

The Coates Centre - March 2024

Lower Pennington Lane, Lymington, SO41 8ZZ

Tel: 01590 638521

www.oakhavenhospice.co.uk/wellbeing

Mon	Tue	Wed	Thu	Fri	Sat	Sun
26 February Art in the Hub 10am-12noon Learn to sew with Sue 1.30-3.30pm (Hub)	27 February Memory Works 10.30- 11.30am	28 February	29 February Dementia Support 10.30am-12 (Oak Rm)	1 March IT Café in the Hub 10.30-12noon	2 Widowed Friendship Club (WFC) Meeting 2-4pm (Day Hospice)	3
4 Art in the Hub 10am-12noon Learn to sew with Sue 1.30-3.30pm (Hub)	5 Memory Works 10.30 - 11.30am	6 Bereavement Coffee Morning 10.30am - 12noon (Hub)	7 Dementia Support 10.30am-12 (Oak Rm) Art Session 10.30-12noon	8 Mindfulness Maintenance 10.30am - 12noon Citizen's Advice with Paul 10.30-12noon	9	10
11 Art in the Hub 10am-12noon Learn to sew with Sue 1.30-3.30pm (Hub)	12 Memory Works 10.30 - 11.30am	13 Easy Breathe Support Group 10-11am (Oak Rm) Stroke Café 2-3.30pm	14 Dementia Support & Art Session 10.30am-12 noon Hand Massage Workshop 1.30-3.30pm (Oak Rm)	15 IT Café in the Hub 10.30-12noon	16	17 Widowed Friendship Club (WFC) Meeting 2-4pm (Day Hospice)
18 Art in the Hub 10am-12noon Learn to sew with Sue 1.30-3.30pm (Hub)	19 Memory Works 10.30 - 11.30am	20 Bereavement Teas 1.30-3.30pm (Hub)	21 Dementia Support 10.30am-12 (Oak Rm) Art Session 10.30-12noon	22 Meditation 10-11am Citizen's Advice with Paul 10.30-12noon Widowed Friendship Club (WFC) Fish & Chips 6pm Day Hospice	23	24
25 Art in the Hub 10am-12noon Learn to sew with Sue 1.30-3.30pm (Hub)	26 Memory Works 10.30 - 11.30am	27	28 Dementia Support 10.30am-12 (Oak Rm) Art Session 10.30-12noon	29 March Coates Centre Closed for Good Friday -reopens Tues 2 April	30	31 Easter Sunday