

PILATES CLASSES DOLWYDDELAN



New courses starting
20th February

Mondays 5:45 - 6:30pm
Tuesdays 5:45 - 6:30pm

Develop core control to reduce
back, neck & shoulder pains

At: AJ Physio,
The Old Surgery,
Church Street, Dolwyddelan LL25 0SJ

Call Ali on 07780 165844 or email aliphys@hotmail.co.uk

6 sessions £35



PRE-LOVED BOOKS

Available to buy from the Pavilion whenever the lights are on.

'New' books added weekly

Welsh and English language



Romance – Detective novels – Reference – History –
Children's – Cookbooks

A selection of films on DVD are for sale too.

£1 or £2 depending on format
Honesty Box.

NEEDLECRAFT GROUP – EVERYONE WELCOME

We meet every other Monday morning, in the Pavilion, 10.00 - noon.

Between us, we have a range of skills and crafts, so if you are a beginner and would appreciate guidance, please come along. Or if you have a skill to share, we are always looking to learn.

Knitting – Crochet – Tatting – Cross Stitch – Quilting – Beading
– Spinning – Weaving – Sewing – Clothes making
(and some I've probably forgotten!)