



ABBAY ROAD CENTRE, BANGOR

01248 354888

www.abbeyroadcentre.co.uk

Day Service Calendar

JANUARY, 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 CLOSED	3 CLOSED	4 CLOSED	5 CLOSED
8 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 POETRY/CREATIVE WRITING 1-2 PIZZA & FILM 1-4	9 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 HELP WITH YOUR DIGITAL DEVICES 1-3	10 OPEN 10-4 READING GROUP 12.30-2.00	11 OPEN 10-4 ART 11.00 – 3.30	12 OPEN 10-4 COOKING & DINING 12-2 QUIZ, GAMES 2-4
15 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 POETRY/CREATIVE WRITING 1-2 PIZZA & FILM 1-4	16 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 HELP WITH YOUR DIGITAL DEVICES 1-3	17 OPEN 10-4 READING GROUP 12.30-2.00	18 OPEN 10-4 ART 11.00 – 3.30	19 OPEN 10-4 COOKING & DINING 12-2 QUIZ, GAMES 2-4
22 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 POETRY/CREATIVE WRITING 1-2 PIZZA & FILM 1-4	23 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 HELP WITH YOUR DIGITAL DEVICES 1-3	24 OPEN 10-4 READING GROUP 12.30-2.00	25 OPEN 10-4 ART 11.00 – 3.30	26 OPEN 10-4 COOKING & DINING 12-2 QUIZ, GAMES 2-4
29 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 POETRY/CREATIVE WRITING 1-2 PIZZA & FILM 1-4	30 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 HELP WITH YOUR DIGITAL DEVICES 1-3 HAIRDRESSER 11-1	31 OPEN 10-4 READING GROUP 12.30-2.00		



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DYDD LLUN	DYDD MAWRTH	DYDD MERCHER	DYDD IAU	DYDD GWENER
1 AR GAU	2 AR GAU	3 AR GAU	4 AR GAU	5 AR GAU
8 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 BARDDONIAETH/YSGRIFEN NUCREADIGOL 1-2 PIZZA A FFILM 1-4	9 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 CYMORTH GYDA'CH DYFEISIAN DIGIDOL 1-3	10 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	11 AGOR 10-4 CELF 11.00-3.30	12 AGOR 10-4 COGINIO A BWYTA 12-2 CWIS, GEMAU
15 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 BARDDONIAETH/YSGRIFEN NUCREADIGOL 1-2 PIZZA A FFILM 1-4	16 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 CYMORTH GYDA'CH DYFEISIAN DIGIDOL 1-3	17 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	18 AGOR 10-4 CELF 11.00-3.30	19 AGOR 10-4 COGINIO A BWYTA 12-2 CWIS, GEMAU
22 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 BARDDONIAETH/YSGRIFEN NUCREADIGOL 1-2 PIZZA A FFILM 1-4	23 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 CYMORTH GYDA'CH DYFEISIAN DIGIDOL 1-3	24 AGOR 10-4 GRŴP DARLLEN 12.30-2.00	25 AGOR 10-4 CELF 11.00-3.30	26 AGOR 10-4 COGINIO A BWYTA 12-2 CWIS, GEMAU
29 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 BARDDONIAETH/YSGRIFEN NUCREADIGOL 1-2 PIZZA A FFILM 1-4	30 AGOR 10-4 TRIN GWALLT 11-1 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 CYMORTH GYDA'CH DYFEISIAN DIGIDOL 1-3	31 AGOR 10-4 GRŴP DARLLEN 12.30-2.00		