
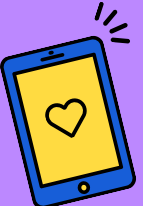





SMH ACTIVITY HUB LIVE CLASSES ON ZOOM 24th May 2021

 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
<p>11AM MIND BODY BALANCE WITH SINEAD ☐</p>	<p>11AM OUR VOICE MATTERS SMH FIVE YEAR PLAN ☐</p>	<p>11AM DANCE WITH TARIK</p>	<p>10.30AM ZUMBA CLASS WITH KARLA☐</p>	<p>11AM FITNESS CLASS WITH PREM ☐</p>
<p>12PM NEW ART CLASS WITH JENNY ☐</p> <p>STARTING 31ST MAY</p>		<p>12PM COOKING CLASS ☐☐</p>	<p>1PM BOXERCISE WITH PREM☐</p> <p>3PM BINGO WITH DYFED☐</p>	<p>12:30PM FOOTBALL FAN CLUB⚽</p> <p>2PM CONSULTATION GROUP ☐</p>
	<p>6.30PM VIRTUAL BOWLING CLUB ☐</p>	<p>6:30PM ACTIVE SOCIAL CLUB CATCH UP ☐</p>		

Go to <https://www.smh.ie/services/activity-hub> for links to classes