

Pwythau Pwyllog

Stitches in Time

Boreau Sadwrn yn Amgueddfa Forwrol Llŷn, Nefyn
Saturday mornings Llŷn Maritime Museum, Nefyn
10.30-12.00

Dyddiad Dechrau / Commencing 9/11/2019

Dewch i ymuno â ni am fore hamddenol a chymdeithasol.
Mwynhewch weithio ar eich prosiect gwaith llaw
mewn cwmni da, cynhaliol.
Croeso i bawb – pob lefel a gwaith.

Work on your handicraft project and enjoy a relaxing
morning in the company of likeminded people.
Everyone welcome, whatever your level of proficiency.

£3 y sesiwn/ £3 per session
Lluniaeth ar gael Refreshments available

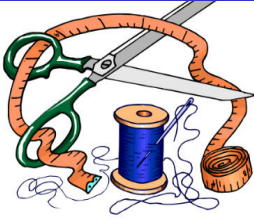
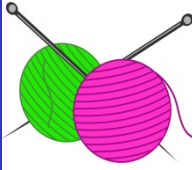
I gadw lle & am fwy o fanylion :
To reserve your place & for further information:

Amgueddfa Forwrol Llŷn Maritime Museum

01758 721313 aflmm@yahoo.com

"Dewch i fwynhau'r gweithgareddau a dysgu mwy am y 5 ffordd at les :
cysylltu, bywiogi, sylwi, dal i ddysgu a rhoi."
"Come and enjoy the activities and learn more about the 5 ways to well-being :
connect, be active, take notice, keep learning and give".





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Bod yn sylwgar
Take notice



Cytuno
Connect



Bod yn fymlog
Be active



Deddf i ddysgu
Keep learning



Ihori
Live



Pum ffordd at les
Five ways to wellbeing



cyswrtu, dywlogi, sywri, darludysgu a rhori.

"Come and enjoy the activities and learn more about the 5 ways to well-being :