



LifeTime Timetable

All sessions to be **booked in advance**, to book contact the LifeTime Team details below.

Opening Times: Mon-Thurs 10.00-3.00pm, Friday 10.00-12.30pm

Monday

Dementia Café
10.00-12.00pm
(1st of the month)
£2.00

Social Crochet (2nd &
4th of Month)
10.30-12.00pm
£1.50

For the Love of Art
1.00-3.00pm
£4.50

Tuesday

Fit n Fun
10.30-11.30am
£3.50

Tai Chi
1.00-2.00pm
£3.50

Wednesday

Knit & Natter/ Adult
Colouring
10.30-12.00pm
£1.50

Yoga
(in The Gateway)
12.00-1.00pm
£3.50

Activities for people
living with dementia
1.30-3.30pm
£2.00

Thursday

Let's Get Crafty
10.30-12.00pm
£1.50

Camera Club
(except 3rd of the
month)
1.00-3.00pm
£2.00

Hear to Meet
(3rd of the month only)
1.00-3.00pm
£1.50

Friday

Table Tennis
(in The Gateway)
10.00-11.00am

Social Stitch & Craft
(1st & 3rd of the
month)
10.30-12.00pm
£1.50

Quiz
(2nd & 4th of the
month)
10.30- 12.00pm
£1.50

**IT Access Available
(please book a 1 hour slot)**

Monday-Thursday

10.30-11.30am
12.00-1.00pm
1.30-2.30pm

Friday

10.30-11.30am

**LifeTime 101 Sankey Street, Warrington,
WA1 1SR**

www.lifetimegateway.org.uk

Tel: 01925 246824 Email: mail@lifetimegateway.org.uk

Facebook: [/lifetimegateway](https://www.facebook.com/lifetimegateway) Twitter: [@lifetimegateway](https://twitter.com/lifetimegateway)

**Book a table in our
cafe area for a cuppa
and a catch up.**

Please note LifeTime is adhering to COVID 19 Government Guidance