

Coffee Mornings around the Island. Just a reminder that the MRA hosts 3 Coffee mornings each month, Members and non members are most welcome to attend. The first Tuesday in the month the coffee morning is held at Ramsey Golf club at 10.30am. Host is Nancy Philips. The Southern Coffee morning is held at the Garrison in Castletown at 10.30am every 2nd Tuesday of the month. Hosts are Jim and Ann Cottier 472742. Our other coffee morning is held on the last Tuesday of each month at 10.30am in Douglas at Lookies bar at the Palace Hotel. Host is Barbara Mason 437735

Ten Pin Bowling Ramsey -We plan to run another Ten Pin bowling session on March 20th at 2pm. More details to follow next month. Host Chris Blyth.

Stretch & Flex classes are held every Thursday morning at 10am at the NSC Host is David Farrell 622632. Please note that the class on March 12th has been cancelled due to maintenance work taking place at the NSC.

Fair Weather Walking Group. Our next walk takes place on Monday 23rd February In Mooragh Park Ramsey. Meet at 1.15pm and we will finish up at one of the cafes. For more details contact host Sally Farrell on 346239

Outings and Visits

We have arranged for the Hon Mr Juan Watterson SHK to take us on a tour of the **Tynwald Chambers** on a choice of two dates Wednesday 25th February at 10.30am and the other one is being held on Wednesday 11th March at 10.30am. Please select which day you wish to take the tour. Numbers are limited.

Visit to Heroes on the Water Aquatic Centre in Port Soderick. This centre was set up to help out Veterans and members of the Blue Light Emergency Services to enjoy various water based activities. We have been invited to take a tour of the centre on the following dates, Tuesday 17th March at 10.30am or Wednesday 22nd April. There is ample parking near the centre. Refreshments will be served after the tour. Numbers are limited so please chose the date you wish to join the tour.

We are busy arranging more visits and tours throughout the coming months. If you know of any tours you would like to make please contact the MRA Office. Currently we plan to visit the Chapel at KWC during the Easter Holidays with tour guide Mr Mike Hoy.

Bingo session will be taking place on Thursday 12th March at 7.30pm at the Manx Legion Club in Douglas with prize Bingo and a Hot Dog Supper. For more details see attached Flyer. Members, family and friends most welcome. Hosts Jim & Ann Cottier. 472742

Lunches 2026- A heartfelt thanks to Debbie Lace who has helped to organise the lunches and is now stepping down from her role as co-ordinator.

February 27th (Friday) Peel Golf Club 12.30pm Speaker from **Peel Centenary**

March 25th (Wednesday) Comis Hotel 12.30pm Speaker from **IOM Young Farmers**

April 24th Ramsey Golf Club (Friday) 12.30pm Speaker from the **Viking Project**