

What's on in LifeTime

For anyone over 50

Monday	Tuesday	Wednesday	Thursday	Friday
Adult Colouring 10.00-12.00pm £2.00	Hear to Meet 10.30 -12.00pm (1st Tuesday of the month) £2.00	IT One to One 10.00-12.00pm No Charge	Bold Street Writers 10.00-12.00pm at The Gateway £2.00	Table Tennis 10.00-12.00pm at The Gateway
LifeTime Music Group 10.30-12.30pm £2.00	Jukebox Sing a long 11.00-12.30pm (2nd & 4th of the month) £2.00	Carers That Knit 10.00-12.00pm £2.00	Social Stitch 'n' Craft 10.30-12.30pm £2.00	'The New Open Gate'- Writing & Poetry Class with Terry Caffrey 10.30-12.30pm £2.00
Mat Based Pilates 12.30pm -1.30pm at The Gateway £4.50	Games Morning 10.30 -12.30pm £2.00	Puzzle & Trivia 10.30-12.00pm £2.00	Let's Get Crafty 10.30-12.30pm £2.00	Warrington Ethnic Group 11am-12.30pm £2.00
Social Crochet/ Knit & Natter 1.00-3.00pm £2.00	Ba Juan Jin & Tai Chi Starting Tuesday 2nd August 10.30 - 11.30am £3.00	Yoga 10.30-11.30am at The Gateway £4.00	Hear to Meet (3rd of the month only) 1.00-3.00pm £2.00	Film & Lunch Club 11.00- 1.00pm (1st of the month) £5.00
For the Love of Art 1.30-3.30pm £4.50	Fibromyalgia Support Group 11.00-1.00pm (3rd Tuesday of the month) £2.00	Shared Reading 12.30-2.00pm	Camera Club (except 3rd of the month) 1.00-3.00pm £2.00	Quiz 1.00- 2.30pm (2nd & 4th of the month) £2.00
	Mindfulness Sessions 2.15 - 3.00pm £4.00	Activities for People living with Dementia 1.30-3.30pm £2.00	Dementia Cafe 1.00 - 3.00pm 1st Thursday of the month	Bingo & Lunch club 12.30-2.30pm (3rd of the month) £5.00 Bingo extra
	Moving on Stroke Group (last Tuesday of the month) 1.00-3.00pm £2.00			

**Opening Times:
Monday-Friday
10.00-4.00pm**



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 £4.00 (No Class in August)				Come Dance with us (Class in Alford Hall in August) 9.30-11.00am £4.00
Lyon Court, Latchford			Chair Based Pilates (All Abilities) 11.00-11.40am £4.50 (Non Residents)	Singing For Fun 2.00-3.30pm £3.00 (Non Residents)	
Epsom Gardens, Appleton				Fit'n'Fun 10.15-11.00am £4.00	
The Pyramid, Town Centre	Afternoon Tea Dance 1.00-3.00pm £4.00	Zumba 10.30-11.30am £4.00	LifeTime Choir 12.15-1.45pm £4.00		Zumba 10.30-11.30am £4.00
St. Johns Court, Bruche			Crochet & Chat 12.45-2.45pm £2.00 (non Residents)	Fit'n'Fun 11.30-12.30pm £4.00 (Non Residents)	
All Saints Parish Hall, Thelwall	Fit'n'Fun Chair Based (All Abilities) 1.00-2.00pm £4.00				Lets create with Arts & Crafts 10.30-12.30pm £4.00
St.Johns Church Hall, Wilderspool Causeway				Come Dance with us 1.30-3.30pm £4.00	
Meeting Lane Community Centre, Penketh			LifeTime Aerobics 10.30-11.30am £4.00		
St.James Church, Hood Manor	Lunch Club (1st of the month) 11.00-1.00pm £5.00				