

lifetime What's on in LifeTime

For anyone over 50

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Craft & Chat 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 11.00-1.00pm (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 Booking maybe required. | Film & Lunch Club 11.00- 1.00pm (1st of the month) £5.00 Booking required |
| Social Crochet/ Knit & Natter 1.00-3.00pm £2.00 | Walking to Wellness Friendly, Short walks for all abilities 1.45 - 3.00pm FREE | Yoga 10.30-11.30am at The Gateway £4.00 | Hear to Meet (3rd of the month only) 1.00-3.00pm £2.00 | Quiz 1.00- 2.30pm (2nd & 4th of the month) £2.00 |
| 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 Free | Camera Club (except 3rd of the month) 1.00-3.00pm £2.00 | Bingo & Lunch club 12.30-2.30pm (3rd of the month) £6.00 Bingo extra Booking required |
| | Free Soup & Chat 12.30 pm (1st Tuesday of the month) | Activities for People living with Dementia 1.30-3.30pm £2.00 Booking required | Dementia Cafe 1.00 - 3.00pm (1st Thursday of the month) | |
| | Moving on Stroke Group (last Tuesday of the month) 1.00-3.00pm £2.00 | Welcome Get-Together New Members (Last Wednesday of the month) 10.30 - 11.30am | Chair Based Pilates 12.30pm -1.30pm at The Gateway £4.50 | |
| | Chess Club From 1.30pm Free | | | |

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

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lifetime What's on in The Community

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| Venue | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|---|
| The Olive Tree, Penketh | | Yoga 3.00 - 4.00pm £4.00 | | | |
| Meeting Lane Penketh | | | Zumba Gold 10.30-11.30am £4.00 | | |
| Lyon Court, Latchford | | | Chair Based Pilates (All Abilities) 11.00-11.40am £4.50 (Non WHA Residents) | Singing For Fun 2.00-3.30pm £3.00 (Non WHA Residents) | |
| Raven Court, Lymm | Fit'n'Fun 11.30-12.30pm £4.00 | | | | |
| The Pyramid, Town Centre | Afternoon Tea Dance 1.00-3.00pm £4.00 | Zumba Gold 10.30-11.30am £4.00 | LifeTime Choir 12.15-1.45pm £5.00 | | |
| St. Johns Court, Bruche | | | Crochet & Chat 12.45-2.45pm £2.00 (Non WHA Residents) | Fit'n'Fun 11.30-12.30pm £4.00 (Non WHA Residents) | |
| All Saints Parish Hall, Thelwall | Fit N Fun 1.45-2.45pm £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 | |
| Alford Hall, Manchester Road WA1 3NJ | | | | | Come Dance with us 9.30-11.00am £4.00 All abilities welcome |
| St.James Church, Hood Manor | | | | | |