

What's on at Cartref Cynnes- April 2023

Date	Time	Activity	Location	Extra Information
Monday	10:30 am	Age Cymru Exercise Class	Lounge	Weekly
Tuesday	11am - 12:30	Elevenses	Meeting Room	Weekly
Wednesday	10:00 am	U3A Art Class (Fortnightly)	Craft Room	12/04 – 26/04
	6pm	West Wales Modellers (Monthly)	Craft Room	05/04.
Thursday	10am- 11am	Tai Chi (Weekly)	Lounge	(Charged Session) Change of day Friday to Thursday -April
	5 pm	Watercolour Class (Fortnightly)	Craft Room	(Charged Session) 13, 27/04
	13:30- 15:30	Singing For The Brain Every 1st & 3rd week (Thursday's)	Craft Room	06/04 – 20/03 –Start Time 2:20pm-3:20pm
Friday	2 pm	U3A Music Group (2 nd Friday of each Month)	Craft Room	Monthly 14/04
	7pm	Tenants Friday Night Social Group	Meeting Room	Weekly

UPCOMING EVENTS

Wednesday 12th April – Tenants Meeting – 3 pm – Meeting Room
Monday 17th April- 1.30pm- Creation of Caredig focus group for tenants.

Tuesday 18 April- Llanllwch Church Service – 2 pm – The Lounge
Friday- 21st April- 2pm- Lounge - PowerNap Ltd Demonstration of adaptable equipment.– Invitation to all Tenants