## Saltash u3a Activity Groups Timetable

09:00  A's Talk  & Qigong S - Walking  One Chat Too  Dance Blues Band  Games Hers & Warblers  Taphy  Transport of the control	Meet at (	10.30 – 12.	15 Contact					10:30	– 16:00	14.00 S	to 15.30 Salta saltash Social boy Inn Evenin 14:00 to 16:	Club gs - S	altash Sh	ado Ce	
& Qigong S - Walking One Chat Too Inance Blues Band Games Hers & Warblers Taphy Transition of the control of th		10.30 – 12.	15 Contact	Lesley B				10:30 -	– 16:00	14.00 S	altash Social hboy Inn Evenin	Club gs - S	altash Sh	ado Ce	
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ance Blues Band Bames Bers & Warblers Braphy Brance Straphy Brance Blues Band Brance Blues Brance Blues Brance Brance Blues Brance		10.30 – 12.			runskil	l at ukule	le@salta			Plough	Evenin				
Pance Blues Band  Games Pers & Warblers Paphy  Taphy	09				runskil	l at ukule	le@salta			1 lougi	Evenin				
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	Roamers - Walking 09:30 – Finish: Meet at Saltash Leisure Centre														
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## Saltash u3a Activity Groups Timetable

		09.00		10:00		11:00		12:00			13:00		14:00		15:00		16:00	
Week 4																		
Monday																		
Tuesday	Roamers Plus - Walking		(	09:30 – Finish: Meet at Saltash Leisure Centre													,	
	Tai Chi & Qigong										13.00 -	14.00 \$	Saltash Socia	l Club			,	
Wednesday	Ukulele			10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk														
	Last Chanc	e Blues Ba	and									E۱	<b>/enings -</b> Sa	Saltash Shado Centre				
Thursday	Scrapbooki			10:00 – 16:00 Saltash Shado Centre														
	Social Games											F	PM – Members Home					
Friday	Geology - Inactive												Inactive					
Week 5																		
Monday																		
Tuesday	Roamers -	Walking	09	09:30 – Finish: Meet at Saltash Leisure Centre														
	Tai Chi & Qigong			13.00 – 14.00								14.00 \$	Saltash Socia	l Club				
Wednesday	Ukulele		10.30 – 12.15 Contact Lesley Brunskill at ukulele@saltashu3a.org.uk															
	Last Chanc												Evenings - Saltash Shado Centre					
Thursday	Social Gam	nes								PM – Members Home								
Friday																		
				imes/Location \														
	Discover & Dine			Dates/Times/Location Vary														
	Film		Dates/T	Dates/Times/Location Vary														
	Guy's Coffee Morning			,								eks – members will be contacted						
	Spanish			Contact Jean Milton at: <a href="https://www.saltashu3a.org.uk/contact/">https://www.saltashu3a.org.uk/contact/</a> for more details.														
	Table Tennis			Fortnightly, alternate Mondays - Dates available on Saltash u3a Website									14.0	<u> 0 – 16.</u>	00 Wesley	/ Churc	<u>:h</u>	
				Dates/Times/Location Vary														
	University		As & wh	As & when are dates offered by Plymouth University														

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

Updated November '25 – V5 BJO