

IT Access: Monday – Friday, 10am – 4pm

Sessions may be subject to change. To confirm, please contact 01925 246824

Monday	Tuesday	Wednesday	Thursday	Friday
IT One to One with Norman 10.00–12.00pm No Charge	IT One to One with Sylvia 10.00–12.00pm No Charge	IT One to One with Sylvia 10.00–12.00pm No Charge	Social Stitch 'n' Craft 10.30–12.30pm £1.50 per session	Table Tennis 10–12pm (except 1 st Friday)
LifeTime Music Group 10.30–12.30pm £1.50 per session	Hear to meet at LifeTime 10.30–12.30pm £1.50 per session (2 nd Tuesday)	Yoga 10.30–11.30am 12.00–1.00pm £3.00 per session	Let's Get Crafty 10.30–12.30pm £1.50 per session	Coffee Morning Drop in 10.30–11.30am 50p suggested donation
Social Crochet 12.45–2.45pm £1.50 per session	The Chatter & Natter Table 10.30–12.30pm No Charge	Adult Colouring 11.00–1.00pm £1.50 per session (Every other week)	The Chatter & Natter Table 10.30–12.30pm No Charge	Friday Film Show 11.00–2.00pm £3.50 per session (1 st Friday)
For the Love of Art 1.30–3.30pm £4.00 per session	Come Dance With Us 10.30–11.30am £3.00 per session (except 2 nd Tuesday)	Activities for people living with dementia 1.30–3.30pm £1.50 per session	IT One to One with Len 11.00–1.00pm No Charge	Warrington Ethnic Over 50's Community 11.00–2.00pm £1.50 per session
	Games Morning 11.00–1.00pm £1.50 per session	LifeTime Book Club 2.00–3.00pm £1.50 per session (2 nd Wednesday)	Hear to meet at LifeTime 1.00–3.00pm £1.50 per session (3 rd Thursday)	LifeTime Quiz 1.30–3.30pm £1.50 per session (2 nd Friday)
	Fibromyalgia Support Group 11.00–1.00pm £1.50 per session (3 rd Tuesday)	Dementia Carers Wellness Drop In 1.30–3.30pm (every other week)	Transport Nostalgia 1.00–3.00pm £1.50 per session (2 nd Thursday)	Games Compendium 1.30–3.30pm £1.50 per person (3 rd Friday)
	Stroke Association Aphasia Café 1.30–3pm £1.50 per session		IT One to One with Norman 1.00–3.00pm No Charge	
	Tai Chi 1.00–2.00pm £3.00 per session		LifeTime Camera Club 1.30–3.30pm £1.50 per session	Friday Friends Fish and Chips Bingo optional 12.30–2.30pm £4.50 per person (4 th Friday)
	Over 50's Fit 'n' Fun 2.15–3.15pm £3.00 per session		Bold Street Writers 10–12pm £1.50 per session	

What's On in The Community

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Venue	Monday	Tuesday	Wednesday	Thursday	Friday
The Olive Tree, Penketh	Yoga 10.15-11.15am £3.00 per session		Social Crochet 6-8pm £3.00 per session		Come Dance With Us 10.30-12.00pm £4.00 per session
Lyon Court, Latchford		Tuesday Film Show 2-4pm (£1.50 non-residents) 2 nd Tuesday		Singing For Fun 2.00-4.00pm £2.00 per session	
Epsom Gardens, Appleton		LifeTime Coffee & Chat 10.30-12.00pm (£1.50 non-residents)		Over 50's Fit 'n' Fun 10.30-11.30am (£3.00 non-residents)	
The Pyramid, Town Centre		Zumba Gold 11.30-12.30pm £3.00 per session	Walking Football 11-12pm £3.50 per session		Zumba Gold 11.15-12.15pm £3.00 per session
			LifeTime Community Choir 12-1.30pm £3.50 per session		
St. Johns Court, Bruche		Film Show 2-4pm 4 th Tuesday (£1.50 non-residents)	Crochet and Chat 12.45-2.45pm (£3.00 non-residents)		
All Saints Church, Thelwall	Fit 'n' Fun Chair Based 1.30-2.30pm £3.00 per session				Let's Create With Arts & Crafts 10.30-12.30pm £3.00 per session
Ravens Court					Coffee & Chat 10.30-12pm (£1.50 non-residents)
St Johns Church Hall, Wilderspool Causeway				Come Dance With Us 1.30-3.30pm £3.00 per session 1 st & 3 rd Thursday	
Meeting Lane Community Centre, Penketh			LifeTime Aerobics 10.30-11.30am £3.50 per session		