



# 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

**Currently on hold**

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  
11.00-12.00pm  
£3.50

Zumba Gold  
(at the pyramid)  
11.30-12.30pm  
£3.50

Tai Chi  
1.00-2.00pm  
£3.50

**Currently on hold**

## Wednesday

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

Yoga  
(in The Gateway)

**Starting 23rd  
September**

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

Come Dance with us  
(at St.Johns Church)  
1.30-3.30pm  
£3.50

## 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

Zumba Gold  
(at the pyramid)  
11.15-12.15pm  
£3.50

**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](http://www.lifetimegateway.org.uk)**

**Tel: 01925 246824 Email: [mail@lifetimegateway.org.uk](mailto: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**