

MOSELEY AND KINGS HEATH AND DISTRICT U3A

CIRCLE DANCING



This group meets on the second
And fourth Thursday of the
Month between 2pm and 4pm

COMPLEMENTARY THERAPIES

Meet on the first Monday of the
the month in the morning. They
occasionally have a speaker or
more active sessions like seated
Yoga or Tai Chi

UKULELE FOR FUN

This group also welcomes
having fun playing and singing
the second and final Tuesday
Meeting House in Kings



new members. This is all about
together and they meet at 10am on
of each month at the Friends
Heath.

PAINTING AND DRAWING

The Painting and Drawing group has just resumed
their meetings. They meet in the afternoon, twice
a month at the Friends Meeting House on the first
and third Tuesday in the afternoon.

CHOIR

Meets every Monday in
term time 2.15 pm until
4pm in Moseley

People should not simply turn up to any of these groups. It is important to contact the Group Leader first and this can be achieved by contacting the Interest Group Coordinator of MKHD u3a, email mrsj17@hotmail.com