



What's on in LifeTime

For anyone over 50

Please note LifeTime is adhering to COVID 19 Government Guidance

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Colouring 10.00-12.00pm £1.50	Hear to Meet 10.30 -12.00pm (1st Tuesday of the month) £1.50	Puzzle & Trivia 10.30-12.00pm £1.50	Let's Get Crafty 10.30-12.00pm £1.50	Table Tennis 10.00-12.00pm at The Gateway
Better Health Programme 10.00-11.30am (5 week course) Starting 4th October	Coffee Morning @ LifeTime 10.00-12.00pm (except the 1st & 3rd of the month)	Carers That Knit 10.00-12.00pm £1.50	Social Stitch 'n' Craft 10.30-12.00pm £1.50	Card Games 10.00- 12.00pm £1.50
Mat Based Pilates 12.45pm -1.30pm at The Gateway £4.50	zoom Virtual Come Dance with us 10.30-11.30am	Yoga 10.30-11.30am at The Gateway £3.50	zoom Virtual Mindfulness 11.00-12.00pm	Film Show 11.00- 1.00pm (1st of the month) £2.00
Social Crochet/ Knit & Natter 1.00-3.00pm £1.50	Games Morning 10.30 -12.30pm £1.50	Activities for People living with Dementia 1.30-3.30pm £2.00	Hear to Meet (3rd of the month only) 1.00-3.00pm £1.50	zoom Virtual Zumba Gold 11.00-12.00pm
For the Love of Art 1.30-3.30pm £4.50	Fibromyalgia Support Group 11.00-1.00pm (3rd Tuesday of the month) £1.50		Camera Club (except 3rd of the month) 1.00-3.00pm £2.00	Quiz 1.30- 2.30pm (2nd & 4th of the month) £1.50
	Friends of LifeTime Forum (2nd Tuesday of the month) 1.30-3.30pm £3.00			Games Compendium 1.00-3.00pm (3rd of the month) £1.50
	Cream Tea with Friends (4th Tuesday of the month) 1.30-3.30pm £3.00			

**Opening Times:
Monday-Friday
10.00-3.00pm**

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

**LifeTime 101 Sankey Street, Warrington,
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What's on in The Community

LifeTime 101 Sankey Street, Warrington, WA1 1SR Tel: 01925 246824

Email: mail@lifetimegateway.org.uk www.lifetimegateway.org.uk



Venue	Monday	Tuesday	Wednesday	Thursday	Friday
The Olive Tree, Penketh	Yoga 10.15-11.15am £3.50				Come Dance with us 9.30-11.00am £4.00
Lyon Court, Latchford			Chair Based Pilates 11.00-11.40am £4.50 (Non WHA Residents)	Singing For Fun 2.00-3.30pm £2.50 (Non WHA Residents)	
Epsom Gardens, Appleton				Fit'n'Fun 10.15-11.00am £3.50	
The Pyramid, Town Centre		Zumba 10.30-11.30am £3.50	LifeTime Choir 12.15-1.45pm £4.00		
St. Johns Court, Bruche			Crochet & Chat 12.45-2.45pm £1.50 (non WHA Residents)		
All Saints Parish Hall, Thelwall	Fit'n'Fun Chair Based 1.00-2.00pm £3.50				
St.Johns Church Hall, Wilderspool Causeway				Come Dance with us (Except the 4th of the month) 1.30-3.30pm £3.50	
Meeting Lane Community Centre, Penketh			LifeTime Aerobics 10.30-11.30am £3.50		
St.James Church, Hood Manor	Lunch Club (1st of the month) 11.00-1.00pm £5.00		Fit'n'Fun 1.30-2.15pm £3.50 (Non WHA Residents)		