



LifeTime Timetable

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

Opening Times: Mon-Friday 10.00-3.00pm

Monday

Adult Colouring /
Knit & Natter
10.00-12.00pm
£1.50

For the Love of Art
1.30-3.30pm
£4.50

Tuesday

Hear to Meet
10.30 -12.00pm
(2nd Tuesday of the
month)
£1.50

Coffee Morning
10.00-12.00pm

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

Wednesday

LifeTime Aerobics
(at Meeting Lane
Community Centre,
Penketh)
10.30-11.30am
£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
(Weekly except the last
Thursday of the month)
1.30-3.30pm
£3.50

Friday

Social Stitch 'n' Craft
10.30-12.00pm
£1.50

Quiz
(2nd & 4th of the month)
1.30- 2.30pm
£1.50

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

Monday-Friday

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

**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)

Please note LifeTime is adhering to COVID 19 Government Guidance

LifeTime Virtual Timetable

Monday

Puzzle & Trivia
10.30am

Tuesday

Come Dance with us
10.30am

Wednesday

Mindfulness
11.00am

Sing-a-long with Rob
12.00pm

Music & Company
2.00pm

Games Evening
8.00pm

Thursday

Head over to our Facebook 'Discover Drawing with LifeTime and BloomingArt' to access drawing tutorials.

Register with LifeTime to receive a weekly 'LifeLine pack' from our partners The Reader, which includes a short story and a poem for your enjoyment.

Friday

Zumba Gold with Diva Fit UK
11.00am

Yoga
12.00pm

Quiz
(1st & 3rd of the month)
1.30pm

You do not need a Zoom account to access the online sessions just enter the following URL 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

If you require any support getting online or to create a Zoom account please contact The LifeTime Team on:

Tel: 01925 246824

Email: mail@lifetimegateway.org.uk

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