



PONTAFREN ACTIVITIES

December
2024

MONDAY

Veterans' Hub ●

10:00 – 12:00, Monday 16th December
Ponthafren Newtown, Longbridge Street

Jewellery Making ●●

11:00 – 13:00, every Monday – Limited spaces please call to book. Ponthafren Newtown, Longbridge Street

Creative Writing ●●

13:45 – 16:45, every Monday
Ponthafren Welshpool, The Armoury

Gym inductions are available in Welshpool every Monday.

TUESDAY

Men's Group ●

15:00 – 16:15, every Tuesday
Ponthafren Newtown, Longbridge Street
10th December Darts
17th December Board Games

Emotional Wellbeing Course ●●

10:00 – 14:30, Tuesday 17th December
Ponthafren Newtown, Longbridge Street
Lunch provided

Singing for Wellbeing 3rd, 10th and 17th ●●

14:30 – 15:30 Ponthafren in Welshpool, The Armoury
16:30 – 17:30 Ponthafren Newtown, Longbridge Street

WEDNESDAY

Newtown Walk ●●●

11:00 – 12:00, every Wednesday (excluding 25th December)
Meet opposite the cinema by the bridge.

Our drop in service is available from 11:00 – 15:00 Monday to Friday in each of our centres.

Please note that our centres will be closed 25th, 26th December. Between the 23rd December and 31st of December the centres will be open from 11:00 – 15:00.

THURSDAY

Arty Crafters - Peer Led Craft Group ●●

11:00 – 14:00, every Thursday (excluding 26th December)
Ponthafren Welshpool, The Armoury

Powis Castle Garden ●●●

11:00 – 15:00 every Thursday (excluding 26th December)
Powis Castle Walled Garden, Welshpool - contact for further details.

Emotional Wellbeing Course ●●

10:00 – 14:30, Thursday 19th December
Ponthafren in Welshpool, The Armoury
Lunch provided

Walk & Talk Rugby Group ●●

18:00 – 19:00, every Thursday (excluding 26th December)
Welshpool Rugby Club

Pyrography - Limited spaces please call to book ●●

5th, 12th, 19th December
10:00 – 13:00 OR 13:30 – 16:30
Ponthafren Newtown, Longbridge Street

FRIDAY

Bacon Sandwich & Board Games ●

11:00 – 13:00, 6th, 13th, and 27th December
Ponthafren Newtown, Longbridge Street
Cost of £1.50 per sandwich



Christmas Lunch - 2 course meal £6.00 per person ●●

13:00, 20th December
Booking essential
Ponthafren Newtown, Longbridge Street

Craft & Chat ●●

12:00 – 14:00, 6th, 13th, and 27th December
Ponthafren Newtown, Longbridge Street

Choose your activity based on the Five Ways to Wellbeing

● KEEP LEARNING ● BE ACTIVE ● CONNECT
● TAKE NOTICE ● GIVE & CREATE



[/ponthafren](https://www.ponthafren.org.uk) [/ponthafren_](https://www.instagram.com/ponthafren_)

www.ponthafren.org.uk admin@ponthafren.org.uk



Ponthafren Newtown
Longbridge Street,
Newtown, SY16 2DY
tel: 01686 621586

Ponthafren Welshpool
The Armoury, Brook Street,
Welshpool, SY21 7NA
tel: 01938 552770



NEW THIS MONTH

December
2024

Emotional Wellbeing Course ● ●

Tuesday 17th December

10:00 – 14:30

Ponhafren Newtown, Longbridge Street

and

Thursday 19th December, 10:00 – 14:30

Ponhafren Welshpool, The Armoury

Lunch provided

Christmas Lunch ● ●

20th December, 13:00 – a 2 course Christmas lunch

Ponhafren Newtown, Longbridge Street

Booking essential

£6.00 per person

 /ponhafren  /ponhafren_

www.ponhafren.org.uk

admin@ponhafren.org.uk



Ponhafren Newtown
Longbridge Street,
Newtown, SY16 2DY
tel: 01686 621586

Ponhafren Welshpool
The Armoury, Brook Street,
Welshpool, SY21 7NA
tel: 01938 552770

