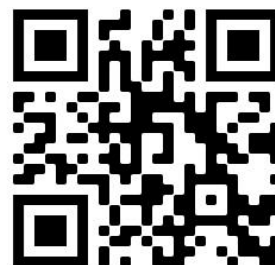


# CWTSH

## Bargoed & Aberbargoed

July 18 – 24, 2022



[scan the QR code for details](#)

### MONDAY

Library Services	Deri Community Centre	9 am - 6 pm
Employment Support (CFW)	Bargoed Library	9.30 am - 12.30 pm
Community Bookswap (Mon - Thurs)	Bargoed YMCA	9.30 am - 1.30 pm
Bargoed Bibliophiles	Bargoed Library	10 - 11 am
Over 50's Dance	St Margaret's Church, Gilfach	10.30 - 11.30 am
URV Wanderers Mixed Walk	Parc Cwm Darran	11 am
Crochet Club	Bargoed Library	10 am - 12.45 pm
Fareshare	St Gwladys Church Hall	1 - 2.30 pm
Community Craft Group	Hills Church, Aberbargoed	1 - 2.30 pm
Tae-Kwondo	Heolddu Leisure Centre	5 - 6 pm
Deri Youth Club	Deri Community Centre	5 - 7.30 pm
Aikido	Bargoed YMCA	6.30 - 9.30 pm
Open Mic Night	Bourton's Live Music Café Bar	7 pm
Yoga	Bargoed YMCA	7 - 8 pm

### TUESDAY

Toddler Club	Bargoed Salvation Army	9.30 - 11 am
Deaf Club	Gilfach Scouts Hall	10 am - 12 noon
Adult Numeracy Class	Deri Community Centre	10 am - 12 noon
Story and Rhyme Time (0 - 4 years)	Aberbargoed Library	10.30 - 11.15 am
Sandwich Club	Cartref Hall	10.30 am - 1 pm
CPF Reconnect Focus Group	Bargoed YMCA	11 am - 3 pm
Mindful Lego	Bargoed Library	11.30 am - 12.30 pm
Cardio Classes	Bargoed YMCA	12.30 - 4 pm
Craft group	St Gwladys Church Hall	1 - 3 pm
Police Surgery	Aberbargoed Library	3 - 4 pm
Lego and Duplo Club	Aberbargoed Library	3 - 5.30 pm
Homework Club	Aberbargoed Library	3 - 5 pm
Family History Class	Bargoed Library	2 - 4 pm
Deri Indoor Bowls (short mat)	Deri Community Centre	7 - 9 pm
Bargoed Male Voice Choir Rehearsal	Bourton's Live Music Café Bar	7 - 9 pm
Quiz Night	Capel Hotel, Gilfach	8 - 10.30 pm

### WEDNESDAY

Library Services	Deri Community Centre	9 am - 6 pm
Little Movers	St Gwladys Church Hall	9.30 - 11.30 am
Scrabble Club	Bargoed Library	10 - 11.30 am
Baby Rhyme Time	Deri Library	10 - 10.45 am
The Parent Network	Bargoed YMCA	10 am - 12 noon
Epilepsy coffee morning	Square Royal	10.15 am - 12 noon
Creative Connections	Bargoed Community Centre & Park	10.30 am - 12.30 pm

Caffi Croeso (Welsh Café)	Aberbargoed Library	10.30 - 12.30 am
Darran Valley Over 55's Club	Deri Community Centre	1.30 - 3.45 pm
IT (Computer) Skills Class	Bargoed Library	2 - 4 pm
English Second Language Learners	Bargoed Library	2 - 4 pm
Slimming World	St Gwladys Church Hall	5 pm & 7 pm
Tae-Kwondo	Heolddu Leisure Centre	5 - 6 pm
Yoga	Bargoed YMCA	7 - 8 pm
Music Jam Night	Bourton's Live Music Café Bar	7.30 pm

## THURSDAY

Mams & Munchkins	Deri Community Centre	9.30 - 11.30 am
Adult Literacy	Bargoed Library	9.45 am - 12.15 pm
Play Date (1- 4 years with Toybox)	Aberbargoed Library	10 am - 12 noon
Rhyme Time	Bargoed Library	10 - 10.30 am
Croeso café	St Gwladys Church Hall	10 - 11.30 am
Working wardrobe	Bargoed Community Centre	10 am - 12 noon
English/literacy training	Bargoed Library	10 am - 12 noon
Bargoed Ladies Choir	St Margaret's Church, Gilfach	10.15 - 11.30am
Outdoor Walk & Talk	Bargoed Cycle Track, Bristol Tce	1 pm
COPD Group (beginners at 2pm)	Bargoed YMCA	1 - 3 pm
Summer Fayre	Ysgol Gymraeg Gilfach Fargod	3.30 pm
Story Time	Bargoed Library	3.45 - 4.05 pm
Deri Youth Club	Deri Community Centre	5 - 7.30 pm
Aikido	Bargoed YMCA	6.30 - 9.30 pm
Quiz Night	Bourton's Live Music Café Bar	8 pm
New modern sequence dancing	Gilfach Workmen's Club	8 - 10.30 pm

## FRIDAY

Slimming World	St Gwladys' Church Hall	7 am, 9 am & 10.30 am
Cardio Classes	Bargoed YMCA	9.30 am - 4 pm
Knit & Bitch	Cartref Community Centre	10 am - 1 pm
Craft Group	St Margaret's Church, Gilfach	10 am
Making & Memories (grief support)	Parc Cwm Darran Visitor Centre	1.30 - 3.30 pm
Crochet Club	Bargoed Library	3 - 5 pm
Zumba Gold	St Gwladys' Church Hall	6 - 7 pm
Bargoed Male Voice Choir	Bargoed YMCA	7 - 9 pm
Bingo	Gilfach Workmen's Club	8 pm

## SATURDAY

Story Time	Bargoed Library	10 am - 10.20 am
Valley Daffodils (Children with Disabilities)	Bargoed YMCA	10 am - 12 noon
Lego Club (STEM)	Bargoed Library	10.30 - 11.30 am
Games and activities	Bargoed Library	11.40 am - 3 pm

## SUNDAY

Bingo	Gilfach Workmen's Club	8 pm
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**\*Please note there is a charge for some activities\***

*We are not responsible for changes in events and activities*



**Dewis Cymru**  
Have choice and take control