

		Main Hall	Lesser Hall
Monday	am	Art Club 9.45-11.45am	U3A Mah Jong 9.45am-11.45am Health In Communities 9.30am-2pm (NEST) Food Bank Triage 12-1.45 pm
	pm	Food Bank Weekly 11.45-2.15 pm Art Club 2.15-4.15pm	3 rd U3A Cryptic Crosswords 2..15-4.15pm Free 1 st 2 nd & 4 th
	evg	Sale Players 7-9.30pm	Trafford SEND Youth 5pm-7pm (Fortnightly)
Tuesday	am	1 st & 3 rd U3A Recorder 9.45-11.45am Free 2 nd 4 th Trafford Central Health Care 10am-12pm (Bi Monthly) Free 4 th Bi-Monthly	1 st -U3A Committee 9.45-11.45am 2 nd & 4 th -U3A Italian Beginners 9.45-11.45am 3 rd U3A Egyptology 9.45-11.45am
	pm	U3A Bridge 2.30-4.30pm	Sale Sharks "Raise The Game" 12pm-2pm 1 st 3 rd & 4 th U3A Guitar 2.30-4.30pm 2 nd U3A Family History 2.30-4.30pm
	evg	Youth Service 5-7pm	Youth Service 5-7pm Trafford Al Anon 8-10 pm
Wednesday	am	1 st U3A Computer 9.45am-11.45am 2 nd 3 rd 4 th & 5 th Childminders 9.15-11.45am	Social Prescribers 9.30am-11.30am (NEST) 1 st & 2 nd Moor Support Project 9.45am-11.45am 3 rd U3A Music 9.45am-11.45am 4 th U3A Literature 9.45am-11.45am
	pm	Bread & Butter Thing 12pm-2.15pm U3A Canasta 2.30 - 4.30pm	Bread & Butter Thing 12pm-2.15pm 1 st U3A Guitar Beginners 2.30-4.30pm 2 nd & 4 th U3A Practical Philosophy 2.30-4.30pm 3 rd Moor Support Project 2.30pm-4.30pm
	evg	Martial Arts 7-10pm	2 nd Sale Family History Society 7pm-9.30 pm
Thursday	am	1 st & 3 rd Moor Support Project 9.45am-11.45am 2 nd & 4 th (NEST) 2 nd & 4 th U3A French Int. 9.45-11.45am	Childminders Weekly 9-11.30am Social Prescribers 11am-1pm (NEST)
	pm	SMCP 12-5pm Moor Support Job Club 11am-4pm (*NEST)	Sale Sharks "HeadStart" 12-1.30pm 1 st & 3 rd U3A German 2-4pm 2 nd & 4 th Free
	evg		
Friday	am	Embrace Play & Stay 9.15am-11am	U3A Easy Exercises Weekly 10 - 11 am Digital Inclusion 11am-1pm Social Prescribers 11am-1pm (NEST)
	pm	1 st & 3 rd U3A Sing for Pleasure 1.30-4.30pm 2 nd & 4 th U3A Gen. Meeting 1.30-4.30 pm	2 nd & 4 th U3A Gen. Meeting 1.30-3.30 pm
	evg	Footlights 5-8pm weekly	Footlights 5-7pm weekly
Sunday			Victory Bible Church 9.30am-1pm Trafford Al Anon 7-9pm