

Events List July 2026

WEDNESDAY 1ST	10.30am – 12pm TECHNOLOGY GROUP - Meet at the Archibald Knox pub, Onchan at 10.30 am. Do you have questions on Broadband, streaming, PVR's, Smartphones, PCs, and laptops? Host: Ken Horsley (tel: 07512 982307)
WEDNESDAY 1ST	2pm – 4pm RUMMIKUB — Meet at HEYWOOD COURT at 2.00pm. Host: Celia Marshall (Tel: 460965) Please avoid parking in spaces by the complex. No need to book & new members' welcome
THURSDAY 2ND	10am – 11am STRETCH & FLEX at the NSC Douglas at 10.00am. Host: David Farrell (tel: 622632)
TUESDAY 7TH	10.30am – 12pm RAMSEY COFFEE MORNING —at Ramsey Golf Club at 10:30am. The “Book Swap Club” is ongoing, so please bring any books you have read and swap them for something new to read. Guests are welcome to join us. Host: Nancy Phillips
TUESDAY 7TH	No whist today or next week The floor in the Onchan Pensioners Hall is being replaced so the hall will not be available for our whist today and next week as well and will restart on the 21st where your host will be Neil Corlett Ph 469470 manxraiom@gmail.com
THURSDAY 9TH	10am – 11am STRETCH & FLEX at the NSC Douglas at 10.00am. Host: David Farrell (tel: 622632)
FRIDAY 10TH	2pm – 4pm VISIT TO MANX LAVENDER FARM BERRAG FARM, SANDYGATE, IM7 3BS Guided tour around the Lavender fields. See how lavender oil is made and enjoy a glass of homemade lemonade with a lavender shortbread. Comfortable shoes must be worn as there will be some walking. Cost £12 per person. Host: Ann Cottier 07624 472742

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MONDAY 13TH	11am – 1pm MRA July Walk – Monk’s Bridge, Ballasalla to Siverdale We start from the big car park behind the Abbey Restaurant at 11 a.m. This river path part of the walk is rough ground so not suitable for everyone. Silverdale Glen is accessible to us all. We’ll hopefully have our own picnic/sandwich with us to eat when we reach Silverdale at about 12 o’clock. We can get a drink and food in the café if preferred. After a walk in the glen, we’ll return to Rushen Abbey.
TUESDAY 14TH	10.30am – 12pm SOUTHERN COFFEE MORNING - At the Garrison, Castle Street, Castletown at 10:30am. Host: Jim & Ann Cottier (tel: 472742) Raffle prizes would be welcome
WEDNESDAY 15TH	2pm – 4pm RUMMIKUB — Meet at HEYWOOD COURT at 2.00pm. Host: Celia Marshall (Tel: 460965) Please avoid parking in spaces by the complex. No need to book & new members' welcome
THURSDAY 16TH	10am – 11am STRETCH & FLEX at the NSC Douglas at 10.00am. Host: David Farrell (tel: 622632)
TUESDAY 21ST	1.30pm – 4.30pm WHIST at the Onchan Pensioners, Church Avenue, Onchan, starting at 1.30pm Host: Neil Corlett Ph: 469470 manxraiom@gmail.com
THURSDAY 23RD	10am – 11am STRETCH & FLEX at the NSC Douglas at 10.00am. Host: David Farrell (tel: 622632)
FRIDAY 24TH	12pm – 2pm The July 2026 Monthly Lunch will be held at the Ocean Views starting from 12.00pm for 12.30pm. Speaker - Howard Parkin MBE. "Breaking the Glass Ceiling" More details will be added later, no booking can be made until this function is advertised in the Islander.

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TUESDAY 28TH	10.30am – 12pm DOUGLAS COFFEE MORNING - at Looky's Lounge Bar, Palace Hotel at 10:30am. With panoramic views across Douglas Bay. Friends would be most welcome to join us. Drinks, cakes and biscuits of your choice will be available to purchase at the counter. We will be holding a raffle and any suitable prizes you may have will be gratefully received. The hotel now has FREE parking. Host: Barbara Mason (Tel' 437735)
TUESDAY 28TH	1.30pm – 4.30pm WHIST at the Onchan Pensioners, Church Avenue, Onchan, starting at 1.30pm Host: Neil Corlett Ph: 469470 manxraiom@gmail.com
THURSDAY 30TH	10am – 11am STRETCH & FLEX at the NSC Douglas at 10.00am. Host: David Farrell (tel: 622632)

PLEASE make cheques payable to 'Manx Retirement Association' NOT 'MRA'

PLEASE NOTE: ALL EVENTS ARE FOR MEMBERS ONLY

GUESTS ARE WELCOME TO JOIN US AT MONTHLY LUNCHEONS & AT EVENTS THAT SPECIFY GUESTS ARE WELCOME