

# 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
Art Group 10am – 12pm £5.00	Tai Chi 9:30am – 10:30am £5.50		Intermediate Line Dancing 10am – 12pm £5.50	Pilates Class 9:30am – 10:30am £5.50
	*Keep Fit 11am – 12pm £5.50	Carers Support Group (1 <sup>st</sup> 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	Dementia Friendly Wellbeing Club 12:30pm-2:30pm FREE		Dementia Friendly Wellbeing Club  12:15pm-1:15pm FREE	Chair Based Exercise 10:30am – 11:30am £5.50
		Talkin' Tables  1pm-2pm £1.00	Yoga 1:30pm – 2:45pm £5.50	
	Places Gym Strength and Balance 3pm-4pm £5.50		Chair Yoga - Mindfulness Movement Class 3pm – 3:45pm £5.50	

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