



Morlan

Canolfan ffydd a diwylliant
Centre for faith and culture

BETH SY' 'MLAEN?
Hydref 2017

WHAT'S ON?
October 2017

Noder: mae * yn dynodi digwyddiad a drefnwyd gan Morlan fel rhan o'i Rhaglen Digwyddiadau.
Note: * denotes an event organised by Morlan as part of its Programme of Events.

GWEITHGAREDDAU WYTHNOSOL

WEEKLY EVENTS

DOSBARTHIAU CYMRAEG

10-12 & 1.10-3.10, dyddiau Llun

Trefnir gan Ganolfan Iaith Ceredigion.
Dosbarth Canolradd Sgwrsio am 10.00
a dosbarth Canolradd 1 am 1.10.

WELSH CLASSES

10-12 & 1.10-3.10, Mondays

Organised by Ceredigion Language
Centre: 10.00: Intermediate
Conversation; 1.10: Intermediate 1 class.

WEIGH TO GO

10.30, boreau Mawrth

Grŵp lleol sy'n estyn cefnogaeth i'r
rheiny sy'n ceisio colli pwysau. Cost: £3
(yn cynnwys paned).

10.30, Tuesday mornings

A local group supporting those who
are trying to lose weight. Cost: £3
(includes tea/coffee).

SESIYNAU TAI CHI

12.00-1.00, prynhawniau Mawrth

Gyda Steve Foy. £5 y sesiwn. Manylion
pellach:

01974-299108; 07807-074292; www.so-pa-tai-chi.com

TAI CHI SESSIONS

12.00-1.00, Tuesday afternoons

With Steve Foy. £5 a session. Further
details:

FITCLUB

6.00-7.00, nosweithiau Mawrth

Dosbarthiadau cadw'n heini gyda'r
elw'n mynd at elusennau lleol. I
archebu lle, ffoniwch:

Karen: 07519-303707

6.00-7.00, Tuesdays evenings

An exercise class where the profit is
donated to local charities. To book a
place, call:

ABERSWING

7.30-10.30, nosweithiau Mawrth

Dosbarthiadau dawnsio swing a
chfleoedd cymdeithasu. Chwiliwch
am y grŵp ar Gweplyfr neu ewch i'w
gwefan:

www.aberswing.co.uk

7.30-10.30, Tuesdays evenings

Swing dance classes and socials. Find
their group on Facebook or go to their
website:

YMARFER CORFF I'R 50+

10.30-11.30, boreau Mercher
(heblaw 4 Hydref)

Trefnir gan Age Cymru. Cyfle i ddod yn
fwy ffit, cwrdd â phobl a chael hwyl –

SEATED EXERCISE FOR THE 50+

10.30-11.30, Wednesday mornings
(except 4 October)

Organised by Age Cymru. Get fit, meet
new people and have fun – £3 a

£3 y sesiwn (yn cynnwys paned).

session (cuppa included).

**CADW’N HEINI – CWRYS
HUNAN-REOLI I BOBL AG
ARTHRITIS**

11-1, dyddiau Iau, hyd 19 Hydref

Y tri sesiwn olaf mewn cwrs 6-wythnos rhad ac am ddim a drefnwyd gan Gofal Arthritis. Dim ond lle i 10 oedd ar y cwrs, felly roedd rhaid archebu lle o flaen llaw.

**GET ACTIVE – ACTIVITY AND
SELF MANAGEMENT COURSE
FOR ARTHRITIS**

11-1, Thursdays, until 19 October

The last three sessions in a free six-week course organised by Arthritis Care. The numbers were restricted to 10 so places had to be booked in advance.

**DOSBARTHIADAU CELF AFG
11.00-1.00, dyddiau Gwener, hyd 27
Hydref**

Y tri olaf mewn cyfres newydd o chwe sesiwn celf. Trefnir gan Grŵp Cyfeillgarwch Aberystwyth. £4 y sesiwn.

AFG ART CLASSES

**11.00-1.00, Fridays, until
27 October**

The last three in a new series of six sessions. Organised by Aberystwyth Art Group. 4 per session.

**ADFENTYDDION Y SEITHFED
DYDD**

Boreau Sadwrn: Ysgol y Sabbath am 10.30 a Gwasanaeth Dwyfol am 11.30.

**SEVENTH DAY ADVENTIST
CHURCH**

Saturday mornings: Sabbath School at 10.30 and Divine Service at 11.30.

ARDDANGOSFEYDD

EXHIBITIONS

Oriau agor swyddogol pob arddangosfa: Llyn i Gwener, 10.00-12.00 & 2.00-4.00.
Official opening hours of all exhibitions: Monday to Friday, 10.00-12.00 & 2.00-4.00.

**GORSAFOEDD Y GROES / STATIONS OF THE CROSS (18/9/17-
20/10/17)**

Cyfres o luniau yw Gorsafoedd y Groes (14 fel arfer) sy’n dangos gwahanol olygfeydd ar ddiwrnod croeshoelio Iesu. Dyma ddehongliad Nigel Robert Pugh o’r Gorsafoedd hynny.

The Stations of the Cross are a series of images (usually 14) which represent certain scenes on the day of Jesus’ crucifixion. This is the Nigel Robert Pugh’s depiction of those Stations.

GWEITHGAREDDAU ERAILL

OTHER EVENTS

CLWB Y DEILLION

2.00, dydd Llyn, 2 & 16 Hydref

Clwb i bobl â nam ar eu golwg. Yn cwrdd ddwywaith y mis, fel arfer yn Morlan.

VISUALLY IMPAIRED CLUB

2.00, Monday, 2 & 16 October

A club for the visually-impaired that meet twice a month, usually at Morlan.

*** CRISTNOGAETH 21 YN
MORLAN**

7.30, nos Fercher, 4 & 18 Hydref
Mae cyfarfodydd C21 yn Morlan yn

*** CHRISTIANITY 21 AT
MORLAN**

7.30, Wednesday, 4 & 18 October
The C21 meetings continue (in Welsh

parhau. Croeso cynnes i bawb. Mae'r grŵp yn cyfarfod yn yr Ystafell Dawel. Dyddiadau'r cyfarfodydd sy'n weddill: 1, 15 a 29 Tachwedd.

GRŴP CYFEILLGARWCH ABERYSTWYTH

11.00-1.00, dydd Gwener, 6 Hydref
Cyfarfod misol diwedddara'r grŵp hwn.
Heddiw: Enfys James yn trafod
*Dementia Friends and Dementia
Friendly Communities*. Croeso i bawb.

20^{fed} CYNHADLEDD FLYNYDDOL ARCHIF MENYWOD CYMRU

9.30-5.00, dydd Sadwrn, 7 Hydref
9.45-1.10, dydd Sul, 8 Hydref
Mae Archif Menywod Cymru yn
hyrwyddo adnabod menywod yn
hanes Cymru a diogelu ffynonellau am
hanes menywod yng Nghymru. Dewch
i glywed rhagor am hanes menywod
yng Nghymru mewn rhaglen lawn a
chyffrous o sgysia. Croeso i bawb!
Manylion pellach neu i archebu lle:

www.womensarchivewales.org
conference@womensarchivewales.org 07754-463057

*** STOMP LLYFRAU**

7.30, nos Wener, 13 Hydref
Noson i ddewis Llyfr y Flwyddyn! Bydd
y naw sy'n cyfrannu yn ceisio
argyhoeddi'r gynulleidfa i bleidleisio
dros ei ddewis ef/hi o Lyfr y Flwyddyn
yn un o'r tri chategori – ffuglen,
ffeithiol a barddoniaeth. Mynediad: £3.

and in the Quiet Room). Dates of the
remaining sessions: 1, 15 & 29
November.

ABERYSTWYTH FRIENDSHIP GROUP

11.00-1.00, Friday, 6 October
The group's latest monthly meeting.
Today a talk by Enfys James: *Dementia
Friends and Dementia Friendly
Communities*. All are welcome.

20TH ANNUAL CONFERENCE WOMEN'S ARCHIVE OF WALES

9.30-5.00, Saturday, 7 October
9.45-1.10, Sunday, 8 October
Women's Archive of Wales promotes the
recognition of women in Welsh history
and the preservation of sources of
women's history in Wales. Come to hear
more about the history of women in
Wales in a full and interesting
programme of talks. All are welcome!
Further information and to book a place:

DIGWYDDIAD ABERAID EVENT

Dydd Sadwrn, 14 Hydref
Manylion pellach i ddilyn.

Saturday, 14 October
Further details to follow.

FIVE BROKEN CAMERAS

6.30, nos Lun, 16 Hydref
Dangosiad o'r ffilm ddogfen hon gan
Emad Burnat a Guy Davidi. Gyda
dinistr camerâu Emad Burnat yn sail i'r
ffilm, cawn ddilyn esblygiad un teulu
ym mhentref Bil'in, Palesteina dros
gyfnod o bum mlynedd. Paneidiau a

6.30, Monday, 16 October
A screening of this award winning film
by Emad Burnat and Guy Davidi.
Structured around the destruction of
Burnat's cameras, the film follows one
family's evolution over five years of
turmoil in the Palestinian village of Bil'in.

bisgedi am 6.30. Ffilm yn cychwyn am 7.00. Gwybodaeth ar gael a nwyddau amrywiol ar werth. Mynediad am ddim ond croesewir cyfranidau. Trefnir gan Gyfeillion Palesteina Aberystwyth.

Tea/coffee and biscuits available at 6.30. Film starts at 7pm. Also information and merchandise for sale. Entry is free but donations are invited. Organised by Aberystwyth Friends of Palestine.

PRIFYSGOL Y DRYDEDD OES

2.30, dydd Iau, 19 Hydref

Cyfarfod misol P30 Heddiw, bydd Rupert Marsall yn trafod:

"Why birds sing – the science of birdsong"

Manylion pellach / Further details: u3asites.org.uk/aberystwyth

UNIVERSITY OF THE THIRD AGE

2.30, Thursday, 19 October

U3A's monthly meeting: Today, a talk by Rupert Marsall on:

*** FFAIR AML-DDIWYLLIANNOL**

11.30-2.30, Sadwrn, 21 Hydref

Ar ddechrau Wythnos Un Byd, cyfle i ddathlu amrywiaeth ac i ddarganfod mwy am y diwylliannau gwahanol sy'n rhan o'n cymuned. Dewch i wisgo sari, gael eich dwylo wedi'u paentio â henna neu rhoi cynnig ar ddawnsio gwerin Cymraeg a Llydewig! Hefyd, perfformiadau gan y gantores Faeza Jasdanwallah o India, Grŵp Dawnsio Thai a Cherddorion o Lydaw.

Mynediad: £3 (yn cynnwys powlenaid o gawl neu fwyd Indiaidd). Bydd paneidiau ar werth a raffl! Trefnir gan Morlan a Mind Aber. Elw at Mind Aber.

*** MULTICULTURAL FAIR**

11.30-2.30, Saturday, 21 October

At the start of One World Week, a chance to celebrate diversity and find out more about the various cultures that are part of our community. Come and try on saris, have a henna tattoo on your hand, or have a go at some Breton and Welsh folk dances! Also, performances by a Thai Dancing Group, Breton musicians and the singer Faeza Jasdanwallah from India. Admission: £3 (includes a bowl of Welsh or Indian food). Tea/coffee for sale and a raffle. Organised by Morlan and Mind Aber. Proceeds to Mind Aber.

GRŴP CEFNOGI MYAWARE CANOLBARTH CYMRU

6.00-8.00, nos Lun, 23 Hydref

Grŵp cefnogi ar gyfer y rheiny sy'n dioddef o'r cyflwr Myasthenia Gravis. Os hoffech fynychu'r cyfarfod, rhaid cofrestru ar-lein neu drwy e-bost:

sarah.sanders@myaware.org myaware.org

MYAWARE MID WALES SUPPORT GROUP

6.00-8.00, Monday, 23 October

A support group for sufferers of the little known condition Myasthenia Gravis. If you would like to attend, please register online or by e-mail:

*** DYDDIADAU I'R CALENDR**

- **Eiconau** – nos Lun, 6 Tachwedd: anerchiad gan y Tad Deiniol.
- **Cofio Hedd Wyn** – 6.00, nos Sul, 12 Tachwedd: noson yn seiliedig ar lyfr Robin Gwyndaf am Hedd Wyn.
- **Plygain Morlan** – 7.30 nos Fercher, 20 Rhagfyr.

*** DATES FOR THE DIARY**

- **Eiconau (Icons)** – Monday, 6 November: a talk by Father Deiniol.
 - **Cofio Hedd Wyn** – 6.00, Sunday, 12 November: an event based on Robin Gwyndaf's book about Hedd Wyn.
 - **Morlan's Plygain** – 7.30, Wednesday, 20 December.
-

morlan.cymru

www.facebook.com/morlanaber

[@MorlanAber](https://twitter.com/MorlanAber)

Morlan: canolfan ffydd a diwylliant Capel y Morfa, Eglwys Bresbyteraidd Cymru
Morlan: centre for faith and culture, Capel y Morfa, Presbyterian Church of Wales

Morfa Mawr / Queen's Road, Aberystwyth, Ceredigion SY23 2HH (01970-617996; post@morlan.cymru)