

Saltash u3a Activity Groups Timetable 2024-25

		09:00		10:00		11:00		12:00		13:00		14:00		15:00		16:00	
Week 1																	
Monday	Tai Chi & Qigong									13.00 – 15.00 Saltash Social Club							
Tuesday	Garden			Various Locations and Various Times													
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 Saltash Guide Headquarters			
Week Two																	
Monday	Tai Chi & Qigong									13.00 – 15.00 Saltash Social Club							
Tuesday	Roamers - Walking		09:30 – Finish: Meet at Saltash Leisure Centre														
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	Tai Chi & Qigong									13.00 – 15.00 Saltash Social Club							
Tuesday	Ancestry - Inactive													14:00 to 16:00 Saltash Heritage			
	Striders - Walking		09:30 – Finish: Meet at Saltash Leisure Centre														
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 Saltash Guide Headquarters			
	Wine Appreciation													14:00 to 16:00 Members Home			
Week 4																	
Monday	Tai Chi & Qigong									13.00 – 15.00 Saltash Social Club							
Tuesday	Roamers Plus - Walking		09:30 – Finish: Meet at Saltash Leisure Centre														
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			

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Week 5										
Monday	Tai Chi & Qigong					13.00 – 15.00 Saltash Social Club				
Tuesday	Roamers - Walking	09:30 – Finish: Meet at Saltash Leisure Centre								
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					
	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/>