



**ABBAY ROAD CENTRE,  
BANGOR**  
01248 354888  
[www.abbeyroadcentre.co.uk](http://www.abbeyroadcentre.co.uk)  
Drop-In Calendar  
**SEPTEMBER, 2019**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>OPEN 9.30 – 3.15</b>  The Writing on the Wall	3 <b>OPEN 9.30 – 3.15</b>  Cleaning and Tidying the Garden	4 <b>OPEN 10-4</b>  Reading Group 12.30-2.00  1:1 Support available. Phone for further information.	5 <b>OPEN 10-4</b>  Art 10-3  1:1 Support available. Phone for further information.	6 <b>OPEN 10-4</b>  Food Friday 12-2 Quiz, Games 2-4 1:1 Support available. Phone for further information.
9 <b>OPEN 9.30 – 3.15</b>  The Writing on the Wall	10 <b>OPEN 9.30 – 3.15</b>  Cleaning and Tidying the Garden	11 <b>OPEN 10-4</b>  Reading Group 12.30-2.00  1:1 Support available. Phone for further information.	12 <b>OPEN 10-4</b>  Art 10-3  1:1 Support available. Phone for further information.	13 <b>OPEN 10-4</b>  Food Friday 12-2 Quiz, Games 2-4 1:1 Support available. Phone for further information.
16 <b>OPEN 9.30 – 3.15</b>  The Writing on the Wall	17 <b>OPEN 9.30 – 3.15</b>  Cleaning and Tidying the Garden	18 <b>OPEN 10-3</b>  Reading Group 12.30-2.00  1:1 Support available. Phone for further information.	19 <b>OPEN 10-4</b>  Art 10-3  1:1 Support available. Phone for further information.	20 <b>OPEN 10-4</b>  Food Friday 12-2 Quiz, Games 2-4 1:1 Support available. Phone for further information.
23 <b>OPEN 9.30 – 3.15</b>  The Writing on the Wall	24 <b>OPEN 9.30 – 3.15</b>  Cleaning and Tidying the Garden	25 <b>OPEN 10-4</b>  Reading Group 12.30-2.00  1:1 Support available. Phone for further information.	26 <b>OPEN 10-4</b> Chi Gong 12-1 Art 10-3  1:1 Support available. Phone for further information.	27 <b>OPEN 10-4</b>  <b>OPEN AFTERNOON 12-3</b>
30 <b>OPEN 9.30 – 3.15</b>  The Writing on the Wall				



# CANOLFAN LÔN ABATY BANGOR

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Calendr Galw Heibio  
MEDI, 2019



DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
2 <b>AGOR 9.30-3.15</b> Mae'r Sgwennu ar y Wal	3 <b>AGOR 9.30-3.15</b> Twtio a Curio'r Ardd	4 <b>AGOR 10-4</b> Grŵp Darllen 12.30-2.00 Cymorth 1:1 ar gael. Ffoniwch am ragor o wybodaeth	5 <b>AGOR 10-4</b> Celf 10-3 Cymorth 1:1 ar gael. Ffoniwch am ragor o wybodaeth	6 <b>AGOR 10-4</b> Bwyd Dydd Gwener 12-2 Cwis, Gemau 2-4 Cymorth 1:1 gael. Ffoniwch am ragor o wybodaeth
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30 <b>AGOR 9.30-3.15</b> Mae'r Sgwennu ar y Wal				