



ABBAY ROAD CENTRE, BANGOR

01248 354888

www.abbeyroadcentre.co.uk

Day Service Calendar

MAY, 2018



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| | 1 OPEN 10-4 CRAFT SESSION 10-2 HAIRDRESSER 11-1 | 2 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00 | 3 OPEN 10-4 ART 11.00 – 3.30 | 4 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4 |
| 7 CLOSED BANK HOLIDAY | 8 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 | 9 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00 | 10 OPEN 10-4 ART 11.00 – 3.30 | 11 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4 |
| 14 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4 WOODLAND WALK 11.30 | 15 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 | 16 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00 | 17 OPEN 10-4 ART 11.00 – 3.30 | 18 OPEN 10-4 FOOD FRIDAY 12-2 QUIZ, GAMES 2-4 |
| 21 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 PIZZA & FILM 1-4 PENRHYN CASTLE 11.30 | 22 OPEN 10-4 HAND REFLEXOLOGY 10-3 CRAFT SESSION 10-2 | 23 OPEN 10-4 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00 | 24 OPEN 10-4 ART 11.00 – 3.30 | 25 OPEN 10-4 FOOD FRIDAY 12-2 MUSIC WITH ARFON WYN 2-3 QUIZ, GAMES 2-4 |
| 28 CLOSED BANK HOLIDAY | 29 OPEN 10-4 CRAFT SESSION 10-2 HAIRDRESSER 11-1 | 30 OPEN 10-4 INDIAN HEAD MASSAGE 10-3 EXERCISE SESSION 11-12 READING GROUP 12.30-2.00 | 31 OPEN 10-4 ART 11.00 – 3.30 | |



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Galw Mewn Calendr

MAI, 2018



| DYDD LLUN | DYDD MAWRTH | DYDD MERCHER | DYDD IAU | DYDD GWENER |
|--|--|--|---|---|
| | 1 AGOR 10-4 TRIN GWALLT 11-1 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 | 2 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00 | 3 AGOR 10-4 CELFF 11.00-3.30 | 4 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4 |
| 7 AR GAU GWYL Y BANC | 8 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 | 9 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00 | 10 AGOR 10-4 CELFF 11.00-3.30 | 11 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4 |
| 14 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4 COEDWIG BANGOR 11.30 | 15 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 | 16 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00 | 17 AGOR 10-4 CELFF 11.00-3.30 | 18 AGOR 10-4 BWYD DYDD GWENER 12-2 CWIS, GEMAU 2-4 |
| 21 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 PIZZA A FFILM 1-4 CASTELL PEHRHYN 11.30 | 22 AGOR 10-4 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 | 23 AGOR 10-4 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00 | 24 AGOR 10-4 CELFF 11.00-3.30 | 25 AGOR 10-4 BWYD DYDD GWENER 12-2 CERDDORIAETH GYDAG ARFON WYN 2-3 CWIS, GEMAU 2-4 |
| 28 AR GAU GWYL Y BANC | 29 AGOR 10-4 TRIN GWALLT 11-1 ADWEITHEG LLAW 10-3 SESIWN CREFFT 10-2 | 30 AGOR 10-4 TYLINIO PEN INDIAIDD 10-3 SESIWN YMARFER CORFF 11-12 GRŴP DARLLEN 12.30-2.00 | 31 AGOR 10-4 CELFF 11.00-3.30 | |