



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Zumba Gold with
Diva Fit UK
9.30am

Come Dance With
us Online
10.30am

Let's Get Social
11am

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

Sing-a-Long with Rob
12-1pm

Mindfulness With
jt-health matters
11am

Games Night
8pm

Lifetime Coffee and
Chat
11am

Yoga with jt health
matters
12pm

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