

Age Cymru Dyfed Befriending Life Links will be running a new weekly Zoom group every Monday and every Thursday 10:30am – 11:30am for the over 50's

The "Today's The Day" group will focus on a different theme each week.



April/May 2021 Timetable – Monday and Thursday 10:30am to 11:30am:

26th April	Garden Week
29th April	National Pet Month – Dog trainer tips and hints
6th May	Beverage Day & No Diet Day – simple cooking session
10th May	Fred Astaire's Birthday – a music themed session
13th May	Top Gun & Military Appreciation Day – sharing stories and photos
17th May	Pack Rat Day – showing collections of stamps, pictures etc.
20th May	Be a Millionaire Day – Scam Awareness session with Natwest Bank
24th May	National Wine Day
27th May	Community History & Photo Month – William Troughton, Speaker



A perfect opportunity to make new friends, have fun and learn some new things along the way.

For more information contact:

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Age Cymru Dyfed Befriending Life Links
On: **07399 861350**

Please follow my Facebook page for all future updates or email:
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To enable us to support as many people as possible at the groups, individual attendance is time limited to 6 months

