Rayleigh u3a – Groups and when they meet: (as at January 2024)

Archaeology - 3rd Wednesday
Art Group - 1st Thursday
Badminton – every Monday and Tuesday afternoon
Book Reading 2 - Last Friday in month
Book Reading 3 - 3rd Friday
Book Reading 4 - 4th Monday
Canasta - 2nd Monday (evenings)
Ceramics – 1st Tuesday
Coffee & Conversation for Ladies - Varies
Cooking – 1st Friday
Creative Writing – 3rd Thursday
Crib Club - 3rd Monday (evenings)
Digital Photography – 2nd Monday
Facebook
Family History 2 - 4th Wednesday
Family History 3 - 4th Thursday
Gardening 1 - 4th Friday
Gardening 2 – 3rd Thursday
Knit & Natter 1 – 3rd Thursday
Knit & Natter 2 – 2nd Tuesday
Knit & Natter 3 – TBC
Local History – 2nd Wednesday
Longer Walks Group – 2nd Wednesday
Music Appreciation – 4th Wednesday and 4th Thursday
Patchwork & Tea - 3rd Wednesday
Psychology – 4th Thursday
Real Ale Group - 3rd Wednesday
Rummikub – 3rd Thursday
Scrabble – 2nd Wednesday
Serendipity 3 - 3rd Wednesday
Serendipity 5 - 4th Thursday
Serendipity 6 – 4th Wednesday
Sit and Sew – 2nd Thursday (afternoon)
Strolling 1 – 4th Thursday (morning)
Strolling 2 – 2nd Monday
Sunday Lunch - Last Sunday
Table Tennis 1 - 3rd Wednesday
Table Tennis 2 – 1st Tuesday
Tenpin Bowling - 2nd Monday
Visit Essex Churches - 2nd Monday
Visit Interesting Places in Essex - 3rd Monday
Waffling for Men – 4th Wednesday
Walking 2 - Last Friday in month
Walking 3 - 2nd Tuesday
Walking 5 – 2nd Thursday
Wine Appreciation – 2nd Tuesday (evenings)
Yoga Practice – every Monday morning

For more details on how to join Groups please contact the Group Coordinator