPEN 10-4 Food Friday 12-2 Creative Writing 1-2 Quiz, Games 2-4
13 OPEN 9.30 – 3.15 Massage Therapies 9.30 -1.30 Art Exhibition Preparation	14 OPEN 10 – 3.15 Indoor Gardening/ Outdoor (weather permitting) Art	15 OPEN 10-4 Reading Group12.30-2.00	16 OPEN 10-4 Art 10-3	17 OPEN 10-4 Food Friday 12-2 Creative Writing 1-2 Quiz, Games 2-4
20 OPEN 10-4 Massage Therapies 9.30 -1.30 Art Exhibition Preparation	21 OPEN 10-4 Indoor Gardening/ Outdoor (weather permitting) Art	22 OPEN 10-4 Reading Group12.30-2.00	23 OPEN 10-3 Art 10-3	24 OPEN 10-4 Food Friday 12-2 Creative Writing 1-2 Quiz, Games 2-4
27 OPEN 10-4 Massage Therapies 9.30 -1.30 Art Exhibition Preparation	28 OPEN 10-4 Indoor Gardening/ Outdoor (weather permitting) Art Afternoon walk 1-3 (weather permitting)	29 OPEN 10-4 Reading Group12.30-2.00	30 OPEN 10-4 Art 10-3	31 OPEN 10-4 Food Friday 12-2 Creative Writing 1-2 Quiz, Games 2-4
12.30 – 1.00 Daily Lunch Break	Bring	a	Packed	Lunch



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		AR GAU	AR GAU	AR GAU
6 AGOR 9.30-3.15 Therapiau Tylino 9.30-1.30 Paratoi Arddangosfa Gelf	7 AGOR 9.30-3.15 Garddio – tu mewn/tu allan (os tywydd da) Celf	8 AGOR 10-4 Grŵp Darllen 12.30-2.00	9 AGOR 10-4 Celf 10-3	10 AGOR 10-4 Bwyd Dydd Gwener 12-2 Ysgrifennu Creadigol 1-2 Cwis, Gemau 2-4
13 AGOR 9.30-3.15 Therapiau Tylino 9.30-1.30 Paratoi Arddangosfa Gelf	14 AGOR 9.30-3.15 Garddio – tu mewn/tu allan (os tywydd da) Celf	15 AGOR 10-4 Grŵp Darllen 12.30-2.00	16 AGOR 10-4 Celf 10-3	17 AGOR 10-4 Bwyd Dydd Gwener 12-2 Ysgrifennu Creadigol 1-2 Cwis, Gemau 2-4
20 AGOR 9.30-3.15 Therapiau Tylino 9.30-1.30 Paratoi Arddangosfa Gelf	21 AGOR 9.30-3.15 Garddio – tu mewn/tu allan (os tywydd da) Celf	22 AGOR 10-4 Grŵp Darllen 12.30-2.00	23 AGOR 10-3 Celf 10-3	24 AGOR 10-4 Bwyd Dydd Gwener 12-2 Ysgrifennu Creadigol 1-2 Cwis, Gemau 2-4
27 AGOR 9.30-3.15 Therapiau Tylino 9.30-1.30 Paratoi Arddangosfa Gelf	28 AGOR 9.30-3.15 Garddio – tu mewn/tu allan (os tywydd da) Celf Cerdded (os tywydd da)	29 AGOR 10-4 Grŵp Darllen 12.30-2.00	30 AGOR 10-4 Celf 10-3	31 AGOR 10-4 Bwyd Dydd Gwener 12-2 Ysgrifennu Creadigol 1-2 Cwis, Gemau 2-4
12.30-1.00 Cinio Bob Dydd	Dewch	a	Bocs	Bwyd