



DOLWYDDELAN FITNESS

(Ysgol Dolwyddelan)

Body Conditioning
5.45pm

Every Wednesday evening

Membership at £20 per month for the rural programme

Register -
Tim Ballam
tim.ballam@conwy.gov.uk
07717543698
01492575556



Conwy County, the right environment
to keep fit and healthy

Siôn a Siân

The Sion a Sian's Club first meeting in 2020 is the AGM
on 9th March at 2.00pm in the Ganolfan.

New Members are very welcome.

On behalf of Angie Burke, member of the Menter Siabod
committee . . .

Dear Readers, we would like to thank the wonderful people
of Dolwyddelan and Pont-y-Pant for all the help and offers of
help, cards, good wishes and prayers during Mike's recent 8
week stay in hospital.

We are happy to report he is now making good progress at
home. Thank you so much. Mike and Angie Burke

Thank You



FFITRWYDD DOLWYDDELAN
(Ysgol Dolwyddelan)
Cyflwr'r Corff
5.45yh

Pob nos Fercher

Aelodaeth am £20 y mis y rhaglen gwledig

Cofrestru -
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Sir Conwy, yr amgylchedd iawn
! gadw'n iach a heini!



Siôn a Siân

Cyfarfod cyntaf Cwib Siôn a Siân yn 2020 ydy'r Cyfarfod Blyneddol
ar y 9fed o Fawrth am 2 o'r gloch yn y Ganolfan.
Croeso mawr i aelodau newydd.

Ar ran Angie Burke, aelod o bwyllgor Menter Siabod . . .
Annwyl Ddarllenwyr, hoffem ni ddioch i bobl arbennig
Dolwyddelan a Phont-y-Pant am yr holl gymorth a chynigion o
gymorth, cardiau, dymuniadau da a gweddïau yn ystod
arthosiad 8 wythnos diweddar Mike yn yr ysbly.
Rydym yn falch o ddwud ei fod bellach yn gwella gartref.
Dioch o galon.
Mike ac Angie Burke

diolch!