

<b>SAM U3A</b>			<b>Timetable 3<sup>rd</sup> term 2020</b>	
Scone Aberdeen Muswellbrook University of the Third Age				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>20 July</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<del>21 July</del> <del>Podcast 10-11</del>	<b>22 July</b> Line Dancing 12.30-1.45 Mah-jong 2-4	<b>23 July</b>	<b>24 July</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>27 July</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>28 July</b> <del>Podcast 10-11</del>	<b>29 July</b> Line Dancing 12.30-1.45 Mah-jong 2-4	<b>30 July</b>	<b>31 July</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>3 Aug</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>4 Aug</b> <del>Podcast 10-11</del>	<b>5 Aug</b> Line Dancing Avd from 12 12.30-1.45 Mah-jong 2-4	<b>6 Aug</b>	<b>7 Aug</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>10 Aug</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>11 Aug</b> <del>Podcast 10-11</del>	<b>12 Aug</b> Line Dancing 12.30-1.45 Mah-jong 2-4	<b>13 Aug</b>	<b>14 Aug</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>17 Aug</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>18 Aug</b> <del>Podcast 10-11</del>	<b>19 Aug</b> Line Dancing 12.30-1.45 Mah-jong 2-4	<b>20 Aug</b>	<b>21 Aug</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>24 Aug</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>25 Aug</b> <del>Podcast 10-11</del>	<b>26 Aug</b> Line Dancing Avd from 12 12.30-1.45 Mah-jong 2-4	<b>27 Aug</b>	<b>28 Aug</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>31 Aug</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>1 Sept</b>	<b>2 Sept</b> Line Dancing 12.30-1.45 Mah-jong 2-4	<b>3 Sept</b>	<b>4 Sept</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>7 Sept</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>8 Sept</b>	<b>9 Sept</b> Line Dancing 12.30-1.4 Mah-jong 2-4	<b>10 Sept</b>	<b>11 Sept</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>14 Sept</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>15 Sept</b> Podcast 10-11	<b>16 Sept</b> Line Dancing Avd from 12 12.30-1.45 Mah-jong 2-4	<b>17 Sept</b>	<b>18 Sept</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>21</b> Croquet 10-12 Sc Trivia 1.30-3 Exercises for Strength & Mobility 3-4	<b>22 Sept</b>	<b>23 Sept</b> Line Dancing 12.30-1.45 Mah-jong 2-4	<b>24 Sept</b>	<b>25 Sept</b> Silk Painting 10-12 Ab Games Galore 1.30-3.30
<b>STAY COVID SAFE</b> Don't attend if you have been/are unwell Use hand sanitiser provided before and after activity Contact areas will be cleaned and disinfected		Practise social distancing Bring your own equipment (mug, pencils, weights etc) Initial roll and indicate any contact with COVID		