



Calendar 2022

Feb/Mar

Thie Rosien
1.30pm - 4pm

03/02	Valentines day card making
10/02	Relaxation and stress management with Hospice practitioner
17/02	Chair-based exercises with Hospice practitioner
24/02	Plant pot painting & decorating
03/03	History talk with Katie King from Manx National Heritage



Calendar 2022

Feb/Mar

Hospice Day Unit
1.30pm - 4pm

02/02	Valentines day card making
09/02	Relaxation and stress management with Hospice practitioner
16/02	Chair-based exercises with Hospice practitioner
23/02	Plant pot painting & decorating
02/03	History talk with Katie King from Manx National Heritage