

# Wellbeing Activities – April 2024

All these opportunities are **FREE** - Join us if you are ex-forces of **Royal Navy, Army, Royal Air Force**, or **Merchant Navy**, including spouses/partners.



Activities with ★ have limited spaces, so visit [Eventbrite](#) to book yours (first come, first served). You can also scan the QR code at the top of this page to access our Eventbrite events!

DATE:	TIME:	PLACE:	ACTIVITY:	FACILITATOR:	CAPACITY:
Wednesday 3rd April	1400 -1700	Royal Maritime Hotel (RMH)	<b>Portsmouth Drop-In</b>	<b>VOS</b>	<b>ALL WELCOME!</b>
Monday 8th April	1330-1440	Royal Maritime Hotel (RMH)	★ <b>Move2Music (Session 5)</b>	<b>Move2Music</b>	<b>10</b>
Tuesday 9th April	1200-1600	Meeting at the RMH	★ <b>A trip to Chichester</b>	<b>VOS</b>	<b>10</b>
Wednesday 10th April	1800-1930	Royal Maritime Hotel (RMH)	★ <b>VOS Choir - Veterans Voices</b>	<b>Alex (RM Bandsman)</b>	<b>25</b>
Friday 12th April	1400-1600	Classic Boat Museum Boat Shed, PO31 7DJ	★ <b>Classic Boat Museum</b>	<b>VOS</b>	<b>10</b>
Monday 15th April	1030-1230	Royal Maritime Hotel (RMH)	★ <b>Book Binding</b>	<b>Bound by Veterans</b>	<b>TBA</b>
Monday 15th April	1330-1440	Royal Maritime Hotel (RMH)	★ <b>Move2Music (Session 6)</b>	<b>Move2Music</b>	<b>10</b>
Wednesday 17th April	1200-1600	Riverside Centre, IOW	<b>IOW Drop-In</b>	<b>VOS</b>	<b>ALL WELCOME!</b>
Tuesday 23rd April	1700-1900	Royal Maritime Hotel (RMH)	★ <b>Air Dried Clay Hanger</b>	<b>Tracey from Wight Apothecary</b>	<b>8</b>
Wednesday 24th April	1530-1730	Meeting at The Lazy Wave, PO37 6BN	★ <b>Fossil Hunting, Shanklin Chine</b>	<b>Wight Coast Fossils</b>	<b>10</b>
Wednesday 24th April	1800-1930	Royal Maritime Hotel (RMH)	★ <b>VOS Choir - Veterans Voices</b>	<b>Alex (RM Bandsman)</b>	<b>25</b>
Wednesday 24th April	1830-2000	Royal Maritime Hotel (RMH)	★ <b>Skittles</b>	<b>VOS</b>	<b>40</b>
Wednesday 24th April	1000-1200	GVA - Gosport	<b>Mini-drop-in</b>	<b>VOS / GVA</b>	<b>ALL WELCOME!</b>
Monday 29th april	1800-2000	Royal Maritime Hotel (RMH)	★ <b>Paint and Chill</b>	<b>Paint &amp; Chill Co.</b>	<b>10</b>
Tuesday 30th April	1400-1600	Green Light, PO31 7DJ	★ <b>Hand-Carved Wooden Spoons Workshop</b>	<b>Green Light IOW</b>	<b>4</b>