



**Dementia
Actif
Gwynedd**

**Physical and social activities in
the community to support older
adults and those affected by
dementia.**



DementiaActif@gwynedd.llyw.cymru



07768 988095

www.dementiaactifgwynedd.cymru



Dementia Actif Gwynedd





**Dementia
Actif
Gwynedd**

Activities Programme

JANUARY 2026

Monday 11:00-12:30	Keep Active Class Memorial Hall, Penygroes
Monday 11:00-12:30	Keep Active Class Y Ganolfan, Llanberis
Monday 2:00-3:30	Criw Clebran Library, Bangor
Tuesday 11:00-12:30	Keep Active Class Byw'n Iach Dwyfor, Pwllheli
Tuesday 1:30-3:00	Keep Active Class Community Hall, Llanwnda
Wednesday 10:30-12:00	Keep Active Class Dragon Theatre, Barmouth
Wednesday 2:30-4:00	Keep Active Class Byw'n Iach Glanwnion, Dolgellau
Wednesday 1:00-2:30	Keep Active Class Byw'n Iach Penllyn, Bala
Wednesday 11:00-12:30	Keep Active Class Rugby Club, Bethesda

Recorded Keep Active sessions available online via our website:-
<https://www.dementiaactifgwynedd.cymru/en/activities-and-keep-agile/online-keep-agile-classes.html>



Dementia Actif Gwynedd



Thursday
10:30-11:30

Keep Active Class
Cae Garnedd, Penrhosgarnedd, Bangor

Thursday
2:00-3:30

Keep Active Class
Byw'n Iach Arfon, Caernarfon

Thursday
2:00-3:30

Keep Active Class
Community Hall, Fairbourne

Friday
11:00-12:30

Keep Active Class
Community Centre, Blaenau Ffestiniog

Friday
11:00-12:30

Keep Active Class
Byw'n Iach Bro Dysynni, Tywyn

Friday
11:00-12:30

Keep Active Class
Community Hall, Sarn Meyllteyrn

Friday
1:30-3:00

Keep Active Class
Byw'n Iach Glaslyn, Porthmadog

Each keep active class ends with a cuppa and the opportunity to socialise.



For more information :-

dementiaactif@gwynedd.llyw.cymru / 07768 988 095

Additional Activities



Activity	When	Where	For who
Dementia Carers Support Group	Every other Tuesday	Zoom	Carers of people living with dementia
Clwb Mantur	Once a month; The day varies	Various	Men with young onset dementia
Gwynedd Boccia League	First Friday of the month	Byw'n Iach Glaslyn, Porthmadog	Everyone
Dementia Gwynedd Sŵper Grŵp	Every 3 months	Neuadd Goffa, Penrhyndeudraeth	People living with dementia, carers and professionals
Special Events & Outings	Varies	Various	Depending on the type of event

