

# What's on in **lifetime**

For anyone over 50

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday  |
|--|---|--|---|---|
| <b>Craft &amp; Chat</b><br>10.00-12.00pm<br>£2.00                                  | <b>Hear to Meet</b><br>10.30 -12.00pm<br>(1st Tuesday of the month)<br>£2.00                | <b>Carers That Knit</b><br>10.00-12.00pm<br>£2.00  | <b>Bold Street Writers</b><br>10.00-12.00pm<br><b>at The Gateway</b><br>£2.00   | <b>Table Tennis</b><br>10.00-12.00pm<br><b>at The Gateway</b>   |
| <b>Happy Monday Music Group</b><br>10.30-12.30pm<br>£2.00                          | <b>Jukebox Sing a long</b><br>11.00-1.00pm<br>(2nd & 4th of the month)<br>£2.00             | <b>Puzzle &amp; Trivia</b><br>10.30-12.00pm<br>£2.00   | <b>Social Stitch 'n' Craft</b><br>10.30-12.30pm<br>£2.00                        | <b>'The New Open Gate'- Writing &amp; Poetry Class with Terry Caffrey</b><br>10.30-12.30pm<br>£2.00             |
| <b>Mat Based Pilates</b><br>12.30pm -1.30pm<br><b>at The Gateway</b><br>£4.50      | <b>Games Morning</b><br>10.30 -12.30pm<br>£2.00   | <b>Yoga</b><br>10.30-11.30am<br><b>at The Gateway</b><br>£4.00                                 | <b>Let's Get Crafty</b><br>10.30-12.30pm<br>£2.00<br>Booking maybe required.    | <b>Film &amp; Lunch Club</b><br>11.00- 1.00pm<br>(1st of the month)<br>£5.00<br>Booking required                |
| <b>Social Crochet/ Knit &amp; Natter</b><br>1.00-3.00pm<br>£2.00                   | <b>Walking to Wellness Friendly, Short walks for all abilities</b><br>1.45 - 3.00pm<br>FREE | <b>Shared Reading</b><br>12.30-2.00pm<br>Free  | <b>Hear to Meet</b><br>(3rd of the month only)<br>1.00-3.00pm<br>£2.00          | <b>Quiz</b><br>1.00- 2.30pm<br>(2nd & 4th of the month)<br>£2.00  |
| <b>For the Love of Art</b><br>1.30-3.30pm<br>£4.50                                 | <b>Fibromyalgia Support Group</b><br>11.00-1.00pm<br>(3rd Tuesday of the month)<br>£2.00    | <b>Activities for People living with Dementia</b><br>1.30-3.30pm<br>£2.00<br>Booking required  | <b>Camera Club</b><br>(except 3rd of the month)<br>1.00-3.00pm<br>£2.00         | <b>Bingo &amp; Lunch club</b><br>12.30-2.30pm<br>(3rd of the month)<br>£6.00<br>Bingo extra<br>Booking required |
| <b>Open Games</b><br>From 1.30pm<br>Free   | <b>Free Soup &amp; Chat</b><br>12.30 pm<br>(1st Tuesday of the month)                       | <b>Welcome Get-Together</b><br>New Members<br>(Last Wednesday of the month)<br>10.30 - 11.30am | <b>Dementia Cafe</b><br>1.00 - 3.00pm<br>(1st Thursday of the month)            |   |
|  | <b>Moving on Stroke Group</b><br>(last Tuesday of the month)<br>1.00-3.00pm<br>£2.00        |  | <b>Chair Based Pilates</b><br>12.30pm -1.30pm<br><b>at The Gateway</b><br>£4.50 |                            |
|  | <b>Chess Club</b><br>From 1.30pm<br>Free  |  |   |   |

# lifetime What's on in The Community

LifeTime 101 Sankey Street, Warrington, WA1 1SR Tel: 01925 246824  
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| Venue                                      | Monday   | Tuesday                                     | Wednesday   | Thursday  | Friday  |
|--|--|---|---|---|---|
| The Olive Tree, Penketh                    |  | <b>Yoga</b><br>3.00 - 4.00pm<br>£4.00       |   |   |   |
| Meeting Lane Penketh                       |  |   | <b>Zumba Gold</b><br>10.30-11.30am<br>£4.00   |   |   |
| Lyon Court, Latchford                      |  |   | <b>Chair Based Pilates (All Abilities)</b><br>11.00-11.40am<br>£4.50<br>(Non WHA Residents) | <b>Singing For Fun</b><br>2.00-3.30pm<br>£3.00<br>(Non WHA Residents) |   |
| Raven Court, Lymm                          | <b>Fit'n'Fun</b><br>11.30-12.30pm<br>£4.00         |   |   |   |   |
| The Pyramid, Town Centre                   | <b>Afternoon Tea Dance</b><br>1.00-3.00pm<br>£4.00 | <b>Zumba Gold</b><br>10.30-11.30am<br>£4.00 | <b>LifeTime Choir</b><br>12.15-1.45pm<br>£5.00  |   |   |
| St. Johns Court, Bruche                    |  |   | <b>Crochet &amp; Chat</b><br>12.45-2.45pm<br>£2.00<br>(Non WHA Residents)                   | <b>Fit'n'Fun</b><br>11.30-12.30pm<br>£4.00<br>(Non WHA Residents)     |   |
| All Saints Parish Hall, Thelwall           | <b>Fit N Fun</b><br>1.45-2.45pm<br>£4.00           |   |   |   | <b>Lets create with Arts &amp; Crafts</b><br>10.30-12.30pm<br>£4.00         |
| St.Johns Church Hall, Wilderspool Causeway |  |   |   | <b>Come Dance with us</b><br>1.30-3.30pm<br>£4.00                     |   |
| Alford Hall, Manchester Road WA1 3NJ       |  |   |   |   | <b>Come Dance with us</b><br>9.30-11.00am<br>£4.00<br>All abilities welcome |

**Our timetable may change, check our website or call us on 01925 246824**