

All classes  
are LIVE on



# Activity Hub Timetable

<https://www.smh.ie/services/activity-hub/>

Mon Tue Wed Thu Fri Sat Sun

**Monday**



11:00AM  
Tai Chi  
Meeting ID: 988 6258 9295

Mon Tue Wed Thu Fri Sat Sun

**Tuesday**



11:30AM  
Chair Aerobics  
Meeting ID: 962 8845 5512

Mon Tue Wed Thu Fri Sat Sun

**Wednesday**





11:00AM  
Dance Class  
Meeting ID: 947 5821 7823



2:00PM  
Supported Employment  
Meeting ID: 974 3476 6611



   
15th March 6:30PM  
St. Patrick's Day Quiz  
Meeting ID: 974 3476 6611

Mon Tue Wed Thu Fri Sat Sun

**Thursday**



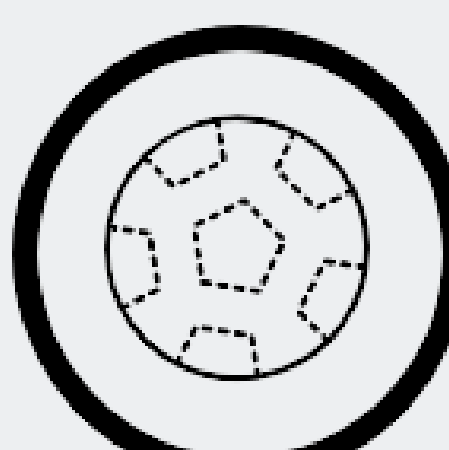
10:30AM  
Zumba  
Meeting ID: 953 4711 4223



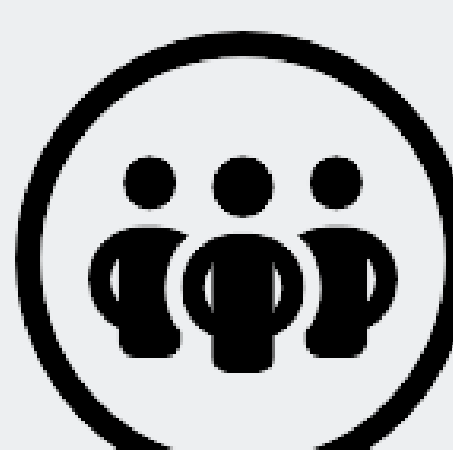
3:00PM  
Bingo  
Meeting ID: 993 1311 2548

Mon Tue Wed Thu Fri Sat Sun

**Friday**



12:30PM  
Football Fan Club  
Meeting ID: 949 5871 2746



2:00PM  
Walkability Group  
Meeting ID: 927 5433 3049