



## **Blaenavon Weekly Activities**- Updated November 2024

### **Monday**

|                                  |                           |                      |                              |
|----------------------------------|---------------------------|----------------------|------------------------------|
| <b>Citizens Advice – Drop In</b> | Blaenavon Resource Centre | <b>Free</b>          | <b>9.30am – 3.30pm</b>       |
| <b>Chair Yoga</b>                | Bethlehem Chapel          | <b>£3</b>            | <b>11am-12pm</b>             |
| <b>Coffee Morning</b>            | Bethlehem Chapel          | <b>Cost per item</b> | <b>10am-12pm</b>             |
| <b>Coffee, Chat and Craft</b>    | Blaenavon Resource Centre | <b>Free</b>          | <b>1pm-2.30pm</b>            |
| <b>Knit and Natter</b>           | Workmen’s Hall            | <b>£3</b>            | <b>3pm-5pm &amp; 6pm-8pm</b> |

### **Tuesday**

|  |                                |                              |                        |
|--|--------------------------------|------------------------------|------------------------|
| <b>Citizens Advice – Drop In</b>                                 | Blaenavon Resource Centre      | <b>Free</b>                  | <b>9.30am-3.30pm</b>   |
| <b>Torfaen Customer Care Team</b>                                | Blaenavon Resource Centre      |                              | <b>9.30am-4.30pm</b>   |
| <b>Busy Fingers Craft Club</b>                                   | Victory Church                 | <b>£1 Donation</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 &amp; 2pm</b>  |
| <b>Pottery</b>   | Bethlehem Church               | <b>Donations</b>             | <b>1.30pm – 3.30pm</b> |
| <b>Crime Reading Group (3<sup>rd</sup> Tuesday of the month)</b> | The Lion                       | <b>Free</b>                  | <b>2pm</b>             |
| <b>Over 50’s Forum (1<sup>st</sup> Tuesday of the month)</b>     | King Street Chapel             |                              | <b>2pm</b>             |
| <b>Chi Chi Fit</b>   | Forgeside Community Centre     | <b>£5</b>                    | <b>6pm</b>             |
| <b>Yoga</b>  | Blaenavon Active Living Centre | <b>£5</b>                    | <b>6pm-7pm</b>         |
| <b>Blaenavon Band Seniors</b>                                    | Band Hall                      |                              | <b>7.30pm – 9.30pm</b> |
| <b>Blaenavon Photography Club</b>                                | King Street Chapel             |                              | <b>7pm – 9pm</b>       |
| <b>Blaenavon Male Voice Choir</b>                                | Blaenavon Con Club             |                              | <b>7.30pm – 9pm</b>    |

### **Wednesday**

|   |                                       |                        |                              |
|---|---------------------------------------|------------------------|------------------------------|
| <b>History Group</b>  | Blaenavon World Heritage Centre       |                        |                              |
| <b>The Good Grief Bereavement Group (last Wednesday of the month)</b> | Bethlehem Chapel                      | <b>Free</b>            | <b>10am-12pm<br/>6pm-8pm</b> |
| <b>Over 60's Exercise Group</b>                                       | Workmen’s Hall                        | <b>Free</b>            | <b>11am-12pm</b>             |
| <b>IT/Digital Support</b>   | Blaenavon Library                     | <b>Free</b>            | <b>2pm-4pm</b>               |
| <b>Blaenavon Ladies Choir</b>   | King Street Chapel                    |                        | <b>7pm – 9pm</b>             |
| <b>Bingo</b>  | Blaenavon Rugby                       | <b>£8</b>              | <b>6pm</b>                   |
| <b>Line Dancing Class</b>   | Blaenavon Con Club                    | <b>£5</b>              | <b>6pm-7.30pm</b>            |
| <b>Over 60's Pilates (Call Mark on 07880878228)</b>                   | 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>FareShare</b> | Bethlehem Church | <b>Free</b> | <b>9.30am -11.30am</b> |
|------------------|------------------|-------------|------------------------|



|  |                                     |             |                        |
|--|-------------------------------------|-------------|------------------------|
| <b>Cuppa and a Chat</b><br>(once a month)                                | Blaenavon Library                   | <b>Free</b> | <b>11.15am-12.15pm</b> |
| <b>Meet &amp; Eat Community Lunch</b><br>Booking required – 07855 942451 | Bethlehem Church                    | <b>£6</b>   | <b>12.30pm</b>         |
| <b>Food Bank &amp; Citizens Advice Drop In</b>                           | Victory Church                      |             | <b>1pm-3pm</b>         |
| <b>Aspire Social Club for Adults with Additional Needs</b>               | Victory Church                      | <b>Free</b> | <b>3pm – 5pm</b>       |
| <b>Adult Ukelele Group</b>   | Bethlehem Chapel                    | <b>£3</b>   | <b>2.30pm</b>          |
| <b>Walking Rugby</b>   | Forgeside RFC Ground                | <b>Free</b> | <b>7pm</b>             |
| <b>Blaenavon Seniors Group (twice a month)</b>                           | Blaenavon Seniors Hall, Park Street |             | <b>7pm - 9pm</b>       |
| <b>Blaenavon Male Voice Choir</b>  | Blaenavon Con Club                  |             | <b>7.30pm-9pm</b>      |

### Friday

|   |                                |                              |                         |
|---|--------------------------------|------------------------------|-------------------------|
| <b>Sgwrs a Choffi (learn or practice Welsh)</b>     | Blaenavon Heritage Centre Cafe |                              | <b>10am</b>             |
| <b>Over 60s Chair Strength &amp; Tone</b>           | Workemen’s Hall                | <b>Free</b>                  | <b>10am</b>             |
| <b>Family History</b>                               | Blaenavon Library              | <b>Free</b>                  | <b>10.30am</b>          |
| <b>Befriending Film Club (Last Friday of month)</b> | Workmen’s Hall                 | <b>Free</b>                  | <b>10.30am</b>          |
| <b>Over 60s Dance Class</b>                         | Blaenavon Workemn’s Hall       | <b>Free</b>                  | <b>11am-12pm</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.

**Care & Repair Monmouthshire** - Provides help and advice for homeowners and private tenants aged 60+ to enable them to remain safe, secure & independent. [enquiries@crmon.org.uk](mailto:enquiries@crmon.org.uk) **01495 745936**

**Melo-Melo** contains information, advice and self-help resources to look after your mental health and well-being. [www.melo.cymru](http://www.melo.cymru)