

2019

Calendr Caffi Cofio Awst 2019 – Rhag 2019

GALL UNIGOLION SY’N BYW Â CHOLLED COF YMGYNNULL GYDA’U GOFALWYR MEWN AMGYLCHEDD DIOGEL A CHEFNOGOL. GALL UNIGOLION SGWRSIO DROS BANED MEWN AWYRGYLCH HAMDDENOL SYDD O BRYD I’W GILYDD YN CYNNWYS CERDDORIAETH, CELF NEU FATHAU ERAILL O ADLONIAN

**Os ydych am fynychu ac angen gofal personol, sicrhewch fod eich gofalwr neu aelod o’r teulu yn mynychu hefyd.
(Nid yw’r Caffis Cofio’n darparu unrhyw ofal personol)**



Luke Pickering-Jones
Caffis Cofio Sir y Fflint
7/24/2019

Cyfeiriadau a Manylion Cyswllt Caffis Cofio

Caffi Cofio Mix and Mingle

Canolfan Daniel Owen
Ffordd yr Iarll
Yr Wyddgrug
CH7 1AP

Cyswllt Liz Rose ar 07932163445

Caffi Cofio Bwcle

Tafarn yr Horse and Jockey
66 Stryd yr Eglwys
Bwcle
CH7 1JQ

Cyswllt: Rebecca Fitzpatrick ar 07740280130

Pan nodwyd hynny ar y calendr

Caffi Cofio Bwcle

Neuadd Eglwys Bistre
Ffordd yr Wyddgrug
Bwcle
CH7 2NH

Caffi Cofio Grŵp Cymysg Dydd Llun

Eglwys y Santes Fair a Dewi Sant
Ffordd yr Eglwys
Y Fflint
CH6 5BD

Cyswllt: Rose Marie Dennen ar 01352 349130

Caffi Cofio Artisan

Artisan
Stryd Fawr
Treffynnon
CH8 7AA

Cyswllt: Helen Hughes ar 07785118594

Caffi Cofio'r Clocktower

Y Clocktower
Coast Road
Mostyn
CH8 9DZ

Cyswllt: Helen Hughes ar 07785118594

Caffi Cofio Sealand

Canolbwynt Cymunedol St Andrew
Garden City
Glannau Dyfrdwy
CH5 2HN

Cyswllt: Hayley Wilson on 07955250029

Caffi Cofio Saltney

Douglas Place
Saltney
Caer
CH4 8PB

Cyswllt: Veronica Gay ar 07790751690

Caffi Cofio Cei Connah

Libby's Café
Cable Street, Ger Tuscan Way
Cei Connah
CH5 4DZ

Cyswllt: Rose Boswell ar 07850018462

Caffi Cofio Llaneurgain

I Lawr Lôn Cofio
Neuadd Coffa Edith Banks
Stryd Fawr
Llaneurgain
CH7 6BQ

Cyswllt: Nicola ar 0776509320

Atgof Cof Caffi Celf

Theatr Clwyd
Lôn Raikes
Yr Wyddgrug
CH7 1YA

Cyswllt: Hester Evans ar 01352 701876

Caffes Cynhwysol Dementia

Bore Coffi Mancot

Lôn Mancot, Mancot, Glannau Dyfrdwy CH5 2AH
Cyswllt: Deryn ar 01244 533053

Caffi Cymunedol Coed-Llai

Canolfan Gymunedol Coed-Llai
Stryd y Brenin, Coed-Llai, Yr Wyddgrug CH7 4SB
Cyswllt: Shereen ar 07469851886

Bore Coffi Yr Hob

Canolfan Gymunedol Clos Heulwen
Clos Heulwen, Yr Hob LL12 9PR
Cyswllt: Helen Jones ar 01352 701429

Dangosiadau Ffilm Dementia

Sgrinio Ffilmiau Theatr Clwyd

Theatr Clwyd
Lôn Raikes
Yr Wyddgrug
CH7 1YA

Cyswllt: Swyddfa Docynnau 01352 701521

Sgrinio Ffilmiau Sinema Fflint

Y Gaumont Plaza
96 Ffordd yr Eglwys
Y Fflint
Ch6 5AF

Cyswllt: Luke Pickering-Jones 01352 702655

Cymorth Dementia Cynnar

Yn Ddwfn yng Nglannau Dyfrdwy

Tafarn y Plough
Fford Aston
Aston
CH5 1TJ

Cyswllt: Teresa Davies teresa.davies53@hotmail.com

Archebu Sain Sir y Fflint*

* Mae archebu yn hanfodol

I archebu lle, cysylltwch â: Susan Huxley 01352 702521

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
			1 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-LLai 9:00-12:00 Caffi Cofio Mix & Mingle Yr Wyddgrug 2.00-4.00 Yn Ddwfn yng glannau Dyfrdwy Tafarn y Plough Aston 7pm 	2 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Caffi Cofio Artisan Treffynnon 1.00-3.30
5 <ul style="list-style-type: none"> Grŵp Cymysg Dydd Llun Y Fflint 1:30-3:00 	6 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 Caffi Cofio Cei Connah Libby's Café 1.00- 3.00 	7 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 Atgof Cof Café Celf 12:30-2:30 I Lawr Lôn Cofio Neuadd Coffa Edith Banks 1.30-3.30 	8 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-LLai 9:00-12:00 	9 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00
12	13 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 Caffi Cofio Saltney Douglas Place 2.00- 4.00 	14 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	15 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-LLai 9:00-12:00 Caffi Cofio Mix & Mingle Yr Wyddgrug 2.00-4.00 	16 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Caffi Cofio Artisan Treffynnon 1.00-3.30
19 <ul style="list-style-type: none"> Caffi Cofio Sealand, Garden City 1.00-3.00 	20 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	21 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	22 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-LLai 9:00-12:00 	23 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Y Clocktower Mostyn 1.00-3.30
26	27 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	28 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	29 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-LLai 9:00-12:00 	30 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
2 <ul style="list-style-type: none"> Grŵp Cymysg Dydd Llun Y Fflint 1:30-3:00 	3 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 Caffi Cofio Cei Connah Libby's Café 1.00- 3.00 	4 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 Atgof Cof Café Celf 12:30-2:30 I Lawr Lôn Cofio Neuadd Coffa Edith Banks 1.30-3.30 	5 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-Llai 9:00-12:00 Caffi Cofio Mix & Mingle Yr Wyddgrug 2.00-4.00 Yn Ddwfn yng glannau Dyfrdwy Tafarn y Plough 	6 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Caffi Cofio Artisan Treffynnon 1.00-3.30
9	10 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 Bore Coffi Hope 10:00-12:00 Caffi Cofio Saltney Douglas Place 2.00- 4.00 	11 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	12 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-Llai 9:00-12:00 	13 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00
16	17 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	18 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	19 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-Llai 9:00-12:00 Caffi Cofio Mix & Mingle Yr Wvddarua 2.00-4.00 	20 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Caffi Cofio Artisan Treffynnon 1.00-3.30
23 <ul style="list-style-type: none"> Caffi Cofio Sealand, Garden City 1.00-3.00 	24 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	25 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 Caffi Cofio Bwcle, Bwcle 1.00-3.00 	26 <ul style="list-style-type: none"> Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cymunedol Coed-Llai 9:00-12:00 	27 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Y Clocktower Mostyn 1.00-3.30

Dydd Llun	Dydd Mawrth	Dydd Mercher	Dydd Iau	Dydd Gwener
30	1	2	3	4
	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 Caffi Cofio Cei Connah Libby's Café 1.00- 3.00 	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 Atgof Cof Café Celf 12:30-2:30 I Lawr Lôn Cofio Neuadd Coffa Edith Banks 1.30-3.30 	<ul style="list-style-type: none"> Caffi Cymunedol Coed-Llai 9:00-12:00 Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cofio Mix & Mingle Yr Wyddgrug 2.00-4.00 Yn Ddwfn yng glannau Dyfrdwy Tafarn y Plough Aston 7pm 	<ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Caffi Cofio Artisan Treffynnon 1.00-3.30
7	8	9	10	11
<ul style="list-style-type: none"> •Grŵp Cymysg Dydd Llun Y Fflint 1:30-3:00 	<ul style="list-style-type: none"> Bore Coffi Hope 10:00-12:00 Sain Sir y Fflint* Llys Jasmine 10.30-12.00 Caffi Cofio Saltney Douglas Place 2.00- 4.00 	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	<ul style="list-style-type: none"> Caffi Cymunedol Coed-Llai 9:00-12:00 Sain Sir y Fflint * Sant Pedr 10.30-12.00 	<ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00
14	15	16	17	18
	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	<ul style="list-style-type: none"> Caffi Cymunedol Coed-Llai 9:00-12:00 Sain Sir y Fflint * Sant Pedr 10.30-12.00 Caffi Cofio Mix & Mingle Yr Wyddgrug 2.00-4.00 	<ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00
21	22	23	24	25
	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 Caffi Cofio Bwcle, Bwcle 1.00-3.00 	<ul style="list-style-type: none"> Caffi Cymunedol Coed-Llai 9:00-12:00 Sain Sir y Fflint * Sant Pedr 10.30-12.00 	<ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00 Y Clocktower Mostyn 1.00-3.30
28	29	30	31	
<ul style="list-style-type: none"> Caffi Cofio Sealand, Garden City 1.00-3.00 	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Jasmine 10.30-12.00 	<ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 	<ul style="list-style-type: none"> Caffi Cymunedol Coed-Llai 9:00-12:00 Sain Sir y Fflint * Sant Pedr 10.30-12.00 	

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9	10 <ul style="list-style-type: none"> Bore Coffi Hope 10:00-12:00 Sain Sir y Fflint * Llys Jasmine 10.30-12.00 Caffi Cofio Saltney Douglas Place 2.00- 4.00 	11 <ul style="list-style-type: none"> Sain Sir y Fflint * Llys Eleanor 10.30-12.00 Dawns Nadolig Caffi Cofio Neuadd Ddinesig Gwesty Highfield Hall, Northop Hall 1.30-4.30 (Mae archebu yn hanfodol) 	12 <ul style="list-style-type: none"> Caffi Cymunedol Coed-Llai 9:00-12:00 Sain Sir y Fflint * Sant Pedr 10.30-12.00 	13 <ul style="list-style-type: none"> Bore Coffi Mancot 10:00-11:00
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Nodiadau ar gyfer Digwyddiadau Eraill

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Mae'r ddogfen hon ar gael yn Saesneg. Cysylltwch â 03000 858 858 i gael fersiwn Saesneg.
This document is available in English. Please contact 03000 858 858 for an English version.