

# Gŵyl Gwanwyn

Mae Gwanwyn yn Wyl sydd yn cael ei chynnal drwy gydol fis Mai, i ddathlu creadigrwydd ymysg y bobol hŷn ledled Cymru. Mwy am gyfleoedd ar sut i ymuno yn yr hwyl isod.

**1 May – 17 July, on Thursdays 6.45 – 7.45pm, attenDANCE  
@ Llys y Cwm Hall, Beddau**

**8 – 27 May, on Mondays 5.30 – 6.30pm, Angel Spin 50+  
@ Ringland Labour Club, Newport**

**8 May – 6 June, 9am – 8pm, Flourish: Memory, Movement and Creativity in Age  
@ University Hospital, Llandough**

**11 May, 1.30 – 4.30pm, Connect Community Music Day  
@ St. John's training centre, Bridgend**

**13 May, 9.30am – 12pm, Girls on Film  
@ St Marys Church, Bargoed**

**13 May, 10am – 12pm, Dance to the Music  
@ Riverfront Theatre Newport**

**15 May, 11am – 3pm, A Day of Pop Up Events  
@ Glynn Vivian Art Gallery, Swansea**

**17 May, 11am – 2pm, Connect Community Music Day  
@ Abaraeron Memorial Hall, Abaraeron**

**18 May, 10am – 4pm, Gwanwyn Festival Art Exhibition and Coffee Morning  
@ Hirwaun Village Hall, Hirwaun**

**20 May, 2 – 3pm, Breathe, Create  
@ Hen Goleg Resource Center, Barry**

**21 May, 10am – 4pm, Quilting Workshop  
@ The Penyreglyn Project, Treorchy**

**21 – 24 May, How green is our Valley Now  
@ Park & Dare Theatre, Treorchy**

**28 May, 11am – 1pm, Gentle/Radical Film Club: Intergenerational Film Event!  
@ The Riverside Warehouse, Cardiff**

**29 May, 10.30am – 3pm, Dydd Dawns Gwanwyn Rubicon /  
Rubicon's Gwanwyn Dance Day  
@ Rubicon Dance, Cardiff**

# Gwanwyn Festival

Gwanwyn Festival is a month-long celebration of creativity in older age, throughout Wales in May. Find out more about opportunities to get involved below.



 Gwyl Gwanwyn Festival  @GwanwynAgeCymru

[www.gwanwyn.org.uk](http://www.gwanwyn.org.uk)

Elusen gofrestredig / Registered charity 1128436

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 age Cymru

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