

# S.M.A.R.T.

## (Seniors Maintaining Active Roles Together)

Monday – Wednesday – Friday

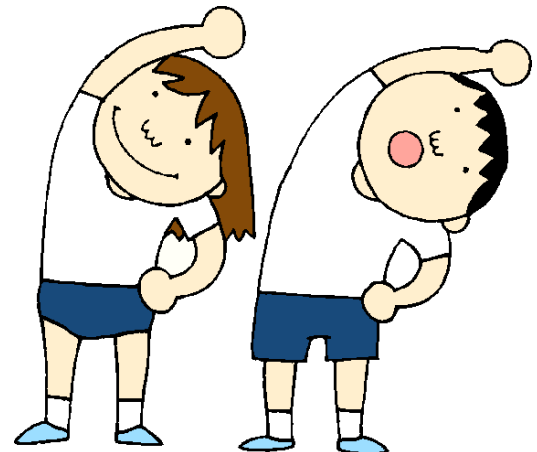
11.30 am – 12.30 pm

Come try this gentle fitness program

As we are exercising no masks are  
required whilst exercising.

**Time change from Monday Nov 1,**

**2021**



S.M.A.R.T. (Seniors Maintaining Active Roles Together) will be starting up again as of October 4th, it will be every Monday, Wednesday and Friday in the Grand Hall, and the time is 10.30 – 11.30 am. For more information, contact the coordinator listed on the PMHA Activities Contact List (green sheet).