

Lostock Hall Friendship Club, Lourdes Avenue, Lostock Hall, Preston PR5 5TA. For the latest activity information please ring 01772 269175. Room hire available please contact for further details.

Monday	Tuesday	Wednesday	Thursday	Friday
	Tai Chi 9:30am-10:30am £5:00		Intermediate Line Dancing 10am-12pm £5:00	Pilates Class 09.30 - 10.30am £5:00
Art Group 10am-12pm £4:50	Keep Fit 11am-12pm £5:50	Starting 28/06/23 Nordic Walking 11.30 am-12.30pm (For costs see staff)	Starting 29/06/23 Chatty Shed 10:00am-12pm £3:50	Morning Coffee 10am-12pm £2:00
Zumba Gold 1pm-2pm £5:00	Art Group 1pm-3pm £4:50	Starting 28/06/23 Sowers & Growers 1pm-2.30pm £3:50		Chair Based Exercise 10:30am-11:30am £5:50
			Yoga 1:30pm- 2:45pm £5:00	
Crafty Cuppa (any crafts welcome) 2:30pm-4:30pm £3:50	Virtual Reality & Interactive Games 2pm-4pm £4.00	Indoor Bowling 2pm-4pm £4.00	Chair Based Yoga 3pm-3:45pm £5:00	



Lostock Hall Friendship Club, Lourdes Avenue, Lostock Hall, Preston PR5 5TA. For the latest activity information please ring 01772 269175.

We also hold activities at the following venues:

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Indoor Bowling and Bridge Group 10am-12pm £4:00 Galloway Hall, Brackenberry Road, Preston, PR2 3BS</p>				<p>Indoor Bowling 10am-12pm £4:00 Plungington Community Centre, Brook Street, Preston, PR1 7NB</p> <p>Table Tennis & Social Group (first Friday of the month) 2pm-4pm £1:00 Age Concern Central Lancashire, Charnley Fold, Cottage Lane, Bamber Bridge PR5 6YA</p>

www.ageconcerncentrallancashire.org.uk