



## Newsletter April 2026

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### From the Chairman

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John McKellar – [chair@maccu3a.uk](mailto:chair@maccu3a.uk)

Dear All,

Welcome to the spring edition of the Newsletter. The Macclesfield u3a is in fine health, with a minimum of hiccups – you are all wonderful!

Our groups seem to go from strength to strength with new groups appearing regularly; if we have an issue, it is our waiting lists – and we are very conscious of these. We will continue to look for solutions – but we need more Group Leaders (GLs) to allow for new groups, expanding groups or retiring current GLs.

It's a great time of the year as the "outdoor" groups wake from their slumber and fluff their feathers ready for the coming season (OK, I know you don't all go to sleep). In contrast some of the "indoor" groups take a break for the summer to allow for holidays – so it makes sense to check with your GL that the meetings continue. Our GLs are very good at sending out reminders – so watch out for these.

In previous newsletters, I have emphasised our gratitude to those that help out – and that's a huge part of being in a community. It doesn't take much to offer to help; and the "organisers" are always grateful. The old adage that if you want something done, then "ask a busy person" is too true – but offering a friendly assistance breaks the ice and makes friendships; so please be a friend. The same is needed for our GLs, if you enjoy a group, being the GL is not an onerous task, but it doesn't half help to have a second pair of hands – to bounce ideas off; to cover vacations; to smooth the rough; and to be there. It's immensely valuable to be the wingman; it makes everything easier. If your group doesn't have an obvious second for the GL, then please stand up and take your chance.

That said, there are many people in life who aren't the volunteering type, and if that's you, please don't worry; we recognise that for many it's not a "thing" they

feel they can do, and that's OK too. We cannot all be the same, wouldn't it be terrible if we were? It is important that all the jobs get done, but there are not so many jobs that everyone needs to do them. We can accommodate the shy, uncomfortable, too busy, over-committed, "it's not for me" members, and you are just as valuable - as long as you learn, laugh and live. Personally, it's the laugh I like.

John McKellar

[chair@maccu3a.uk](mailto:chair@maccu3a.uk)

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## From the Membership Secretary

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Phyllis Thomas – [membership@maccu3a.uk](mailto:membership@maccu3a.uk)

Many thanks to Tony who has implemented our online application form for new members; the majority of our new members have chosen to use this via our website rather than using a paper application form. Also many thanks to those who have renewed their membership. Clearly the Macclesfield u3a means a great deal to many people. If you haven't yet done so, it isn't too late. And many thanks to members who inform me of either serious illness or the death of fellow members. If you haven't already provided me with Emergency Contact information, please do so at your convenience (sadly we have had occasion of needing such information). Finally if you are no longer a member of another national u3a, please do let me know.

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## Groups' Co-ordinators

Our groups continue to thrive and it's wonderful to see so many members taking part. Several groups now have waiting lists, so we are exploring the possibility of creating additional groups for some popular activities, as well as introducing a few new ones.

If you feel you could help set up and run an extra group, perhaps together with one or two other members, we would love to hear from you. We are particularly interested in expanding the following activities:

- Art Appreciation
- Café Walks
- Dru Yoga
- Crown Green Bowls / Indoor Bowls
- German
- Geology
- Italian (Beginners)
- Psychology

We are also considering some new groups, including an Outings Group and a Law Group.

Of course, these are only suggestions. If you have an idea for a group and would be willing to help organise it, please get in touch. For example, would there be interest in Rock Music, Real Ale, or Wine Tasting?

Groups can be organised as a small team, and once established, they usually require very little time to run.

Finally, a huge thank you to all our Group Leaders and their helpers – the success of our u3a wouldn't be possible without you.

Shirley Stretton

Mandy Orton

[groups@maccu3a.uk](mailto:groups@maccu3a.uk)

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## From the Newsletter Editor

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[Peter Whithameditor@maccu3a.uk](mailto:PeterWhithameditor@maccu3a.uk)

This Newsletter provides a link for each group, which (if you are connected to the internet) will take you to that group's web page. You can always access all the groups' webpages at <https://macclesfield.u3asite.uk/welcome/> as well. Our aim is to provide you with news and updates, rather than repeat material from the Year Book and website. I always welcome any comments and suggestions to improve the Newsletter.

The Committee is planning a printed Year Book in September.

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## Facebook

Yes, Macclesfield u3a now has a Facebook page where you can stay updated, comment on posts, and message us. It's a good way of promoting our interest groups to both existing and potential members. You can find it by searching for Macclesfield u3a on Facebook.

If any Group Leaders would like to promote/share their Group activities, events or outings on our Facebook page please get in touch with Christine B.



For those members who use Facebook we would really appreciate it if you could "follow" the Macclesfield u3a page and "like" our posts!



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## Members' Mornings

When: Third Monday of the month 10am to noon

Where: St John the Evangelist church hall, Wilwick Lane, off Earlsway, Macclesfield SK11 8RS

Why: Socialising, learning and belonging

What: Refreshments from 10, notices 10.25, speaker from 10.30, questions from 11.30

It's a chance to get to know new people, chat to old friends, have a cuppa and then enjoy our interesting speakers.

All are welcome. We hope to see you soon.

Members' Mornings Organisers

Anna Franks and Diane Styles

[members.mornings@maccu3a.uk](mailto:members.mornings@maccu3a.uk)

Coming soon:

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### Monday 27th April: Annual General Meeting

[see notice below](#)

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### Monday 18th May

Marilyn Shalks 'The History of Manchester Theatres', includes interesting facts connected to the theatres and some of the artists who appeared there.

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### Monday 15th June

Mike Batty will tell us about Just-Ice. It is a special ice cream café in Poynton where they serve delicious handmade ethical ice cream and sympathetically employ survivors of modern slavery. There will be ice cream!

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### Monday 20th July

'There's no History in Wilmslow!' That's what one lady once told the Wilmslow Historical Society. Join David Briggs for a fascinating slideshow and virtual walk through the heart of Wilmslow to hear how wrong she was!

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### There is no meeting in August

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## Notice of the Annual General Meeting

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### MACCLESFIELD u3a NOTICE 2025-6 ANNUAL GENERAL MEETING

Monday 27th April 10am–Noon

Coffee at 10am followed by AGM at 10.15, then 'My UK Wildlife Travels'. Our very own David Tolliday will tell us about wildlife in a range of habitats including a local Cheshire farm, RSPB Coombes Valley, Red Kites in Wales and Seals in Lincolnshire. Mainly birds, but also flowers, mammals and insects.

Venue: St John the Evangelist church hall, Wilwick Lane, off Earlsway,  
Macclesfield SK11 8RS

Please advise the secretary if you have any questions for the Committee concerning our u3a by 17th April. We cannot take any detailed questions if not provided before the meeting.

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## General news of group activities

Please note: If there is no news listed, the group is continuing, and the details can be found on the website (or in the last Year Book).

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## Possible fuel shortages

At a time when there may be shortages of fuel, please consider how members can share transport to meetings. Group leaders and members are encouraged to find ways to arrange shared transport.

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## AI (Artificial Intelligence)

- John McKellar

The AI Group has two levels; the AI General meets monthly and discusses the social impact of AI on society with a little (not technical) information about how it works. We cover what's in the news and in this very fast-moving science. AI is here and it is here to stay, so what will it do to us, for us, and in place of us? The other level we call AI Tech and explores what AI does, how it does it and how we might take control of the whole u3a with our new super-power.

Then, just for a bit of fun, we've taken a group photo and changed it into a football team – but in doing so, our faces have morphed a little so we don't quite look like ourselves; but we do look a little more like one another – an interesting problem in itself.

We still have plenty to discuss and room in both groups for those interested in discussing AI.



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## Allotment Gardening

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## Art Appreciation

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## Be Safe Online

The Be Safe On-Line Forum is a group that arranges meetings on an ad-hoc basis. We recently held a meeting called "After Windows 10" which explained about the ending of support for Windows 10 by Microsoft, how support could be temporarily extended, and alternatives to consider for continuing computing. It is intended to hold a further meeting on installing Linux instead of Windows, possibly in May.

We have other ideas for meetings about using Windows 11 and other computers, and subjects like "Smartphones – beyond basics", "Installing and using the NHS app" and "Buying and selling safely online". If you can tell us about your needs, we will try to meet them. We are driven by the level of interest we can expect. Contact [BeSafeOnLine@maccu3a.uk](mailto:BeSafeOnLine@maccu3a.uk) with your requests.

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## Bird Watching

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## Bookworms 1

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## Bookworms 2

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## Bookworms 3

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## Bookworms 4

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## Bookworms 5



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## Café walks

We walk for about an hour (roughly 2 miles) with time in a café at the end. We have been to the canal and Middlewood Way, Swettenham Arboretum, Sutton Reservoir, Prestbury, Tegg's Nose and many other local places. We are a friendly and popular group averaging 13 on recent walks. This number is challenging for some cafés to accommodate, so we are sadly operating a waiting list at present. I feel that the u3a needs a second short walks group, but I can't manage to lead both! If anyone would like to step forward as a leader, I will give all the help I can to get a second Café Walks group going.



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## Canasta

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## Card Making

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## Country Dancing

Country Dancing, 2pm–3.30pm. 90 Minutes of Country Dancing.

We meet each first and third Monday of the month throughout the year.

Welcome to Country Dancing!

Do you like to dance with a skip or sedately? Whichever you like to do Country Dancing is for you.

Come and have fun as well as dance with a group of welcoming people.

Please bring your own drink as there is only a short, informal break.

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## Crafters Together

We now meet at the leader's home every third Monday of the month and she needs to be contacted by people for her address.

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## Croquet

We restart the 2026 season on **Tuesday, 7th April**. We would love to see you. Please get in touch if you would like any further information.



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## Crown Green Bowls

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## Indoor Bowls

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## Discussion

The Discussion Group is held on the 1st Thursday at 10a.m. every month. Members each choose and present a topic for discussion on average about once a year; this gives us a range of topics and makes for added interest. We are in our 22nd year and still the topics keep coming!

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## [Dru Yoga](#)

The yoga classes are offering a lovely opportunity to come and have some fun whilst taking care of your body through flowing sequences which help to release blocked energy. Stretches warm the muscles and joints before a posture, and breath awareness which helps to settle the mind and release unwanted thoughts and feelings. Finishing with a comforting relaxation to assist all your efforts by integrating yoga's benefits: good health, strength and balance are improved both physically and mentally.

Anchoring into the Mountain Posture: Focus on the base of your spine. Exhale, taking your awareness down your legs, into your feet and into the earth. Feel as if your feet are growing roots reaching down into the earth with each out-breath. As you breathe in, feel your body rising from the top of the pelvis. With every in-breath expand into the space around you. As you exhale and anchor, keep the feeling of spaciousness in your upper body.

This helps to awaken inner strength and stability.

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## [French Conversation 1](#)

The French Conversation group meets on the 3rd Wednesday of the month. We talk in French (mainly) on subjects of general interest. Conversation has ranged from topics such as the rebuilding of Notre Dame cathedral, the robbery at the Louvre and an exhibition in London about Marie Antoinette to the discussion of good places to go on holiday.

We would welcome new members but a reasonable knowledge of French is needed to enjoy the sessions. Please contact the group leader for more details if interested.

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## [Games](#)

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## [Geology](#)

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## [German 1](#)

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## German 2

The group continues to flourish. We meet on the first and third Tuesdays of each month in the houses of our members. For the first part of each meeting each of us talks about what we have done since we last met – in German, of course! We then pause for Kaffee und Kuchen or Tee und Kekse!! The second part of each meeting is devised by the Leiter or Leiterin of each meeting. In recent times we have had discussions about Die Guten Alten Zeiten (the good old days) and Eine besondere Reise (a special journey). We play games, such as "Scrabble" in German and sometimes devise quizzes for one another. Our aim is to speak German for as much of the two hour time slot as possible, so group participants need a confident level of spoken German.

We are very sad to have to share the news of the death of Rhodri Phillips, one of our very keen group members. Currently the group is full and we do have a waiting list.

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## Italian – Beginner Fumblers

I am thrilled to be in a position to now close the group to newcomers because we have reached a steady number of dedicated members. Some have joined because of upcoming holidays planned to Italy, but most have joined for the sheer challenge of learning a beautiful language and to create new neural pathways to keep our brains healthy.

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## Italian Conversation

The Italian Conversation group continues to meet on the 2nd and 4th Tuesday of the month. We were sad to say goodbye to some longstanding members but, luckily, we have been joined by some new recruits.

We start each session with some conversation in the language, then move on to reading from a book in the Italiano Facile series. We have just started a series of stories based on events in Italian history.

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## Lip Reading

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## Mah Jong

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## Make and Create

With effect from October 2025, the meetings are now on the 4th Thursday of the month at Sutton Church Hall 2–4pm.

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## Military Aviation

Military aviation began at the start of WW1. In the subsequent 112 years, aircraft have been developed from initially flimsy wood and linen contraptions into highly sophisticated weapon systems.

However, from the very beginning air power has had the ability to influence world events. The Group meets to explore the development of both technology and use during the World Wars and numerous subsequent conflicts. We are very happy to examine any aspect of Military Aviation both past, present and into the future. Everyone is most welcome to listen to the presentations (with a cup of tea) and contribute to discussion.



Please join us on the second and fourth Friday of the month, 10am to noon, at the Macclesfield & Congleton District Scout Association HQ.

There is free on-street parking or in the car park behind the building.

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## Painting and Art

The Painting and Art group is a friendly space for people of all abilities. We have members who haven't done any art since leaving school, and others who have enjoyed painting for many years.

What makes our group special is that other members bring their own art experiences and share them with the group, bringing new techniques, media, and knowledge, which keeps the atmosphere lively and interesting.

Members can either join in with projects or do their own work.

We are currently undertaking a whole-group project commissioned by Langley Church to celebrate their 200th year, which will be displayed in May alongside other exhibits. We feel privileged to have been asked to contribute.

If you feel like giving us a try, please come along, you will be most welcome.

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## [People, Poems & Prose](#)

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## [Pickleball](#)

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### Indoor Pickleball

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## [Politics](#)

The Chinese might say “We live in interesting times.” For the Baby Boomer generation it’s confusing and concerning to see the Post War Consensus at home and world wide dissolving. The certainties of cradle to grave welfare, a world class education irrespective of income, and good jobs and safe housing for all are vanishing. The security of Peace through Unity, a rules based international system that values rights over might and feeling safe in the warm embrace of American friends are all disappearing before our eyes like a sandcastle on a stormy beach. The Politics Group is a friendly inclusive forum where all views and opinions are valued and debated. Maybe this way we can make some sense of this ‘Grave New World.’

We meet at 2pm on the second Tuesday of each month at the Scouts HQ, 32, West Bond St., Macclesfield. Topics are announced in advance. It’s lively as well as informing and fun.

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## [Psychology Forum](#)

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## [Rummikub Plus](#)

Rummikub is going well. New members always welcome.

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## Spanish Improvers

The group continues to meet on the first and third Tuesdays of the month in members' houses. We try to make the sessions enjoyable and memorable.

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## Table Tennis

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## Technology & Science

We meet on the fourth Tuesday of every month at 2pm, except for July, August and December.

We meet at Oakleigh House, 1 Riseley Street, Macclesfield, Cheshire SK10 1BW.

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### 28th April 2026 – Offshore renewable energy research at University of Manchester

Speaker: Professor Peter Stansby

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### 26th May – Cognitive Neuroscience: Why do I feel itchy when watching a 'bush tucker trial'?

Speaker: Dr Donna Lloyd, Senior Lecturer in Cognitive Neuroscience, University of Manchester

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### 23rd June – From Faces to Footprints: How Computer Vision is Advancing Healthcare?

Speaker: Professor Moi Hoon Yap, Research Lead, Department of Computing and Mathematics, Manchester Metropolitan University

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## Ukulele

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## Walkers 5 Milers

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## Walking Mondays

We have been delighted to have some new people join us recently who have integrated well into the group and we still have a few spaces.

Our walks are generally 7 to 9 miles covering hilly terrain. If you would like to just come along and try us out, then the details for each walk are on the website about 10 days before.

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## Wild Flowers

Details of precise locations for visits will be emailed to members a month before the day which will all start at 10.30am. Note that location may change due to weather conditions. If you need information before please email me via the web site.

11th May	Swettenham, Congleton
25th May	Jackson's Brickworks
8th June	Brown End Quarry, Waterhouses
22nd June	Hartington station
13th July	Ainsdale NNR
27th July	Lathkill Dale from Monyash
10th August	Lindow Common, Wilmslow
24th August	Solomon's Temple

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## Macclesfield College Adult Courses

There are free courses being offered at Macclesfield College for adults which may be suitable for u3a Members.

We particularly suggest the courses on <https://macclesfield.ac.uk/subject-areas/computing-information-technology/?sta=Adults>

Macclesfield u3a in conjunction with Macclesfield College may be able to offer courses delivered at a u3a venue. Any member who is interested should email [BeSafeOnLine@maccu3a.uk](mailto:BeSafeOnLine@maccu3a.uk).

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## u3a Online Learning Events

Free online talks, workshops and courses.

See <https://www.u3a.org.uk/events/educational-events> for current events and to sign up for the monthly events email.

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## u3a North West Region

The North West Region publishes a Newsletter with News and Events each quarter. We are proud of our publication which is aimed at every member of every u3a in our Region.

If you have not already, please do check out our regional website:

<https://northwestregion.u3asite.uk/>

It contains information on events, training, information on the u3as in our Region as well.

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## North West Region Summer School

Tues 11th August – Friday 14th August

Manchester Metropolitan University, M15 6GX

An incredible opportunity for u3a members to come together and learn and develop new skills. If there is one event not to miss it is this one.

An application form and further details are available online at

<https://northwestregion.u3asite.uk/summer-school-2026/>

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## Open Group meetings

Open Groups are groups at nearby u3a's that welcome our members to their meetings. You do not have to join the other u3a to attend. There is often a contribution required from visitors.

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### Bramhall

[Computer Group](#)

[Creative Writing](#)

[Family History 2](#)

[French Conversation](#)

[German Conversation](#)

[German Intermediate](#)

[History 2](#)

[Intermediate German](#)

[Italian Improvers](#)

[Video & Film Making](#)

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### Cheadle & Gatley

[Bridge](#)

[German Conversation](#)

[Singing for Pleasure](#)

[Ukulele](#)

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### Poynton

[Acoustic Guitar](#)

[Art](#)

[Bird Watching](#)

[Bridge](#)

[Creative Writing](#)

[Geology](#)

[German Conversation](#)

[History 2](#)

[Photography](#)

[Spanish](#)

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### Wilmslow

[Book Group Online](#)

[Croquet](#)

[Cycling](#)

[French Conversation](#)

[The Moral Maze](#)

[Bridge Players](#)

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## List of Group Leaders and Contact Numbers

AI (Main and Tech)	John McKellar
Allotment	Steve Fallows
Art Appreciation	Christine Johnston
Bird Watching	Noel Massey
Bookworms 1	Vicky Darlington
Bookworms 2	Linda Godfrey
Bookworms 3	Margaret Burnham
Bookworms 4	Liz Lawson
Bookworms 5	Pete Caulkett
Café Walks	Anna Franks
Canasta	Shirley Stretton
Card Making	Ann Harris
Country Dancing	Jill Smart Jane Turner
Crafters Together	Jackie Boulton
Croquet	David Lee Andrew Redwood
Crown Green Bowls	Shirley Stretton
Discussion	Chris England
French Conversation 1	Val Cutter
Games	Shirley Stretton Mandy Orton
Geology	Adrienne Noble
German 1	Kate Bonson
German 2	Nicky Campbell
Italian – Beginners	Phyllis Thomas
Italian Conversation	Val Cutter
Indoor Bowls	Shirley Stretton
Lip Reading	Debra Blinston
Mah Jong	Pete Caulkett
Make and Create	Janet Parkinson
Military Aviation	Stephen Chaskin
Painting and Art	Jackie Gibbs
Pickleball	Mandy Orton
Indoor Pickleball	Mandy Orton
People, Poems & Prose	Liz Smith
Politics	Graham Hall
Psychology	Angela Raval
Rummikub Plus	Denise Jones
Spanish Improvers	Mary Pollard
Table Tennis	Sue Whyatt
Technology & Science	Charles Mackay
Ukulele	Steve Hodgskiss
Walkers 5 Milers	Linda Hallatt
Walking Mondays	Valerie Herbert Frank Nicholson

Please ensure that the details of contact names are not publicised outside Macclesfield u3a.

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## u3a General Committee Members & Contact Numbers

*Please ensure that the details of contact names are not publicised outside Macclesfield u3a.*

Chair	John McKellar	<a href="mailto:chair@maccu3a.uk">chair@maccu3a.uk</a>
Vice Chair	Graham Hall	<a href="mailto:vice.chair@maccu3a.uk">vice.chair@maccu3a.uk</a>
Secretary	Marian Mackay	<a href="mailto:secretary@maccu3a.uk">secretary@maccu3a.uk</a>
Treasurer	Steve Hodgskiss	<a href="mailto:treasurer@maccu3a.uk">treasurer@maccu3a.uk</a>
Web Master & Beacon Management	Tony Middleton	<a href="mailto:u3a@middleton.me.uk">u3a@middleton.me.uk</a>
Membership Secretary	Phyllis Thomas	<a href="mailto:membership@maccu3a.uk">membership@maccu3a.uk</a>

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### Other post holders

Publicity	Alec Johnston	<a href="mailto:publicity@maccu3a.uk">publicity@maccu3a.uk</a>
Groups' Co-ordinators	Mandy Orton	<a href="mailto:groups@maccu3a.uk">groups@maccu3a.uk</a>
	Shirley Stretton	<a href="mailto:groups@maccu3a.uk">groups@maccu3a.uk</a>
Members' Morning Co-ordinators and Speakers' Secretaries	Anna Franks	<a href="mailto:members.mornings@maccu3a.uk">members.mornings@maccu3a.uk</a>
	Diane Styles	<a href="mailto:members.mornings@maccu3a.uk">members.mornings@maccu3a.uk</a>
Newsletter Editor	Peter Whitham	<a href="mailto:editor@maccu3a.uk">editor@maccu3a.uk</a>

## List of Group activities Times & Dates

	Monday	Tuesday	Wednesday	Thursday	Friday
All	10am <a href="#">Italian Beginners</a> 10am <a href="#">Wild Flowers</a> (S, alternating Mondays) 10am <a href="#">Lip Reading</a>	10am <a href="#">Croquet</a> (S) 10am <a href="#">Indoor Bowling</a> (W)	10am <a href="#">Crown Green Bowls</a> (S) 10am <a href="#">Outdoor Pickleball</a> (S)	10am <a href="#">Table Tennis</a> 2.30pm <a href="#">Croquet</a> (S)	<a href="#">Painting &amp; Art</a> (during school term) 10am <a href="#">Pickleball</a> (S)
1st	2pm <a href="#">Country Dancing</a> 2pm <a href="#">Mah Jong</a>	10am <a href="#">AI (Main)</a> 2pm <a href="#">AI (Tech)</a> 2pm <a href="#">German 2</a> 2pm <a href="#">Spanish Improvers</a>	2pm <a href="#">Canasta</a>	10am <a href="#">Discussion</a> 10am <a href="#">Walkers 5 Milers</a> 10.30am <a href="#">Ukulele</a> 2pm <a href="#">Bookworms 1</a> 2pm <a href="#">Crafters Together</a>	10am <a href="#">Indoor Pickleball</a> (W)
2nd	9.30am <a href="#">Walking Mondays</a> 2pm <a href="#">Rummikub plus</a>	10am <a href="#">Italian Conversation</a> 10am <a href="#">Card Making</a> 11am <a href="#">Art Appreciation</a> 2pm <a href="#">Dru Yoga</a> 2pm <a href="#">German 1</a> 2pm <a href="#">Politics</a>	10am <a href="#">Café Walks</a> 2pm <a href="#">People, Poems and Prose</a>	10am <a href="#">Bird Watching</a> 10am <a href="#">Bookworms 3</a> 10am <a href="#">Psychology</a> 2pm <a href="#">Bookworms 2</a>	10am <a href="#">Geology</a> 10am <a href="#">Military Aviation</a>
3rd	2pm <a href="#">Crafters Together</a> 2pm <a href="#">Country Dancing</a> 2pm <a href="#">Mah Jong</a>	2pm <a href="#">AI (Tech)</a> 2pm <a href="#">German 2</a> 2pm <a href="#">Spanish Improvers</a>	2pm <a href="#">Bookworms 4</a> 2pm <a href="#">Canasta</a> 2pm <a href="#">French Conversation 1</a>	10am <a href="#">Bookworms 5</a> 10am <a href="#">Walkers 5 Milers</a> 10.30am <a href="#">Ukulele</a>	10am <a href="#">Indoor Pickleball</a> (W) 2pm <a href="#">Games</a>
4th	9.30am <a href="#">Walking Mondays</a> 2pm <a href="#">Rummikub plus</a>	10am <a href="#">Italian Conversation</a> 11am <a href="#">Art Appreciation</a> 2pm <a href="#">Dru Yoga</a> 2pm <a href="#">German 1</a> 2pm <a href="#">Spanish Improvers</a> 2pm <a href="#">Technology &amp; Science</a>	10am <a href="#">Café Walks</a>	10am <a href="#">Psychology</a> 2pm <a href="#">Allotment Gardening</a> 2pm <a href="#">Make &amp; Create</a>	10am <a href="#">Military Aviation</a>
5th	2pm <a href="#">Mah Jong</a>				

S: Summer only

W: Winter only