

## Saltash u3a Activity Groups Timetable

[illegible]

## 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 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	Scrapbooking			10:00 – 16:00 Saltash Shado Centre															
	Social Games										PM – Members Home								
Friday	Geology - Inactive													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										Evenings - Saltash Shado Centre								
Thursday	Social Games										PM – Members Home								
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: <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										14.00 – 16.00 Wesley Church					
	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 November '25 – V5  
BJO