



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.co.uk

MONDAY

Virtual Coffee Morning
11am

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

TUESDAY

Come Dance With us Online
10.30am

Let's Get Social
11am

Zumba Gold with Diva Fit UK
11.30am

Chair Based Exercise
Starting 28th April
2pm

WEDNESDAY

Virtual Coffee Morning
11am

Mindfulness With jt-health matters
11am

THURSDAY

Lifetime Coffee and Chat
Starting 23rd April
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