



## Blaenavon Weekly Activities

### Monday

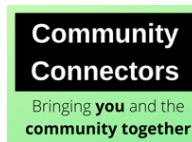
<b>Citizens Advice – Drop In</b>	Blaenavon Resource Centre	<b>Free</b>	<b>9.30am – 4pm</b>
<b>Coffee Morning</b>	Bethlehem Church	<b>Cost per item</b>	<b>10am – 1pm</b>
<b>Coffee, Chat and Craft</b>	Blaenavon Resource Centre	<b>Free</b>	<b>1pm-2pm</b>

### Tuesday

<b>Huddle</b>	Victory Church		<b>9am – 1pm</b>
<b>Craft Club</b>	Victory Church		<b>10am – 12pm</b>
<b>Building Resilience Communities Free Gym/Exercise Class</b>	Blaenavon Heritage School	<b>Free</b>	<b>10am – 12pm</b>
<b>Pontypool and Blaenavon Model Railway Club</b>	Furnace Sidings, Garn Yr Erw	<b>Membership fees apply</b>	<b>11am – 3pm</b>
<b>Take a Stroll</b>	Blaenavon Heritage Centre	<b>Free</b>	<b>12pm</b>
<b>Pottery</b>	Bethlehem Church	<b>Donations</b>	<b>1.30pm – 3.30pm</b>
<b>Crime Reading Group</b> <i>(booking required)</i>	Blaenavon Library (café)	<b>Free</b>	<b>2pm</b>
<b>Over 50's Forum</b> <i>(1<sup>st</sup> Tuesday of the month)</i>	King Street Chapel		<b>2pm</b>
<b>Ukulele</b>	Bethlehem Church	<b>Donations</b>	<b>3.30pm</b>
<b>Chi Chi Fit</b>	Forgeside Community Centre	<b>£5</b>	<b>6pm</b>
<b>Blaenavon Band Seniors</b>	Band Hall		<b>7.30pm – 9.30pm</b>
<b>Line Dancing</b> <i>(07969 681687 for more details)</i>	Blaenavon Constitutional Club	<b>£5</b>	<b>7pm – 9pm</b>
<b>Blaenavon Photography Club</b>	King Street Chapel Schoolroom		<b>7pm – 9pm</b>
<b>Blaenavon Male Voice Choir</b>	Bethlehem Church		<b>7pm – 9pm</b>

### Wednesday

<b>Over 60's Exercise Group</b>	Workmen's Hall	<b>Free</b>	<b>11.45am</b>
<b>Well Being Friends Coffee Afternoon (once a month)</b>	Bethlehem Chapel	<b>Free</b>	<b>1.30pm – 3pm</b>
<b>Take a Stroll</b>	Blaenavon Heritage Centre	<b>Free</b>	<b>2pm</b>
<b>Celtic Café Folk Music Group</b>	Blaenavon Heritage Centre	<b>Free</b>	<b>4.30pm-6.30pm</b>
<b>Blaenavon Ladies Choir</b>	Bethel Chapel, King Street		<b>7pm – 9pm</b>
<b>Bingo</b>	Blaenavon Rugby and Social Club	<b>£8</b>	<b>6pm</b>
<b>Over 60's Pilates</b> <i>(Call Mark on 07880878228)</i>	Home Studio, Llanover Road, Blaenavon	<b>£51 for 6 weeks</b>	<b>6.30pm – 7.30pm</b>
<b>Blaenavon Ladies Choir</b>	Bethel Chapel, King Street		<b>7pm – 9pm</b>



### **Thursday**

<b>Food Share</b>	Bethlehem Church	<b>Free</b>	<b>9am – 11am</b>
<b>Cuppa and a Chat</b> (once a month)	Blaenavon Library	<b>Free</b>	<b>11.15am – 12.15pm</b>
<b>Lunch Club, Live, Laugh, Lunch</b>	Bethlehem Church	<b>£5.50</b>	<b>12.30pm – 1.30pm</b>
<b>Coffee and Chat</b>	Bethlehem Church		<b>1.30pm – 2.30pm</b>
<b>Aspire Social Club for Adults with Additional Needs</b>	Victory Church		<b>3pm – 5pm</b>
<b>Walking Rugby</b>	Forgeside RFC Ground	<b>Free</b>	<b>7pm</b>
<b>Blaenavon Seniors Group</b> (twice a month)	Blaenavon Seniors Hall, Park Street		<b>7pm - 9pm</b>
<b>Dawnsyr Blaenafon</b> (Welsh Dance Group)	Blaenavon Workmen’s Hall	<b>£1.50</b>	<b>7.15pm</b>

### **Friday**

<b>Sgwrs a Choffi (learn or practice Welsh)</b>	Blaenavon Heritage Centre Cafe		<b>10am</b>
<b>Family History</b>	Blaenavon Library	<b>Free</b>	<b>10.30am</b>
<b>Befriending Film Club</b> (Last Friday of month)	Workmen’s Hall	<b>Free</b>	<b>10.30am</b>
<b>Sporting Memories</b>	Blaenavon RFC	<b>Free</b>	<b>11.15am – 1.15pm</b>
<b>Pontypool and Blaenavon Model Railway Club</b>	Furnace Sidings, Garn Yr Erw	<b>Membership fees apply</b>	<b>7pm – 9.30pm</b>

Please be advised that group details are subject to change. Some of the above groups are provided at a cost. For additional details on any of the above groups, please speak to the venue or call the Community Connectors on **01495 742397** or Blaenavon Town Council on **01495 790643**.

#### **Community Connectors**

Are you feeling isolated, low in mood, lonely, lacking in confidence? Do you want to be able to get out and enjoy life and the things you used to do or want to try something new?

For more information, please contact us on **01495 742397**.

#### **The Silver Line**

Call free on **0800 4 70 80 90**

The Silver Line Helpline is a free, confidential telephone service just for older people. We provide friendship, conversation and support 24 hours a day, 7 days a week.

#### **Samaritans**

If you need someone to talk to, we listen. We won't judge or tell you what to do. Whatever you're going through, you can call us any time, from any phone for **FREE** on **116 123**.

