

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: 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	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/>

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BJO