



# Pwythau Pwyllog Stitches in Time

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

Dyddiad Dechrau / Commencing 11/1/2020

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.

Bring along 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".

