



# What is the Activity Hub?



The activity hub is on the St Michael's House website.



The hub has lots of activities for you to do everyday.



You need to use a smart phone, laptop, computer or tablet and the internet



Some activities are from youtube. Some are St Michael's House staff that you know that.

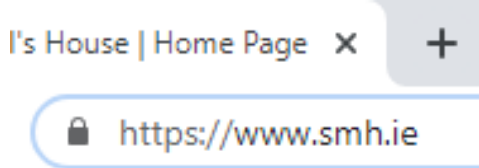




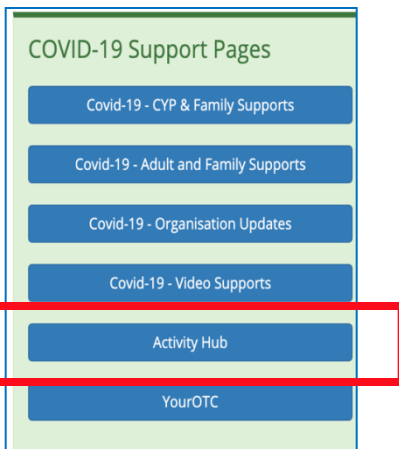
# How to use the Activity Hub



Open up your web browser.



Type in the web address [www.smh.ie](https://www.smh.ie)



Choose the Activity Hub

Tuesday	Age & Opportunity Bealtaine Series Relaxing Audiovisual Video 2 with Voice Relaxing Audiovisual Video 3 with birdsong	<a href="#">Cara Aerobic Circuit 2 Seated or Standing</a>	<a href="#">Mindfulness with James</a>
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Choose the activity that you want from the timetable.

