

What's on in April 2018

All welcome to visit for tea, coffee, reading, puzzles, journaling and relaxation.



| MONDAY | TUESDAY | THURSDAY |
|---|---|--|
| <p>2 CLOSED – EASTER MONDAY</p> | <p>3 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p> | <p>5 Social Coffee 10.30am - 11.30am Historical Walking Tour 10.00am - 11.30am Music (Enjoyment through Song) 11.00am - 12.00pm</p> |
| <p>9 State Trustees by appointment ART 10.30am - 12.00pm (Creative Expression) Mother's Support Group 10.30am - 12.30pm</p> | <p>10 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p> | <p>12 Social Coffee 10.30am - 11.30am Movement to Music 11.00am - 12.00pm</p> |
| <p>16 State Trustees by appointment My LifeBook Workshop 10.30am - 1.30pm (Bookings Essential)</p> | <p>17 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p> | <p>19 Social Coffee 10.30am - 11.30am Music (Enjoyment through Song) 11.00am - 12.00pm Advanced Care Planning 10.30am - 12.00pm Brave Conversation 12.00pm - 1.00pm</p> |
| <p>23 State Trustees by appointment ART 10.30am - 12.00pm (Creative Expression) Education 1.30pm - 3.00pm (Grief – Healthy Grieving)</p> | <p>24 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p> | <p>26 Social Coffee 10.30am - 11.30am Widow's Support Group 11.00am - 12.30pm Movement to Music 1.00pm - 2.00pm</p> |
| <p>30 State Trustees by appointment Men's Support Group 12.00pm - 1.30pm</p> | | |

PUZZLES
JOURNALS &
RELAXATION

Open Mondays, Tuesdays and Thursdays 10.00am - 4.00pm.

For further information, please contact Dianne Lee on (03) 8772 6111 or email care@smct.org.au

The Centre for Care and Wellbeing is located on Third Drive, Springvale Botanical Cemetery, 600 Princes Highway, Springvale.

www.sbc.smct.org.au