

# The Coates Centre - April 2024

Lower Pennington Lane, Lymington, SO41 8ZZ

Tel: 01590 638521

[www.oakhavenhospice.co.uk/wellbeing](http://www.oakhavenhospice.co.uk/wellbeing)

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 April Coates Centre Closed Bank Holiday Monday	2 Memory Works 10.30-11.30am	3 Bereavement Coffee Morning 10.30am - 12noon	4 Dementia Support 10.30am-12 (Oak Rm) & Art Session 10.30-12noon	5 IT Café in the Hub 10.30-12noon	6 Widowed Friend- ship Club (WFC) Meeting 2-4pm (Day Hospice)	7
8 Art in the Hub 10am-12noon Sing for joy! 1.30-2.30pm Learn to sew with Sue 1.30-3.30pm	9 Memory Works 10.30-11.30am	10 Easy Breathe Support Group 10- 11am (Oak Rm) Stroke Café 2-3.30pm	11 Dementia Support 10.30am-12 (Oak Rm) & Art Session 10.30-12noon	12 Aromatherapy Work- shop 10am - 12noon Citizen's Advice with Paul 10.30-12noon	13	14
15 Art in the Hub 10-12 with Katrina , PJH Estate Planning. Sing for joy! 1.30- 2.30pm Learn to sew with Sue 1.30-3.30pm	16 Memory Works 10.30-11.30am	17  Bereavement Teas by invitation 1.30-3.30pm (Hub)	18 Dementia Support 10.30am-12 (Oak Rm) & Art Session 10.30-12noon	19 Mindfulness Maintenance 10.30 - 12noon IT Café in the Hub 10.30-12noon	20	21 Widowed Friend- ship Club (WFC) Meeting 2-4pm (Day Hospice)
22 Art in the Hub 10am-12noon Sing for joy! 1.30-2.30pm	23 No Memory Works	24	25 Dementia Support 10.30am-12 with Katrina, PJH Estate Planning & Art Session 10.30-12	26 Citizen's Advice with Paul 10.30-12noon Widowed Friendship Club (WFC ) Fish & Chips 6pm Day Hospice	27	28
29 Art in the Hub 10am-12 with Katrina, PJH Estate Planning . Sing for joy! 1.30-2.30pm	30 No Memory Works	1 May Bereavement Coffee Morning 10.30am - 12noon	2 Dementia Support 10.30am-12 (Oak Rm) & Art Session 10.30-12noon	3 IT Café in the Hub 10.30-12noon	4 Widowed Friend- ship Club (WFC) Meeting 2-4pm (Day Hospice)	5