



# What's on in LifeTime

## For anyone over 50

Please note LifeTime is adhering to COVID 19 Government Guidance

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adult Colouring</b> 10.00-12.00pm £1.50	<b>Hear to Meet</b> 10.30 -12.00pm (1st Tuesday of the month) £1.50	<b>Puzzle &amp; Trivia</b> 10.30-12.00pm £1.50	<b>Let's Get Crafty</b> 10.30-12.00pm £1.50	<b>Table Tennis</b> 10.00-12.00pm <b>at The Gateway</b>
<b>Mat Based Pilates</b> 12.45pm -1.30pm <b>at The Gateway</b> £4.50	<b>Coffee Morning @ LifeTime</b> 10.00-12.00pm (except the 1st & 3rd of the month)	<b>Carers That Knit</b> 10.00-12.00pm £1.50	<b>Social Stitch 'n' Craft</b> 10.30-12.00pm £1.50	<b>Card Games</b> 10.00- 12.00pm £1.50
<b>Your Health Online</b>  Tuesday 23rd November 10.30-12.00pm	<b>zoom</b> <b>Virtual Come Dance with us</b> 10.30-11.30am	<b>Yoga</b> 10.30-11.30am <b>at The Gateway</b> £3.50	<b>zoom</b> <b>Virtual Mindfulness</b> 11.00-12.00pm	<b>NEW</b> <b>An Audience with Terry Caffery</b> 10.30-12.30pm £1.50
Monday 29th November 10.30-12.00pm	<b>Games Morning</b> 10.30 -12.30pm £1.50	<b>Activities for People living with Dementia</b> 1.30-3.30pm £2.00	<b>Hear to Meet</b> (3rd of the month only) 1.00-3.00pm £1.50	<b>Film Show</b> 11.00- 1.00pm (1st of the month) £2.00
Monday 6th December 10.30-12.00pm  Please book your place with the LifeTime Team	<b>Fibromyalgia Support Group</b> 11.00-1.00pm (3rd Tuesday of the month) £1.50	<b>zoom</b> <b>Virtual Games Night</b> 8.00pm	<b>Camera Club</b> (except 3rd of the month) 1.00-3.00pm £2.00	<b>Quiz</b> 1.30- 2.30pm (2nd & 4th of the month) £1.50
<b>Social Crochet/ Knit &amp; Natter</b> 1.00-3.00pm £1.50	<b>NEW</b> <b>Poetry Thoughts</b> 1.00-2.30pm (1st Tuesday of the month) £1.50			<b>Games Compendium</b> 1.00-3.00pm (3rd of the month) £1.50
<b>For the Love of Art</b> 1.30-3.30pm £4.50	<b>Friends of LifeTime Forum</b> (2nd Tuesday of the month) 1.30-3.00pm No Charge			
	<b>Cream Tea with Friends</b> (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**

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# What's on in The Community

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