DECEMBER 2018 & JANUARY 2019
INFORMATION AND HEALTH TOPIC SESSIONS
AGE CONNECTS SENIOR HEALTH SHOP 38 HOLTON ROAD BARRY
01446 732385

Tuesday 4th Dec	9.30-12 Midday	FREE Welfare Rights Services Age Connects Cardiff and Vale
Tuesday 4th Dec	10-12 Midday	Trading Standards Cardiff and Vale
Friday 7th Dec	10-11am	Jane Hutt AM Surgery
Tuesday 11th Dec	10-12 Midday	Care and Repair Cardiff and Vale
Tuesday 11th Dec	10-12 Midday	FREE Legal Advice Wills Power of Attorney Living Wills
Tuesday 11th Dec	10-12 Midday	Telecare Cardiff and Vale
MERRY CHRISTMAS	**AND A**	**HAPPY NEW YEAR**
Tuesday 8th Jan	10-12 Midday	Welfare Rights Service Age Connects Cardiff and Vale
Tuesday 8th Jan	1.30-4pm	Arthritis Support Group
Tuesday 15th Jan	10-12 Midday	FREE Legal Wills Power of Attorney
Tuesday 15th Jan	10-12 Midday	Care and Repair Cardiff and Vale
Thursday 24th Jan	10.30-12 Midday	Epilepsy Support Group Coffee and Chat
Monday 28th Jan	9.30–11.30	Free tax advice

Weekly Sessions

Monday Mornings	9.30-11.30am	Stitching Group. Sewing Crochet etc and a great way to make friends
Tuesday Mornings	10-12 Midday	Health and Information Sessions as advertised
Wednesday Mornings	9.30-10.45 am	Extend Class Gentle Keep Fit
Thursday Mornings	10-12 Midday	Dementia Memories Group DROP IN
Thursday Mornings	10-12 Midday	FREE Computer Class
Friday Mornings	10.30-12 Midday	Bingo FUN Morning

Opening Hours of Cafe/Information Desk:
Monday, Thursday & Friday 9.30am - 12 Midday
Tuesday 9.30am – 1.30pm.
Wednesday 10.45am - 12 Midday
NO Appointment needed for any Session

CLOSED FROM: Thursday 20th December
REOPEN: Thursday 3rd January