What's On 2020 For anyone over 50

IT Access: Monday - Friday, 10am - 4pm

Sessions may be subject to change. To confirm, please contact **01925 246824**

Monday	Tuesday	Wednesday	Thursday	Friday
AM	**AM**	**AM**	**AM**	**AM**
IT One to One with Norman 10.00-12.00pm **No Charge**	**IT One to One with Sylvia** 10.00-12.00pm **No Charge**	**IT One to One with Sylvia** 10.00-12.00pm **No Charge**	**Bold Street Writers** 10.00-12.00pm £2.00 per session	**Table Tennis** 10.00-12.00pm (except 1st Friday) **No Charge**
LifeTime Music Group 10.30-12.30pm £2.00 per session	**Hear to meet at LifeTime** 10.30-12.30pm £1.50 per session (2nd Tuesday)	**Yoga** 10.30-11.30am 12.00-1.00pm £3.50 per session	**Social Stitch 'n' Craft** 10.30-12.30pm £1.50 per session	**Coffee Morning Drop in** 10.30-11.30am 50p suggested donation
PM	**The Chatter & Natter Table** 10.30-12.30pm **No Charge**	**Knit & Natter** 10.30-12.00pm £1.50 per session (every other week)	**Let's Get Crafty** 10.30-12.30pm £1.50 per session	**Friday Film Show** 11.00-2.00pm £3.50 per session (1st Friday)
Social Crochet 1.15-3.15pm £1.50 per session				
For the Love of Art 1.30-3.30pm £4.50 per session	**Come Dance With Us** 10.30-11.30am £3.50 per session (except 2nd Tuesday)	**Adult Colouring** 11.00-1.00pm £1.50 per session (Every other week)	**The Chatter & Natter Table** 10:30-12:30pm **No Charge**	**Warrington Ethnics Over 50's Community** 11.00-2.00pm £1.50 per session
Cake Club 2.00-3.00pm £1.50 per session (2nd Monday)	**Games Morning** 11.00-1.00pm £1.50 per session	**Activities for people living with dementia** 1.30-3.30pm £2.00 per session	**IT One to One** 11.00-3.00pm **No Charge**	**PM** **LifeTime Quiz** 1.00-3.00pm £1.50 per session (2nd Friday)
Lifetime Dementia Cafe 11.00-1.00pm £1.50 per session (3rd Monday)	**Fibromyalgia Support Group** 11.00-1.00pm £1.50 per session (3rd Tuesday)	**Dementia Carers Wellness Drop In** 1.30-3.30pm (3rd & 4th Wednesday)	**PM** **Hear to meet at LifeTime** 1.00-3.00pm £1.50 per session (3rd Thursday)	**Games Compendium** 1.30-3.30pm £1.50 per person (3rd Friday)
	PM **Stroke Association Aphasia Café** 1.30-3pm £1.50 per session	**Singing for Fun** 1.30-3.30pm £1.50 per session (2nd & 4th Wednesday)	**Transport Nostalgia** 1.00-3.00pm £2.00 per session (2nd Thursday)	**Foody Friday** Bingo optional 12.30-2.30pm £5 per person (4th Friday)
	Tai Chi 1.00-2.00pm £3.50 per session		**LifeTime Camera Club** 1.30-3.30pm £2.00 per session	
	Over 50's Fit 'n' Fun 2.15-3.15pm £3.50 per session		**Friends of Lifetime Forum** 1.30-3.30pm **No Charge** (4th Thursday)	

LifeTime, 101 Sankey Street, Warrington, WA1 1SR **www.lifetimegateway.org.uk**

01925 246824 mail@lifetimegateway.org.uk /lifetimegateway @lifetimegateway

What's On in The Community

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Venue	Monday	Tuesday	Wednesday	Thursday	Friday
The Olive Tree, Penketh	AM **Yoga** 10.15-11.15am £3.50 per session	PM **Yoga** 2-3pm £3.50 per session	PM **Social Crochet** 6.00-8.00pm £3.00 per session		AM **Come Dance with Us Beginners** 9.30-10.00am **Everyone** 10.00-11.00am £4.00 per session
Lyon Court, Latchford		PM **Adult Colouring** 1.00-3.30pm (£1.50 non-residents) 2nd Tuesday		PM **Singing For Fun** 2.00-4.00pm £2.00 per session	
Epsom Gardens, Appleton		AM **LifeTime Coffee & Chat** 10.30-12.00pm (£1.50 non-residents)		AM **Over 50's Fit 'n' Fun** 10.30-11.30am (£3.00 non-residents)	
The Pyramid, Town Centre		AM **Zumba Gold** 11.30-12.30pm £3.50 per session	PM **LifeTime Community Choir** 12.15-1.45pm £4.00 per session		AM **Zumba Gold** 11.15-12.15pm £3.50 per session
St. Johns Court, Bruche		PM **Film Show** 2.00-4.00pm 4nd Tuesday (£1.50 non-residents)	PM **Crochet and Chat** 12.45-2.45pm (£3.00 non-residents)		
All Saints Church, Thelwall	PM **Fit 'n' Fun Chair Based** 1.30-2.30pm £3.50 per session				AM **Let's Create With Arts & Crafts** 10.30-12.30pm £3.00 per session
Ravens Court					AM **Coffee & Chat** 10.30-12pm (£1.50 non-residents)
St Johns Church Hall, Wilderspool Causeway				PM **Come Dance With Us** 1.30-3.30pm £3.50 per session 1st & 3rd Thursday	
Meeting Lane Community Centre, Penketh			AM **LifeTime Aerobics** 10.30-11.30am £3.50 per session		