

Wellingborough U3A Interest Groups Timetable							
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 am	Gardening Tai Chi	Badminton Crochet Parchment Craft Snooker/Pool/ Darts Tai Chi	Bowls (May to September) Brunch	Art and Painting Art Appreciation Ten Pin Bowling	Bead and Chatter 1 Table Tennis Walking		Country Park Walks
Week 1 pm	German 1 Meditation and Mindfulness	Bead and Chatter 2 Cribbage Dancing (Sequence) Dancing (Country) German 3 Maths Group Snooker/Pool/ Darts	U3A Monthly Meeting	Bead and Chatter 3 Bee Crafty Bridge for Improvers Canasta Family History 1 Family History 2 French Intermediate Knit and Natter Scrabble	Bead and Chatter 4 Spanish Intermediate		
Week 2 am	Tai Chi	Badminton Crochet Parchment Craft Strollers Tai Chi	Bowls (May to September)	Am Dram Art and Painting	Table Tennis		

Week 2 pm	German 2 Music Appreciation Singing For Fun	Bridge (Social)	Books Meditation and Mindfulness Table Tennis 2 Whist	Bridge for Beginners Bridge for Improvers Churches and Villages (March to Nov) Stitching	Card Making Cribbage 2 Mah Jong 2 Board Games		T@3
Week 3 am	Chess Tai Chi	Badminton Crochet Tai Chi	Bowls (May to September) Social history Wine and Dine	Art and Painting Ten Pin Bowling	Table Tennis		
Week 3 am							
Week 3 pm	German 1 Meditation and Mindfulness Non Fiction Book Group	Dancing (Sequence) Dancing (Country) Mah Jong Mah Jong 2 Board Games Cribbage 2 Maths Group 2	Board Games Creative Writing Table Tennis 2	Bridge for Improvers Canasta Card Making (Advanced) French Intermediate Quiz Group Scrabble	Jigsaw Puzzles Spanish Intermediate		
Week 4 am	Tai Chi Theology	Badminton Crochet Tai Chi	Bowls (May to September)	Art and Painting Beading Buddies Landscapes Cribbage 2 Board Games Mah Jong 2	Table Tennis		Sunday Lunch

Week 4 pm	German 2 Singing for Fun	Bridge (Social) Local History	French Conversation Meditation and Mindfulness Table Tennis 2	Bridge for Beginners Bridge for Improvers Play Reading Cribbage 2 Board Games Mah Jong 2			
Week 5 am	Tai Chi	Crochet Tai Chi	Bowls (May to September)		Table Tennis		
Week 5 pm			Table Tennis 2	French Intermediate			

French Cinema - Varies Garden Visits - Varies Outings - Varies Philosophy - Last Friday 2-4 Photography - varies Poetry appreciation -
Last Wednesday Ukulele For Beginners - Alternate Fridays