

REGENERage

Lostock Hall Activity Centre, 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 £5.50		Intermediate Line Dancing 10am – 12pm £5.50	Pilates Class 9:30am – 10:30am £5.50
Art Group 10am – 12pm £5.00	*Keep Fit 11am – 12pm £5.50	Carers Support Group (1 st Wed of month 11am- 12pm Free)	Chatty Shed 10am – 12pm £4.00	Morning Coffee 10am – 12pm £2.50
Zumba Gold 12:45pm – 1:45pm £5.50	*Chair & Band Session (Last Tuesday in month)	Tech Talk Club Drop in (1 st Wed of Month 12pm – 1pm Free)	Dementia Friendly Wellbeing Club 12:15pm-1:15pm FREE	Chair Based Exercise 10:30am – 11:30am £5.50
Dementia Friendly Wellbeing Club 2pm-3pm FREE	Dementia Friendly Wellbeing Club 12:30pm-2:30pm FREE	Talkin' Tables 1pm-2pm £1.00	Yoga 1:30pm – 2:45pm £5.50	
			Chair Yoga - Mindfulness Movement Class 3pm – 3:45pm £5.50	

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We also hold activities at the following Venues:

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Bowling and Bridge Group 10am – 12pm £4.50 Galloways Hall, Brackenberry Road, PrestonPR2 3BS				Indoor Bowling 10am – 12pm £4.50 Plungington Community Centre, Brook Street, Preston , PR1 7NB Table Tennis and Social Group (first Friday of the Month) 2pm – 4pm £1.50 Charnley Fold, Cottage Lane, Bamber Bridge PR5 6YA