

North Walsham u3a Groups and Days

Week	Day	Morning	Afternoon
1	Monday	Coffee Morning	Croquet (Summer) Jazz Appreciation
	Tuesday	Yoga	Croquet(Summer) Poetry
	Wednesday	Walking (short)	Mac Users
	Thursday		Digital Photography Mind, Body, Spirit
	Friday		Monthly meeting

2	Monday	Coffee Morning	
	Tuesday	Yoga	
	Wednesday	Walking	
	Thursday	Ten Pin Bowling	Book Group U3Sings Wine Appreciation
	Friday		Family History History

3	Monday	Coffee Morning	Committee Meeting
	Tuesday	Yoga	Gardening 2
	Wednesday		Art Appreciation Rock & Pop
	Thursday	Current Affairs	Computer Group
	Friday	Philosophy	Brain Games Scrabble Mah Jong

4	Monday	Coffee Morning	Folk Music Painting & Drawing
	Tuesday	Yoga Cycling	Classical Music Cycling
	Wednesday		Knit & Stitch*
	Thursday	Cryptic Crosswords	
	Friday	Walking**	Family History*** Gardening 3

*Last Wednesday of the month

** Last Friday of the month

***Last Friday of every other month starting September