

		Main Hall	Lesser Hall
Monday	am	Art Club 9.45-11.45am Free 4th	Health In Communities 9.30am-2pm (NEST) 1 st & 3 rd Growth Company Job Club 9.45am-11.45am 2 nd U3A Mah Jong 9.45am-11.45am Free 4th
	pm	Food Bank Weekly 11.45am-2.15 pm	Food Bank Triage 12-1.45 pm
		Art Club 2.15-4.15pm Free 4th	3 rd U3A Cryptic Crosswords 2.15-4.15pm Free 1st 2nd & 4th
evg	MCR Music & Art School 5pm-6.30pm 1 st Sale Players 7-9.30pm	Trafford SEND Youth 5pm-7pm	
Tuesday	am	1 st & 3 rd U3A Recorder 9.45-11.45am 2nd Free	1 st U3A Committee 9.45-11.45am 2 nd U3A Italian Beginners 9.45-11.45am 3 rd U3A Egyptology 9.45-11.45am
	pm	1 st & 3 rd U3A Tai-Chi 12.15-2.15pm 2nd Free U3A Bridge 2.30-4.30pm	Mile Shy Club 1pm-2pm 1 st & 3 rd U3A Guitar 2.30-4.30pm 2 nd U3A Family History 2.30-4.30pm
	evg	Youth Service 5-7pm	Youth Service 5-7pm TAA 8-10 pm
Wednesday	am	Childminders 9.15-11.45am	Free 1st 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	Bread & Butter Thing 12pm-2.15pm
		U3A Canasta 2.30 – 4.30pm	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	Tai-Chi/Health Qigong 7-9pm	2 nd Sale Family History Society 7pm-9.30 pm
Thursday	am	1 st & 3 rd Childminders Weekly 9-11.30am 2 nd & 4 th U3A French Int. 9.45-11.45am	1st & 3rd Free 2 nd Childminders Weekly 9-11.30am
	pm	SMCP Projects 12-5pm	Sale Sharks "HeadStart" 12-1.30pm 2 nd Future Directions 1.45-4.15pm 3 rd U3A German 2-4pm
		1 st Repair Cafe 1pm-4pm Sewing Club 1pm-4pm	
evg	Sale Moor Sound 7pm-9pm	Sale Moor Sound 7pm-9pm	
Friday	am	Embrace Play & Stay 9.15am-11am	U3A Easy Exercises Weekly 10 – 11 am 2 nd U3A Gen. Meeting 1.30-3.30 pm 1st & 3rd Free
	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 1st & 3rd Free
		2 nd & 3 rd Footlights 5-8pm	2 nd & 3 rd Footlights 5-7pm weekly (10 th & 17 th)
Sun		Victory Bible Church 9.30am-1pm TAA 7-9pm	

The Summer HAF Programme starts Tuesday 28th July to Friday 21st August