



Tŷ Golau

@ Llanelli



Every Thursday

10.30 - 12.00 noon & 2pm - 3.30pm

Afternoon Session From September 2018

Tŷ Golau is a group for people who experience memory problems

ACTIVITIES INCLUDE:

Reminiscence • Celebration of Saints Days
Music and Movement • Quizzes • Memory Games
Current Affairs • Sing-a-Longs • Indoor Gardening
Simple Cookery & Much More

Come along and keep your mind active while having fun

*The Antioch Centre
Copperworks Road
Llanelli SA15 2NE*

Refreshments included: £5 (£1 for carers)

For more information contact:

JANET LEWIS Dip. C.O.T. (MANGER) on 01554 890896

Patrons: County Councillor Jeanette Gilasbey

& Mr. Peter Hamilton. District Governor Elect of Rotary



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@ Kidwelly



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Neuadd Mynydd-y-Garreg

Heol yr Ysgol

Mynydd-y-Garreg

Kidwelly SA17 4RL



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