



Morlan

Canolfan ffydd a diwylliant
Centre for faith and culture

BETH SY' 'MLAEN?
Ebrill 2018

WHAT'S ON?
April 2018

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.

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.

STRATA – HAENAU (10/3/18-20/4/18)

Arddangosfa o waith Sue Harris. Mae'r gwaith i gyd ar werth a gellir talu am unrhyw ddarn dros gyfnod o fisoedd trwy Gynllun Prynu Morlan.

An exhibition of work by Sue Harris. All the work is for sale, and payments can be spread over a number of months with Morlan's Buying Plan.

GWEITHGAREDDAU WYTHNOSOL

WEEKLY EVENTS

DOSBARTHIADAU CYMRAEG

10-12 & 1.10-3.10, dyddiau Llyn (ail-gychwyn 16/4/18)

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 (re-starting 16/4/18)

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

SESIYNAU TAI CHI

**7.30-8.30, nosweithiau Llyn
9.30-10.30, boreau Mawrth
12.00-1.00, prynhawniau Mawrth**

Gyda Steve Foy. Manylion pellach:

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

TAI CHI SESSIONS

**7.30-8.30, Monday evenings
9.30-10.30, Tuesday mornings
12.00-1.00, Tuesday afternoons**

With Steve Foy. Further details:

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).

GRŴP GWEDDI A CHOFFI

10.30-11.20, boreau Mawrth

Coffi am 10.30 ac yna amser tawel a gweddi 11.00-11.20. Croeso i bawb.

COFFEE & PRAYER GROUP

10.30-11.20, Tuesday mornings

Coffee at 10.30 followed by quiet time and prayer (in Welsh). All welcome.

FITCLUB

6.00-7.00, nosweithiau Mawrth

Dosbarthiadau cadw'n heini gyda'r elw'n mynd at elusennau lleol. I archebu lle, ffoniwch: 07519-303707.

6.00-7.00, Tuesdays evenings

An exercise class where the profit is donated to local charities. To book a place, call: Karen: 07519-303707.

ABERSWING

7.30-10.30, nosweithiau Mawrth

Dosbarthiadau dawnio swing a chyfleoedd cymdeithasu. Mae'r 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

Trefnir gan Age Cymru. Cyfle i ddod yn fwy ffit, cwrdd â phobl a chael hwyl – £3 y sesiwn (yn cynnwys paned).

SEATED EXERCISE FOR THE 50+

10.30-11.30, Wednesday mornings

Organised by Age Cymru. Get fit, meet new people and have fun – £3 a session (cuppa included).

CYLCH TRAFOD

7.00, nosweithiau Iau

Cylch trafod dan ofal Capel y Morfa (capelymorfa.cymru).

DISCUSSION CIRCLE

7.00, Thursday evenings

A Welsh discussion group.

FFITRWYDD ZUMBA

9.30-10.15, boreau Gwener

Gyda Karen Bradley. Manylion pellach: 07519-303707

ZUMBA FITNESS

9.30-10.15, Friday mornings

With Karen Bradley. Further details:

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.

GWEITHGAREDDAU ERAILL

OTHER EVENTS

CADW'N HEINI GYDA GOFAL ARTHRITIS

1.30-3.30, prynhawniau Mawrth, 13 Mawrth-24 Ebrill (heblaw 17 Ebrill)

Cwrs 6-wythnos rhad ac am ddim i bobl ag arthritis sy'n awyddus i fod yn fwy actif a dysgu rheoli'r poen trwy ymarfer corff. Cyfle i roi cynnig ar wahanol mathau o ymarfer corff a dysgu am dechnegau hunan-reoli. Roedd yn rhaid archebu lle o flaen llaw ar gyfer y cwrs hwn.

GET ACTIVE WITH ARTHRITIS CARE

1.30-3.30, Tuesday afternoons, 13 March-24 April (not 17 April)

A free six-week course for anyone with arthritis who wants to get active and manage their pain through exercise. The course includes exercise taster sessions as well as structured self-management techniques. Booking was necessary for this course.

TAIR ANTURIAETHWRAIG

7.00, nos Sadwrn, 7 Ebrill

Tair sgwrs gan awduron ysbrydoledig o Gymru: Ursula Martin – cerddodd 3700 miltir ledled Cymru dros 17 mis gyda dau ymweliad ysbyty yn y canol; Emily Chappell – beiciwr antur pellter ac enillydd y Ras Transcontinental; Hannah Engelkamp – cerddodd o gwmpas Cymru gydag asyn ecsentrig. Tocynnau: £10/8 gyda £1 o bob tocyn yn mynd i Target Ovarian Cancer. Tocynnau a gwybodaeth bellach:

THREE ADVENTURERS

7.00, Saturday, 7 April

A trio of talks by inspiring Welsh writers: Ursula Martin – walked 3700 miles all over Wales over 17 months with two hospital visits in the middle; Emily Chappell – ultra-distance adventure cyclist and winner of Transcontinental Race; Hannah Engelkamp – walked around Wales with a donkey with attitude. Tickets: £10/£8 with £1 of every ticket going to Target Ovarian Cancer. Tickets and more information:

www.theadventuresyndicate.com

GALWAD CYNNAR

6.45, nos Fercher, 11 Ebrill

Cyfle i fod yn rhan o'r gynulleidfa yn y rhaglen radio hon am gefn gwlad. Trefnir gan Ffrindiau Pantycelyn. Croeso cynnes i bawb – dewch yn llw!

6.45, Wednesday, 11 April

This Welsh radio programme about rural Wales will be recorded here. Organised by Friends of Pantycelyn.

CYNHADLEDD ESPERANTO PRYDEINIG A PHAN-GELTAIDD Nos Wener i ddydd Llun, 13-16 Ebrill

Morlan fydd cartref cynhadledd Esperanto fwyaf Prydain eleni – y 99^{eg} cynhadledd Brydeinig a'r 3^{edd} Pan-geltaidd wedi'u huno mewn un ddigwyddiad. Manylion pellach:

britakongreso.org

BRITISH AND PAN-CELTIC ESPERANTO CONFERENCE Friday evening-Monday, 13-16 April

Morlan will be the host of the largest Esperanto conference in Britain this year – the 99th British and 3rd Pan-Celtic ones combined into a single event. Further details:

CLWB Y DEILLION

2.00, dydd Llun, 16 Ebrill

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

VISUALLY IMPAIRED CLUB

2.00, Monday, 16 Ebrill

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

PRIFYSGOL Y DRYDEDD OES

2.30, dydd Iau, 19 Ebrill

Cyfarfod misol P30. Heddiw, anerchiad gan Philip Henry Jones:

Dunton's 50-guinea Inspiration: the first question and answer periodical
Manylion pellach / Further details: u3asites.org.uk/aberystwyth

UNIVERSITY OF THE THIRD AGE

2.30, Thursday, 19 April

U3A's monthly meeting: Today, a talk by Philip Henry Jones:

THOMAS MATHIAS & DOMINIC CICCOTTI

7.30, nos Wener, 20 Ebrill

Cyngerdd arbennig gyda Thomas Mathias ar y ffidil a Dominic Ciccotti ar y piano. Yn cynnwys cerddoriaeth Ysaye, Tchaikovsky, Waxman a themâu o Carmen. Mynediad am ddim – croesewir cyfraniadau wrth y drws.

11.00-4.00, Saturday, 21 April

A special concert with Thomas Mathias on the violin and Dominic Ciccotti on the piano. Featuring works by Ysaye, Tchaikovsky, Waxman and including themes from Carmen. Free entry - donations welcome.

FFAIR FEGAN

11.00-4.00, dydd Sadwrn, 21 Ebrill

Bwyd, colur a gofal croen, anrhegion – a mwy. Mynediad: £1 (plant am ddim). Gwybodaeth bellach:

Sue: 029-2070-9202

VEGAN FAIR

11.00-4.00, Saturday, 21 April

Food, skincare and make up, gifts – and more. Admission: £1 (children free). Further details:

GRŴP CYFEILLGARWCH

ABERYSTWYTH

12.00-2.00, Gwener, 27 Ebrill

Cyfarfod misol diweddara'r grŵp hwn. Heddiw, yw eu Cyfarfod Cyffredinol Blynyddol (gyda chinio). Croeso i bawb.

ABERYSTWYTH FRIENDSHIP GROUP

12.00-2.00, Friday, 27 April

The group's latest monthly meeting. Today is their Annual General Meeting (with lunch). All are welcome.

KINDERTRANSPORT

7.30, nos Wener i nos Sul, 27, 28 a 29 Ebrill gyda sioe prynhawn ar y dydd Sadwrn am 2.30

Cyflwyniad Theatr Louche o ddrama bwerus Diane Samuels sy'n ymdrin â bywyd Eva, un o blant y Kindertransport. Wrth dyfu, mae'n newid ei henw ac yn anghofio am ei gwreiddiau. Ymhen blynyddoedd, mae ei merch yn darganfod hen lythyron yn yr atig ac mae'n rhaid i Eva wynebu'r gwir am ei gorffennol. Tocynnau: £9.50/£8.00 ar gael o:

www.louchetheatre.com

7.30, Friday-Sunday, 27, 28 and 29 April with a matinee on the Saturday at 2.30

Louche Theatre's production of this play by Diane Samuels which examines the life of Eva, a Kindertransport child. As she grows up, she changes her name and starts to deny her roots. It is only when her own daughter discovers some old letters in the attic that Eva is forced to confront the truth about her past. Tickets: £9.50/£8.00 available from:

01970-612617

EISTEDDFOD CALAN MAI

4.30, dydd Mercher, 2 Mai

Eisteddfod ar gyfer pobl ardal Aberystwyth gydag amrywiaeth o gystadlaethau. Rhaglen ar gael o Morlan neu o www.steddfota.org. Mynediad: £3 (plant ysgol am ddim).

4.30, Wednesday, 2 May

An eisteddfod for everyone in the Aberystwyth area with all sorts of competitions. Programme available from Morlan or www.steddfota.org. Admission: £3 (schoolchildren free).

morlan.cymru

www.facebook.com/morlanaber

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

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