

Saltash u3a Activity Groups Timetable

		09:00		10:00		11:00		12:00			13:00		14:00		15:00		16:00
Week 1																	
Monday																	
Tuesday	Garden				Various Locations and Various Times												
	Tai Chi & Qigong									13.00 – 14.00 Saltash Social Club							
Wednesday	Amblers - Walking			Meet at 09:45													
	Stitch One Chat Too					10:30 – 16:00 Ploughboy Inn											
	Ukulele			10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk													
	Last Chance Blues Band												Evenings - Saltash Shado Centre				
Thursday	History											14:00 to 16:00 Saltash Shado Centre					
	Social Games										PM – Members Home						
	Strummers & Warblers										14:00 to 16:00 Saltash Social Club						
Friday	Photography		09:30 - 12:30 Saltash Shado Centre														
	Art										13:30 to 16:30 Oaklands Community Centre						
Week Two																	
Monday																	
Tuesday	Roamers - Walking			09:30 – Finish: Meet at Saltash Leisure Centre													
	Tai Chi & Qigong										13.00 – 14.00 Saltash Social Club						
Wednesday	Ukulele			10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk													
	Last Chance Blues Band												Evenings - Saltash Shado Centre				
Thursday																	
Friday	Architecture										14:00 to 16:00 Burraton Community Centre						
Week 3																	
Monday																	
Tuesday	Ancestry - Inactive												14:00 to 16:00 Saltash Heritage				
	Striders - Walking				09:30 – Finish: Meet at Saltash Leisure Centre												
	Tai Chi & Qigong										13.00 – 14.00 Saltash Social Club						
Wednesday	Stitch One Chat Too					10:30 – 16:00 Ploughboy Inn											
	Ukulele			10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk													
	Last Chance Blues Band												Evenings - Saltash Shado Centre				
Thursday	Social Games										PM – Members Home						
	Flower Arranging												14:00 to 16:00 Saltash Shado Centre				
	Strummers & Warblers												14:00 to 16:00 Saltash Social Club				
Friday	Art										13:30 to 16:30 Oaklands Community Centre						
	Wine Appreciation										14:00 to 16:00 Members Home						
		09.00		10:00		11:00		12:00			13:00		14:00		15:00		16:00

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Week 4																	
Monday																	
Tuesday	Roamers Plus - Walking		09:30 – Finish: Meet at Saltash Leisure Centre														
	Tai Chi & Qigong									13.00 – 14.00 Saltash Social Club							
Wednesday	Ukulele		10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk														
	Last Chance Blues Band																
Thursday	Scrapbooking		10:00 – 16:00 Saltash Shado Centre														
	Social Games																
Friday	Geology - Inactive																
Week 5																	
Monday																	
Tuesday	Roamers - Walking		09:30 – Finish: Meet at Saltash Leisure Centre														
	Tai Chi & Qigong									13.00 – 14.00 Saltash Social Club							
Wednesday	Ukulele		10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk														
	Last Chance Blues Band																
Thursday	Social Games																
Friday																	
	Doorstep Discovery		Dates/Times/Location Vary														
	Discover & Dine		Dates/Times/Location Vary														
	Film		Dates/Times/Location Vary														
	Guy's Coffee Morning		10:00 – 11.30 Saltash Shado Centre							Every 4 to 6 weeks – members will be contacted							
	Spanish		Contact Jean Milton at: https://www.saltashu3a.org.uk/contact/ for more details.														
	Table Tennis		Fortnightly, alternate Mondays - Dates available on Saltash u3a Website														
	Theatre		Dates/Times/Location Vary														
	University		As & when are dates offered by Plymouth University														

For more information: regarding group activities, look at the Saltash u3a website: <https://www.saltashu3a.org.uk/groups/>

Updated September '25 - V4a
BJO