

# LifeTime Virtual Timetable

## Monday.

Puzzle and Triva  
Morning  
10.30am

NEW  
Virtual For the  
Love Art  
Starting 26th  
October  
1.30pm

## Tuesday.

Come Dance With Us  
Online  
10.30am

Zumba Gold with  
Diva Fit UK  
11am

Let's Get Social  
11am

NEW  
Armchair Travel  
Starting 27th October  
1.30pm

## Wednesday.

Mindfulness With  
jt-health matters  
11am

Sing-a-Long with  
Rob  
12-1pm

NEW  
Music Appreciation  
Starting 28th  
October  
2pm

Games Evening  
8pm

## Thursday.

LifeTime Coffee &  
Chat- with Guest  
Speaker  
11am

Tai Chi - with  
Total Tai Chi  
Starting 5th  
November  
1pm

## Friday.

Zumba Gold with  
Diva Fit UK  
11am

Yoga with jt health  
matters  
12pm

General Knowledge  
Quiz  
1.30pm

You do not need a Zoom  
account to access the online  
sessions just enter the  
following URL [www.zoom.us](http://www.zoom.us)  
to access zoom, then 5 mins  
before the 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)



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)