



ABBAY ROAD CENTRE, BANGOR

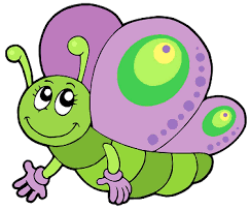
01248 354888

www.abbeyroadcentre.co.uk

Day Service Calendar
SEPTEMBER, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	4 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	5 OPEN 10-4 READING GROUP 12.30-2.00	6 OPEN 10-4 ART 10.30 – 3.00	7 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4
10 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	11 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	12 OPEN 10-4 READING GROUP 12.30-2.00	13 OPEN 10-4 ART 10.30 – 3.00	14 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4
17 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	18 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2	19 OPEN 10-4 READING GROUP 12.30-2.00	20 OPEN 10-4 ART 10.30 – 3.00	21 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4
24 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4	25 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 HAIRDRESSER 11-1	26 OPEN 10-4 READING GROUP 12.30-2.00	27 OPEN 10-4 ART 10.30 – 3.00	28 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4 MUSIC WITH ARFON WYN 2-3



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Galw Mewn Calendr
MEDI, 2018



DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
3 AGOR 10-4 TYLINO PEN INDIAIDD PIZZA A FFILM 1-4	4 AGOR 10-4 ADWEITHEG LLAW SESIWN CREFFT 10-2	5 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	6 AGOR 10-4 CELF 10.30-3.00	7 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4
10 AGOR 10-4 TYLINO PEN INDIAIDD PIZZA A FFILM 1-4	11 AGOR 10-4 ADWEITHEG LLAW SESIWN CREFFT 10-2	12 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	13 AGOR 10-4 CELF 10.30-3.00	14 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4
17 AGOR 10-4 TYLINO PEN INDIAIDD PIZZA A FFILM 1-4	18 AGOR 10-4 ADWEITHEG LLAW SESIWN CREFFT 10-2	19 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	20 AGOR 10-4 CELF 10.30-3.00	21 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4
24 AGOR 10-4 TYLINO PEN INDIAIDD PIZZA A FFILM 1-4	25 AGOR 10-4 ADWEITHEG LLAW SESIWN CREFFT 10-2 TRIN GWALLT 11-1	26 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	27 AGOR 10-4 CELF 10.30-3.00	28 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4 CERDDORIAETH GYDAG ARFON WYN 2-3