

EAST MEATH AMENITY HUB PROGRAMMES

JANUARY & FEBRUARY



PROGRAMME	AGE	VENUE	DATES	DURATION	TIME	Register
Run Jump Throw	5-12 years	Colaiste Na HInse	January 22 nd – February 26 th	6 weeks	5pm-6pm	tdonegan@meathcoco.ie
Chair Yoga	Adults 50+	St Colmcilles GAA	January 27 th – 3 rd March	6 weeks	12pm – 1pm	https://eventmaster.ie/event/QmO2unKSOy
Chair Yoga	Adults 50+	Duleek Community Facility	January 30 th – 6 th March	6 Weeks	11am – 12pm	https://eventmaster.ie/event/5EbAHQvsEz
Active Social Morning	Adults 50+	Laytown, Bettystown Golf Club	January 15 th – 19 th Feb	6 weeks	11am – 12pm	pcunningham@meathcoco.ie
Activator Poles	Adults 50+	Laytown Beach	Fridays March 7 th – April 11 th	6 weeks	11am – 12pm	TDonegan@meathcoco.ie

