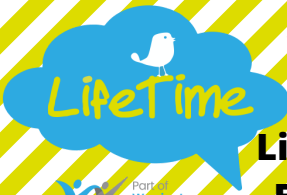


# What's on in LifeTime

For anyone over 50

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Adult Colouring</b> 10.00-12.00pm £2.00	<b>Hear to Meet</b> 10.30 -12.00pm (1st Tuesday of the month) £2.00	<b>IT One to One</b> 10.00-12.00pm No Charge	<b>Let's Get Crafty</b> 10.30-12.00pm £2.00	<b>Table Tennis at The Gateway</b> 10.00-12.00pm
<b>LifeTime Music Group</b> 10.30-12.30pm £2.00	<b>Jukebox Sing a long</b> 11.00-12.30pm (2nd & 4th of the month) £2.00	<b>Puzzle &amp; Trivia</b> 10.30-12.00pm £2.00	<b>Social Stitch 'n' Craft</b> 10.30-12.00pm £2.00	<b>Meet Kath @ LifeTime</b> 11.00- 12.00pm
<b>IT One to One</b> 10.30-12.30pm No Charge	<b>Fibromyalgia Support Group</b> 11.00-1.00pm (3rd Tuesday of the month) £2.00	<b>Carers That Knit</b> 10.00-12.00pm £2.00	<b>Bold Street Writers at The Gateway</b> 10.00-12.00pm £2.00	<b>'The New Open Gate'- Writing &amp; Poetry Class with Terry Caffery</b> 10.30-12.30pm £2.00
<b>Mat Based Pilates at The Gateway</b> 12.30pm -1.30pm £4.50	<b>Games Morning</b> 10.30 -12.30pm £2.00	<b>Yoga at The Gateway</b> 10.30-11.30am £4.00	<b>zoom Virtual Mindfulness</b> 11.00-12.00pm	<b>Film &amp; Lunch Club</b> 11.00- 1.00pm (1st of the month) £5.00
<b>Social Crochet/ Knit &amp; Natter</b> 1.00-3.00pm £2.00	<b>Aphasia Cafe</b> 1.30-3.00pm (Every other week) £2.00	<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 £2.00	<b>Quiz</b> 1.00- 2.30pm (2nd & 4th of the month) £2.00
<b>For the Love of Art</b> 1.30-3.30pm £4.50	<b>Soup &amp; Chat</b> (1st Tuesday of the month) 12.30-2.00pm £2.00 (Suggested Donation)	<b>Meet Kath @ LifeTime</b> 1.00-2.00pm	<b>Camera Club</b> (except 3rd of the month) 1.00-3.00pm £2.00	<b>Bingo &amp; Lunch club</b> 12.30-2.30pm (3rd of the month) £5.00 Bingo extra
	<b>IT One to One</b> 12.00-3.00pm No Charge	<b>Chinese Calligraphy Writing</b> 1.30-3.00pm £2.00 (starting 16th March)		
	<b>Moving on Stroke Group</b> (4th Tuesday of the month) 1.00-3.00pm £2.00			



# What's on in The Community

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

Email: [mail@lifetimegateway.org.uk](mailto:mail@lifetimegateway.org.uk) [www.lifetimegateway.org.uk](http://www.lifetimegateway.org.uk)



Venue	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Olive Tree,</b> Penketh	<b>Yoga</b> 10.15-11.15am £4.00				<b>Come Dance with us</b> 9.30-11.00am £4.00
<b>Lyon Court,</b> Latchford			<b>Chair Based Pilates (All Abilities)</b> 11.00-11.40am £4.50 (Non Residents)	<b>Singing For Fun</b> 2.00-3.30pm £3.00 (Non Residents)	
<b>Epsom Gardens,</b> Appleton				<b>Fit'n'Fun</b> 10.15-11.00am £4.00	
<b>The Pyramid,</b> Town Centre	<b>Afternoon Tea Dance</b> 1.00-3.00pm £4.00	<b>Zumba</b> 10.30-11.30am £4.00	<b>LifeTime Choir</b> 12.15-1.45pm £4.00		<b>Zumba</b> 10.30-11.30am £4.00
<b>St. Johns Court,</b> Bruche			<b>Crochet &amp; Chat</b> 12.45-2.45pm £2.00 (non Residents)	<b>Fit'n'Fun</b> 11.30-12.30pm £4.00 (Non Residents)	
<b>All Saints Parish Hall,</b> Thelwall	<b>Fit'n'Fun Chair Based (All Abilities)</b> 1.00-2.00pm £4.00				<b>Lets create with Arts &amp; Crafts</b> 10.30-12.30pm £3.50
<b>St.Johns Church Hall,</b> Wilderspool Causeway				<b>Come Dance with us</b> 1.30-3.30pm £4.00	
<b>Meeting Lane Community Centre,</b> Penketh			<b>LifeTime Aerobics</b> 10.30-11.30am £4.00		
<b>St.James Church,</b> Hood Manor	<b>Lunch Club</b> (1st of the month) 11.00-1.00pm £5.00				