


# lifetime in the Gateway

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>Charity Knitters</b> 10.00-12.00pm £2.00	<b>Bold Street Writers</b> 10.00-12.00pm £2.00	<b>Table Tennis</b> 10.00-12.00pm
<b>Happy Ukulele Music Group</b> 10.30-12.30pm £2.00	<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 £4.50	<b>Walking to Wellness Friendly, Short walks for all abilities</b> 1.45 - 3.00pm FREE	<b>Yoga</b> 10.30-11.30am £4.00 Session at maximum capacity	<b>Let's Get Crafty</b> 10.30-12.30pm £2.00	<b>Film &amp; Lunch Club</b> 11.00- 1.00pm (1st of the month) £5.00 Lunch £1.50 Hot Drink
<b>Social Crochet/ Knit &amp; Natter</b> 1.00-3.00pm £2.00	<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>Computer Club</b> 10-11.30am No Charge Please book	<b>Bingo &amp; Lunch club</b> 12.30-2.30pm (3rd of the month) £6.00 Bingo extra Booking required
<b>For the Love of Art</b> 1.00-3.00pm £4.50	<b>Games Morning</b> 10.30 -12.30pm £2.00	<b>New Members Welcome</b> 10.30-12.30pm Free	<b>Camera Club</b> 1.00-3.00pm £2.00	<b>Quiz</b> 1.00- 2.30pm (2nd & 4th of the month) £2.00
	<b>Flicks, Pics 'n', Clips Show</b> 1.00-3.00pm (1st Tuesday of the month) £2.00	<b>LifeTime Choir</b> 12.15-1.45pm £5.00	<b>Dementia Cafe</b> 1.00 - 3.00pm (1st Thursday of the month)	<b>Veterans Breakfast</b> 10.00- 12.00pm
	<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 £4.50	<b>Rumikub</b> 12.00- 2.30pm £2.00
<b>Fitness for Walking</b> 1.30 - 2.15pm £4.00	<b>Hear to Meet</b> (3rd of the month only) 1.00-3.00pm £2.00			
<b>Shared Reader</b> (2nd & 4th of the month) 2pm-3.30pm Free	<b>Soup &amp; Chat</b> (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
<b>The Olive Tree,</b> Penketh		<b>Yoga</b> 3.00 - 4.00pm £4.00			
<b>Meeting Lane</b> Penketh			<b>Zumba Gold</b> 10.30-11.30am £4.00		
<b>Lyon Court,</b> 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)	
<b>Lymm,</b> Village Hall	<b>Seated &amp; Balance Pilates (All Abilities)</b> 2.15-3.00pm £4.50				
<b>Winmarleigh House</b> Town Centre		<b>Zumba Gold</b> 10.30-11.30am £4.00			
<b>Birchwood Youth &amp; Community Centre,</b> Delenty Drive				<b>Film Club</b> 1.30pm (2nd of the month) FREE admissions Donations welcomed	<b>Gentle Mat Pilates</b> 9.30-10.15 £5.00  <b>Body Awareness Pilates</b> 10.30-11.15am £3.00
<b>St. Johns Court,</b> Bruche			<b>Crochet &amp; Chat</b> 12.45-2.45pm £2.00 (Non WHA Residents)	<b>Fit 'n' Fun</b> 11.30 - 12.30pm £2.00 WHA Residents £4.00 (Non WHA Residents)	
<b>All Saints Church,</b> Thelwall					<b>Lets create with Arts &amp; Crafts</b> 10.30-12.30pm £4.00
<b>St.Johns Church Hall,</b> Wilderspool Causeway				<b>Come Dance with us</b> 1.30-3.30pm £4.00	
<b>Alford Hall,</b> Manchester Road	<b>Afternoon Tea Dance</b> 1.00-3.00pm £4.00				<b>Come Dance with us</b> 9.30-11.00am £4.00 All abilities welcome
<b>Epsom Gardens,</b> Appleton				<b>Body Awareness Pilates (All Abilities)</b> 11.15-12.00pm £4.50	
<b>Independent Methodist Church,</b> Grappenhall				<b>Active Ageing Fitness</b> 10.00-11.00am £4.00	

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