



# Keeping you Connected Virtual TimeTable 2020

Via Zoom

You will need an Zoom acctnt to access the online session, then 5 mins before start of session go to Zoom >Join a meeting> Input meeting ID and password obtained from [mail@lifetimegateway.org.uk](mailto:mail@lifetimegateway.org.uk)

## MONDAY

Virtual Coffee Morning  
11am

Music Quiz  
**1st & 3rd Monday of the month**  
2pm

Shared Reading with The Reader  
**2nd & 4th of the month**  
2pm  
**Starting 8th June**

## TUESDAY

Come Dance With us Online  
10.30am

Let's Get Social  
11am

Zumba Gold with Diva Fit UK  
11.30am

Chair Based Exercise  
2pm

Camera Club  
2pm

## WEDNESDAY

Discover Drawing with BloomingArt  
**2nd & 4th of the month**  
10.30am  
**Starting 10th June**

Mindfulness With jt-health matters  
11am

## THURSDAY

Lifetime Coffee and Chat  
11am

Puzzle & Trivia Afternoon  
2pm

## FRIDAY

Yoga with jt health matters  
12pm

General Knowledge Quiz  
1.30pm

## SUNDAY

Sunday Sing-a-Long with Rob  
3pm

If you require any support getting online or to create a Zoom account please contact The LifeTime Team on 01925 246824 or email [mail@lifetimegateway.org.uk](mailto:mail@lifetimegateway.org.uk)