

Amserlen Gorffennaf



Wythnos 1

Wythnos 2

Wythnos 3

Wythnos 4

DYDD
LLUN

5ed

10 y.b

Sgiliau Radio

6:30

Dawns I Bawb

6ed

10.30 y.b

Clwb Cerdded
Ffestiniog

12fed

10 y.b

Sgiliau Radio

6:30

Dawns I Bawb

13eg

10.30 y.b

Clwb Cerdded
Dolgellau

19eg

10 y.b

Sgiliau Radio

6:30

Dawns I Bawb

20fed

10.30 y.b

Clwb Cerdded
Ffestiniog

7.00y.h

Cor Makaton

26ain

10 y.b

Sgiliau Radio

6:30

Dawns I Bawb

27ain

10.30 y.b

Clwb Cerdded
Dolgellau

DYDD
MAWRTH

7fed

11.00y.b

Bingo a Sgwrs

6.30 y.p

Grwp Llesiant

7.30y.h

Sesiwn Wybodaeth
Insight App



14eg

11.00 y.b

Bingo a Sgwrs

6.30 y.p

Grwp Llesiant

21ain

11.00 y.b

Bingo a Sgwrs

6.30 y.p

Grwp Llesiant

28ain

11.00 y.b

Bingo a Sgwrs

6.30 y.p

Grwp Llesiant



DYDD
MERCHER

8fed

10 y.b

Clwb Garddio
Arfon

2 y.p - Cwis

6 y.h

Clwb Enfys

15fed

10 y.b

Clwb Garddio
Arfon

2 y.p - Cwis

6 y.h

Clwb Enfys

22ain

10 y.b

Clwb Garddio
Arfon

2 y.p - Cwis

6 y.h

Clwb Enfys



29ain

10 y.b

Clwb Garddio
Arfon

2 y.p - Cwis

6 y.h

Clwb Enfys

DYDD
IAU

9fed

16eg

23ain

30ain

6.00 y.h

Disgo

gyda Gav



DYDD
GWENER

July Timetable



Week 1

Week 2

Week 3

Week 4

MONDAY

5th
10 am
Radio Skills
6:30
Dawns I Bawb

12th
10 am
Radio Skills
6:30
Dawns I Bawb



19th
10 am
Radio Skills
6:30
Dawns I Bawb

26th
10 am
Radio Skills
6:30
Dawns I Bawb

TUESDAY

6th
10.30 am
Ffestiniog
Walking Group

13th
10.30 am
Dolgellau
Walking Group

20th
10.30 am
Ffestiniog
Walking Group
7.00pm
Makaton Choir

27th
10.30 am
Dolgellau
Walking Group



WEDNESDAY

7th
11.00 am
Bingo and chat
6.30 pm
Yoga
7.30 pm
Information Session
about the Insight App



14th
11.00 am
Bingo and chat
6.30 pm
Yoga

21st
11.00 am
Bingo and chat
6.30 pm
Yoga

28th
11.00 am
Bingo and chat
6.30 pm
Yoga

THURSDAY

8th
10 am
Gardening Club
in Arfon
2 pm - Quiz
6 pm
Clwb Enfys

15th
10 am
Gardening Club
in Arfon
2 pm - Quiz
6 pm
Clwb Enfys

22nd
10 am
Gardening Clun
in Arfon
2 pm - Quiz
6 pm
Clwb Enfys



29th
10 am
Gardening Club
in Arfon
2 pm - Quiz
6 pm
Clwb Enfys

FRIDAY

9th

16th

23rd

30th
6.00 pm
Disco
with Gav

