



# What's on in **lifetime**

For anyone over 50

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Craft &amp; Chat</b> 10.00-12.00pm £2.00	<b>Hear to Meet</b> 10.30 -12.00pm (1st Tuesday of the month) £2.00	<b>Carers That Knit</b> 10.00-12.00pm £2.00	<b>Bold Street Writers</b> 10.00-12.00pm <b>at The Gateway</b> £2.00	<b>Table Tennis</b> 10.00-12.00pm <b>at The Gateway</b>
<b>Happy Ukulele Music Group</b> 10.30-12.30pm £2.00 Booking may be required.	<b>Jukebox Sing a long</b> 11.00-1.00pm (2nd & 4th of the month) £2.00	<b>Puzzle &amp; Trivia</b> 10.30-12.00pm £2.00	<b>Social Stitch 'n' Craft</b> 10.30-12.30pm £2.00	<b>'The New Open Gate'- Writing &amp; Poetry Class with Terry Caffrey</b> 10.30-12.30pm £2.00
<b>Mat Based Pilates</b> 12.30pm -1.30pm <b>at The Gateway</b> £4.50	<b>Games Morning</b> 10.30 -12.30pm £2.00	<b>Yoga</b> 10.30-11.30am <b>at The Gateway</b> £4.00	<b>Let's Get Crafty</b> 10.30-12.30pm £2.00 Booking may be required.	<b>Film &amp; Lunch Club</b> 11.00- 1.00pm (1st of the month) £5.00 Booking required
<b>Social Crochet/ Knit &amp; Natter</b> 1.00-3.00pm £2.00	<b>Walking to Wellness Friendly, Short walks for all abilities</b> 1.45 - 3.00pm FREE	<b>Shared Reading</b> 12.30-2.00pm Free	<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>Fibromyalgia Support Group</b> 11.00-1.00pm (3rd Tuesday of the month) £2.00	<b>Activities for People living with Dementia</b> 1.30-3.30pm £2.00 Booking required	<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) £6.00 Bingo extra Booking required
<b>Open Games</b> From 1.30pm Free	<b>Free Soup &amp; Chat</b> 12.30 pm (1st Tuesday of the month)	<b>Welcome Get-Together</b> New Members (Last Wednesday of the month) 10.30 - 11.30am	<b>Dementia Cafe</b> 1.00 - 3.00pm (1st Thursday of the month)	
	<b>Moving on Stroke Group</b> (last Tuesday of the month) 1.00-3.00pm £2.00		<b>Chair Based Pilates</b> 12.30pm -1.30pm <b>at The Gateway</b> £4.50	
	<b>Chess Club</b> From 1.30pm 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> 3.00 - 4.00pm £4.00			
Meeting Lane Penketh			<b>Zumba Gold</b> 10.30-11.30am £4.00		
Lyon Court, Latchford			<b>Chair Based Pilates (All Abilities)</b> 11.00-11.40am £4.50 (Non WHA Residents)	<b>Singing For Fun</b> 2.00-3.30pm £3.00 (Non WHA Residents)	
Raven Court, Lymm	<b>Fit'n'Fun</b> 11.30-12.30pm £4.00				
The Pyramid, Town Centre	<b>Afternoon Tea Dance</b> 1.00-3.00pm £4.00	<b>Zumba Gold</b> 10.30-11.30am £4.00	<b>LifeTime Choir</b> 12.15-1.45pm £5.00		
St. Johns Court, Bruche			<b>Crochet &amp; Chat</b> 12.45-2.45pm £2.00 (Non WHA Residents)	<b>Fit'n'Fun</b> 11.30-12.30pm £4.00 (Non WHA Residents)	
All Saints Church, Thelwall					<b>Lets create with Arts &amp; Crafts</b> 10.30-12.30pm £4.00
St. Johns Church Hall, Wilderspool Causeway				<b>Come Dance with us</b> 1.30-3.30pm £4.00	
Alford Hall, Manchester Road WA1 3NJ					<b>Come Dance with us</b> 9.30-11.00am £4.00 All abilities welcome

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