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	00.00		10.00		11.00		12.00		10.00		11.00	<u> </u>	10.00		10.00	
Monday	Tai Chi & Qigong								13.00	- 15.00	Saltash Social	Club				
Tuesday	Garden			Various	Locations	s and Va	arious Tim	nes								
Wednesday	Amblers - Walking	Me	et at 09:45													
	Stitch One Chat Too	'	10:30 – 16:00 Plough									u.			l .	
	Ukulele		12.15 Co	ntact Lesley	le@saltas											
	Last Chance Blues										Evenin	gs - Sa	ltash Sha	do Cen	tre	
Thursday	History										14:00 to 16:00 Saltash Shado Centre					
	Social Games										PM – Members Home					
	Strummers & Warble	ers									14:00 to 16:00 Saltash Social Club					
Friday	Photography		09:30 - 12	2:30 Saltash	Shado Ce	entre										
	Art									1	3:30 to 16:30 S	altash (Guide Hea	adquarte	ers	
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										g.uk						
	Last Chance Blues	Band									Evenings - S	Shado Ce	ado 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	6:00 Sal	ltash Heri	age		
-	Striders - Walking		09:30 – Finish: Meet at Saltash Leisure Centre							tre						
Wednesday	Stitch One Chat Too		10:30 – 16:00 Ploughboy								nn					
	Ukulele	10.30 -	12.15 Co	ntact Lesley	Brunskill a	at ukule	le@saltas	shu3a.c	rg.uk	_						
	Last Chance Blues	Band									Evenings - Saltash Shado Centre					
Thursday	Social Games										PM – Members Home					
	Flower Arranging										14:00 to 16:00 Saltash Shado			ado Ce	ntre	
	Strummers & Warble	ers										14:00 to 16:00 Saltash Social Clu			lub	
Friday	Art									13:30	to 16:30 Saltas					
	Wine Appreciation										14:00 to 10	6:00 Me	embers Ho	ome		
Week 4																
Monday	Tai Chi & Qigong							13.00	- 15.00	Saltash Social	Club					
Tuesday	Roamers Plus - Walkii	g 09:30 -	- Finish: M	leet at Saltas	h Leisure	Centre										
Wednesday	Ukulele	10.30 -	12.15 Co	ntact Lesley I	3runskill	at ukule	le@saltas	shu3a.o								
	Last Chance Blues								Evening		Saltash Shado Centre					
Thursday	Scrapbooking			•		•	10:00) – 16:0	16:00 Saltash Shado Centre							
·	Social Games										PM – Members	Home				
Friday	Geology - Inactive											Ina	active			

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		09.00		10.00		11.00		12.00		13.00		14.00		15.00		16.00
																<u> </u>
Week 5																
Monday	Tai Chi & Q	igong	13.00 -						13.00 -	- 15.00 Saltash Social Club						
Tuesday	Roamers -	Walking	0:	09:30 – Finish: Meet at Saltash Leisur												·
Wednesday	Ukulele		10.30 – 12.	15 Conta	act Lesley Br	unskill at	ukulele	@saltashı	u3a.org.	.uk						
	Last Chance Blues Band											Evenings -	Saltasł	n Shado C	entre	
Thursday	Social Gam	nes									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		-		11.30 Saltash	Shado Cei	ntre		Every 4 to 6 weeks – members will be contacted							
	Table Tennis		Fortn	Fortnightly, alternate Mondays - Dates available on Saltash u3a Website									14.00 – 16.00 Wesley (
	Theatre		Dates/Times/Location Vary			, <u> </u>							13.0			
	University				v Plymou	Plymouth University										
	Similarony		7.5 C WI	1011 410 40		jyiiiou	31117	J. J. L.								

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

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