

GO FOR GOLD

SPORTS DAY

Monday 13th May 2024
Brailsford Centre Bangor
10:30–2:00pm

4 Events-

- Boccia
- Penalty Shoot Out
- Triathlon (sit to stand, bicep curls, heel raises)
- Pom pom parachute



As part of the Dementia Action Week 2024, the intergenerational sports day will welcome members from Dementia Actif Gwynedd's sessions, care home residents, community groups, primary school children, Bangor University students and members of the Caban group who are experts by experience in dementia will all come together to compete and enjoy each other's company.



PRIFYSGOL
BANGOR
UNIVERSITY



DIWRNOD MABOLGAMPAU EWCH AM AUR

Dydd Llun 13eg o Fai 2024
Canolfan Brailsford Bangor
10:30–2:00yh

4 Digwyddiad-

- Boccia
- Cic o'r smotyn
- Triathlon (codi o eistedd i godi, codi sodlau, bicep curls)
- Parasiwt pom pom



Fel rhan o Wythnos Gweithredu Dementia 2024, bydd y diwrnod mabolgampau pontio'r cenedlaethau'n croesawu aelodau o sesiynau Dementia Actif Gwynedd, trigolion cartrefi preswyl, grwpiau cymunedol, disgyblion ysgolion cynradd, myfyrwyr Prifysgol Bangor ac aelodau o grŵp y Caban sy'n arbenigo drwy brofiad mewn dementia yn ymuno i greu timau pob oed er mwyn cystadlu a mwynhau chwaraeon.



PRIFYSGOL
BANGOR
UNIVERSITY

