

# Adults 50+ PROGRAMMES 2025



PROGRAMME	LOCATION	STARTS	TIME	Register
Active Social Morning	Laytown/Bettystown	Wednesday 15 <sup>th</sup> January	11am	Email – <a href="mailto:pcunningham@meathcoco.ie">pcunningham@meathcoco.ie</a>
He Swims (swimming programme for Men)	Kells Swimming Pool	Friday 24 <sup>th</sup> January	10am	<a href="https://eventmaster.ie/event/VImqiERTwv">https://eventmaster.ie/event/VImqiERTwv</a>
Mature Movers	Various locations	From 27 <sup>th</sup> January		Email – <a href="mailto:pcunningham@meathcoco.ie">pcunningham@meathcoco.ie</a>
Zumba Gold	Trim GAA Club	Monday 27 <sup>th</sup> January	11am	<a href="https://eventmaster.ie/event/A0w5ujlllv">https://eventmaster.ie/event/A0w5ujlllv</a>
Active Social Morning	Simonstown GFC	Tuesday 28 <sup>th</sup> January	11am	Email – <a href="mailto:pcunningham@meathcoco.ie">pcunningham@meathcoco.ie</a>
Chair Yoga	Piltown, St Colmcille’s GAA	Monday 27 <sup>th</sup> January	12pm	<a href="https://eventmaster.ie/event/QmO2unKSOy">https://eventmaster.ie/event/QmO2unKSOy</a>
Chair Yoga	Duleek Community Facility	Thursday 30 <sup>th</sup> January	11am	<a href="https://eventmaster.ie/event/5EbAHQvsEz">https://eventmaster.ie/event/5EbAHQvsEz</a>
Zumba Gold	Claremount Stadium Navan	Wednesday 5 <sup>th</sup> February	12pm	<a href="https://eventmaster.ie/event/k4rxTK2TA2">https://eventmaster.ie/event/k4rxTK2TA2</a>



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Enquiries and registrations to Paula Cunningham  
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