



Calendr o Ddigwyddiadau Medi 2012 Calendar of Events September 2012



Dyddiad Date	Amser Time	Digwyddiad Event	Lleoliad Venue
4	19.00	Pwyllgor Neuadd Goffa / <i>Memorial Hall Committee</i>	Neuadd Goffa
5,12,19,26	10.15	Swn a Sbri	Neuadd Goffa
5,12,19,26	11.00	Grwp Babis a Plant Bach / <i>Baby and Toddlers Group</i>	Neuadd Goffa
5,12,19,26	19.00	Zumba	Neuadd Goffa
6,13,20,27	17.45	loga i Ddechreuwyr / <i>Yoga for Beginners</i>	Neuadd Goffa
6,13,20,27	19.00	loga Canolradd a Blaenorol / <i>Yoga Intermediate and Advanced</i>	Neuadd Goffa
10,17,24	19.00	Côr / <i>Choir</i>	Eglwys/Church
11,18,25	10.00	loga i Famau a Babanod / <i>Yoga for Mums and Babies</i>	Neuadd Goffa
11,18,25	11.15	loga Cadair / <i>Chair loga</i>	Neuadd Goffa
11,18,25	18.30	Clwb Ieuenctid / <i>Youth Club</i>	Neuadd Goffa
13,20,27	16.30	logatastic / <i>Yogatastic</i> Am fanylion gweler y Bwrdd Sylwadau / <i>For details see noticeboard</i>	Neuadd Goffa
19	14.00	Clwb y Mynydd	Neuadd Goffa

Gwasanaeth Amana yn yr Eglwys / *Amana Service in the Church*

Medi 8 Sept. 14.00 Parch Dewi Morris Porthmadog
Croeso cynnes i bawb / *A very warm welcome to all*

Eglwys St. Ann a St. Mair Church Gweithgareddau'r mis / *This month's activities:*

Medi 2 Sept. 9.45 Gwasanaeth Teuluol/Family Service
Medi 9 Sept. 9.45 Cymun Teuluol/Family Eucharist
Medi 16 Sept. 9.45 Boreol Weddi/Mattins
Medi 23 Sept. 9.45 Gwasanaeth Diolchgarwch/Harvest Thanksgiving
Medi 30 Sept. 10.00 Cymun Bendigaid - St. Cedol, Pentir - Eucharist
(Yr unig wasanaeth yn y Plwyf y Sul hwn/The only service in the parish this Sunday).

Estynnwn groeso mawr i chwi oll i ymuno a ni yn y Gwasanaeth Diolchgarwch.

Cynhelir ein Bore Coffi blynyddol yn Neuadd Ogwen, Bethesda fore Sadwrn 15fed Medi rhwng 9.30 - 12 o'r gloch. Cofiwch alw am baned!

Dymunwn yn dda i blant yr ardal sydd yn symud i ysgolion newydd ac i'n pobl ifainc sydd yn mynd i'r Brifysgol neu yn dechrau ar yrfaedd newydd. Pob lwc i chwi oll.

Cofiw am bawb sydd yn sal ar hyn o bryd a dymunwn adferiad iechyd buan i chwi oll.

We extend a warm welcome to you all to join us at our Harvest Thanksgiving at the end of the month.

The Annual Coffee morning will be in Neuadd Ogwen, Bethesda on Saturday 15th September between 9.30 - 12 o'clock. Don't forget to pop in for a cuppa !

At the end of their summer holidays we wish all our young people well in their new schools, university or in their future careers. Good luck to you all.

Some of you have been ill during the Summer holiday. We take this opportunity to wish you all a speedy recovery.

Bwrdd Sylwadau Mynydd Notice Board

Website: www.mynyddllandegai.org.uk

Os oes ganddo chi unrhyw itemau ar gyfer yr Calendr Mis Hydref, cysylltwch a Val Siviter ar 01248 600612 neu val@bethesda.demon.co.uk erbyn Medi 10fed. Mae hyn ar gyfer Mis Medi yn unig.

If you have items for inclusion in the October Calendar please contact Val Siviter on 01248 600612 or val@bethesda.demon.co.uk by September 10th. This applies to September only.

Gwersi Newydd Ioga

IOGATASTIC i blant oed 5+ : Ioga, dawnsio a symudiadau creadigol. I gynnwys storiâu, gemau ac ymlacio. Dydd Iau am 4.30 y prynhawn. £2.50 y sesiwn. **Dechrau Mis Medi 13^{eg}**.

IOGA I FAMAU A BABANOD: Ar ol genedigaeth gyda Ioga babi a thynllo. Cael ymlacio. Dydd Mawrth am 10 y bore. £5 y sesiwn. **Dechrau Mis Medi 11^{ed}**.

IOGA CADAIR: Ioga ysgafn a seilwyd ar gyfer rhai sydd yn fyr o'r symudiadau ac/egni. Yn addas i bob oed. Dydd Mawrth am 11.15 y bore. £5 y sesiwn. **Dechrau Mis Medi 11^{ed}**.

Am fwy o fanylion am unrhyw un o'r gwersi uchod cysylltwch a Mary ar 07775943569 neu ar yogatastic@hotmail.com

New Ioga Classes

YOGATASTIC for kids aged 5+ : Yoga, dance and creative movement. Includes stories, games and relaxation. Thursdays at 4.30pm, £2.50 per session. **Starts September 13th**.

YOGA FOR MUMS AND BABIES: Post natal yoga with baby yoga and massage. Very relaxed and casual. Tuesdays at 10am, £5 per session. **Starts September 11th**.

CHAIR YOGA: Gentle chair based yoga for those with limited mobility and/or energy. Suitable for any age. Tuesdays at 11.15am £5 per session. **Starts September 11th**.

For further information on any of the above classes contact Mary on 07775943569 or yogatastic@hotmail.com

Clwb Cant Gorffennaf / 100 Club July

£20	42	J. Edwards
£5	4	M. Griffith
£5	124	L. Hydson

£10	79	J. Williams
£5	21	J. Devereau

£5	2	H. Williams
£5	1	J. Young