Saltash u3a Activity Groups Timetable

		09:00		10:00		11:00		12:00			13:00		14:00		15:00		16:00		
Week 1		03.00		10.00		11.00		12.00			10.00		14.00	l	13.00		10.00		
Monday																			
Tuesday	Garden				Various	Locations	s and '	Various Ti	mes								-		
	Tai Chi & Q	ligong			Various	Locations	l	Various II			13.00 _	14 00 5	Saltash Social	Club			1		
Wednesday	Amblers - V		Meet a	t 00·15	1		l		1		10.00	14.00 C		l			 		
vveuriesuay	Stitch One Chat Too												00 Ploughboy Inn						
	Ukulele		10.30 – 10.00								liougi	looy iiiii							
	Okulele			10.30 - 12	To Contac	Lesiey D	luliski	li at ukule	lewsa	liasiiusa.c	ng.uk								
	Last Chance Blues Band											Evenings - Saltash Shado Ce					entre		
Thursday	History												14:00 to 16:00 Saltash Shado Centre						
	Social Games										Р	PM – Members Home							
	Strummers & Warblers											<u> </u>	14:00 to 16:00 Saltash Socia				Club		
Friday)9:30 - 12:30 S	30 - 12:30 Saltash Shado Centre								11.00 t	10.00	Juliadii		- Ciab		
	Art	.y		12.00 0	T	0011110						13	:30 to 16:30 () Daklan	ds Comm	unity (:entre		
Week Two	7410											10	100 10 10:00 1	Jakian	05 0011111		Citae		
Monday																			
Tuesday	Roamers - Walking 09:30 – Finish: Meet at Saltash Leisure Centre											1	<u></u>						
	Tai Chi & C												altash Social	Club					
Wednesday	Ukulele	9		10.30 – 12	.15 Contac	t Leslev B	runski	ll at ukule	le@sa	ltashu3a.d				<u> </u>		1			
rroundoddy	0110110110			.0.00							. 9								
	Last Chance Blues Band												Evenings -	- Saltash Shado Centre					
Thursday																<u> </u>			
Friday	Architecture	е										14	1:00 to 16:00	Burrato	n Comm	unity C	entre		
Week 3																			
Monday												1							
Tuesday	Ancestry -	Inactive											14:00 to 16	S:00 Sa	ltash Her	itage			
	Striders - Walking				l .	09:30 – Finish: Meet at Saltash Leisure Cent						9				<u>-</u>			
	Tai Chi & Qigong			<u> </u>									4.00 Saltash Social Club						
Wednesday	Stitch One Chat Too						l		1	10:30 – 1		ughboy Inn							
Treumeduay	Ukulele	<u> </u>		10.30 – 12	15 Contac	t Leslev B	runski	ll at ukule	le@sa								<u> </u>		
	Citarolo			10.00 12	1.5 0011100		. 3	31 41(410			. 9. 4.1								
	Last Chance Blues Band												Fvenir	nas - S	altash Sh	ado Ce	entre		
Thursday	Social Games											Evenings - Saltash Shado Centre PM – Members Home							
	Flower Arranging				†							'	14:00 to 16:00 Saltash Shado Centre						
	Strummers & Warblers				1				<u> </u>			14:00 to 16:00 Saltash Social Club							
Friday	Art								 			13:30 to 16:30 Oaklands Community Ce							
	Wine Appreciation							 			14:00 to 16:00 Members Home					1011110			
	Willo Apprediation											14.00 10 10	1.00 101			+			
					1				1					 			 		
		09.00		10:00	1	11:00		12:00			13:00		14:00		15:00		16:00		
		03.00		10.00		11.00	<u> </u>	12.00			13.00	<u> </u>	14.00		10.00		10.00		

Saltash u3a Activity Groups Timetable

Week 4																			
Monday		•																	
Tuesday	Roamers Plus - Walking			09	9:30 – Finish: I	Meet at Sal	tash Leisı	ure Cer	ntre		•	•							
-	Tai Chi & Qigong											14.00	0 Saltash Social Club						
Wednesday	Ukulele				10.30 – 12	2.15 Contac	t Lesley E	3runski	ll at ukul	ele@sal	ltashu3a.	org.uk							
	Last Chand	and										Evenings - Saltash Shado Centre							
Thursday	Scrapbooking			10:00 – 16:00 Saltash Shado Centre															
	Social Games											PM – Members Home							
Friday	Geology - Inactive														ln	active			
Week 5																			
Monday							1							Т				<u> </u>	
Tuesday	Roamers - Walking			09:30 – Finish: Meet at Saltash Leisure Centre											<u> </u>	ı			
	Tai Chi & Qigong		1	10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk									Saltash Socia	al Club			 		
Wednesday	Ukulele			10.30	– 12.15 Con	tact Lesley	Brunskill	at ukul	ele@salt	ashu3a.	org.uk	1						<u> </u>	
	Last Chance Blues Band		d												Calta	ah Chada	Cantra		
Thursday			and								Evenings - Saltash Shado Centre PM – Members Home							;	
Thursday	Social Games										Fivi – iviettibets i tottie							 	
Friday																			
	Doorstep Discovery			ates/Tir	mes/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									14.00 – 16.00 Wesley Church						
	Theatre		D:	ates/Tir	mes/Location					- Sir Sait		1.355.13		14.0	1	1,10010	Jiiai	<u></u>	
	University						fered by Plymouth University												
	Cimedianty		710	<u> </u>			1	1	·- <u>J</u>										

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

Updated September '25 - V4a BJO