

lifetime in the Gateway

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	Charity Knitters 10.00-12.00pm £2.00	Bold Street Writers 10.00-12.00pm £2.00	Table Tennis 10.00-12.00pm
Happy Ukulele Music Group 10.30-12.30pm £2.00	Jukebox Sing a long 11.00-1.00pm (2nd & 4th of the month) £2.00	Puzzle & Trivia 10.30-12.00pm £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 £4.50	Walking to Wellness Friendly, Short walks for all abilities 1.45 - 3.00pm FREE	Yoga 10.30-11.30am £4.00	Let's Get Crafty 10.30-12.30pm £2.00	Film & Lunch Club 11.00- 1.00pm (1st of the month) £5.00 Lunch £1.50 Hot Drink
Social Crochet/ Knit & Natter 1.00-3.00pm £2.00	Fibromyalgia Support Group 11.00-1.00pm (3rd Tuesday of the month) £2.00	Activities for People living with Dementia 1.30-3.30pm £2.00 Booking required	Computer Club 10-11.30am No Charge Please book	Bingo & Lunch club 12.30-2.30pm (3rd of the month) £6.00 Bingo extra Booking required
For the Love of Art 1.00-3.00pm £4.50	Games Morning 10.30 -12.30pm £2.00	Lifetime Readers 12.30-2.00pm Free	Camera Club 1.00-3.00pm £2.00	Quiz 1.00- 2.30pm (2nd & 4th of the month) £2.00
	Flicks, Pics 'n', Clips Show 1.00-3.00pm (1st Tuesday of the month) £2.00	New Members Welcome 10.30-12.30pm Free	Dementia Cafe 1.00 - 3.00pm (1st Thursday of the month)	Veterans Breakfast 10.00- 12.00pm
	Moving on Stroke Group (last Tuesday of the month) 1.00-3.00pm £2.00	LifeTime Choir 12.15-1.45pm £5.00	Chair Based Pilates 12.30pm -1.30pm £4.50	Rumikub 12.00- 2.30pm £2.00
	Fitness for Walking 1.30 - 2.15pm £4.00		Hear to Meet (3rd of the month only) 1.00-3.00pm £2.00	
			Soup & Chat (4th of the month only) 12.00-1.00pm FREE	


lifetime in The Community

LifeTime, The Gateway, Sankey Street, Warrington, WA1 1SR

Tel: 01925 246824 Email: mail@lifetimegateway.org.uk

www.lifetimegateway.org.uk

Facebook: /lifetimegateway

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)	
Lymm, Village Hall	Seated & Balance Pilates (All Abilities) 2.15-3.00pm £4.50				
The Parr Hall, Town Centre		Zumba Gold 10.30-11.30am £4.00			
Birchwood Youth & Community Centre, Delenty Drive				Film Club 1.30pm (2nd of the month) FREE admissions Donations welcomed	Body Awareness Pilates (All Abilities) 10.00-10.45am £3.00
St. Johns Court, Bruche			Crochet & Chat 12.45-2.45pm £2.00 (Non WHA Residents)	Fit 'n' Fun 11.30 - 12.30pm £2.00 WHA Residents £4.00 (Non WHA Residents)	
All Saints Church, Thelwall					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	Afternoon Tea Dance 1.00-3.00pm £4.00				Come Dance with us 9.30-11.00am £4.00 All abilities welcome
Epsom Gardens, Appleton				Body Awareness Pilates (All Abilities) 11.15-12.00pm £4.50	
					

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