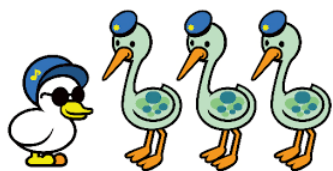


**ABBAY ROAD CENTRE,
BANGOR**
01248 354888
www.abbeyroadcentre.co.uk
**Day Service Calendar
JULY, 2018**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 OPEN 10-4 WALK (weather permitting) 11.30 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	3 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	4 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00	5 OPEN 10-4 ART 10.30 – 3.00	6 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4
9 OPEN 10-4 WALK (weather permitting) 11.30 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	10 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	11 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00	12 OPEN 10-4 ART 10.30 – 3.00	13 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4
16 OPEN 10-4 WALK (weather permitting) 11.30 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	17 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	18 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00	19 OPEN 10-4 ART 10.30 – 3.00	20 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4
23 OPEN 10-4 WALK (weather permitting) 11.30 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	24 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	25 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00	26 OPEN 10-4 ART 10.30 – 3.00	27 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4 MUSIC WITH ARFON WYN 2-3
30 OPEN 10-4 WALK (weather permitting) 11.30 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	31 OPEN 10-4 CRAFT SESSION 10-2 HAIRDRESSER 11-1			



CANOLFAN LÔN ABATY BANGOR

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Galw Mewn Calendr
GORFFENNHAFF, 2018



DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
2 AGOR 10-4 CERDDED (tywydd yn caniatâu) 11.30 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4	3 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2	4 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00	5 AGOR 10-4 CELF 10.30-3.00	6 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4
9 AGOR 10-4 CERDDED (tywydd yn caniatâu) 11.30 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4	10 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2	11 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00	12 AGOR 10-4 CELF 10.30-3.00	13 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4
16 AGOR 10-4 CERDDED (tywydd yn caniatâu) 11.30 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4	17 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2	18 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00	19 AGOR 10-4 CELF 10.30-3.00	20 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4
23 AGOR 10-4 CERDDED (tywydd yn caniatâu) 11.30 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4	24 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2	25 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00	26 AGOR 10-4 CELF 10.30-3.00	27 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4 CERDDORIAETH GYDAG ARFON WYN 2-3
30 AGOR 10-4 CERDDED (tywydd yn caniatâu) 11.30 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4	31 AGOR 10-4 TRIN GWALLT 11-1 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2			