

What's on in May 2017

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



MONDAY	TUESDAY	THURSDAY
<p>1 State Trustees by appointment ART 10.30am – 11.30am Memories & Moments</p>	<p>2 Social Walk 10.00am - 10.45am (Rose Tour and Talk) Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm MUSIC 1.30pm – 2.30pm (Listening & Reflection)</p>	<p>4 Special Mother's Day Event 10.00am -2.30pm (Bookings are essential call (03) 8772 6111 or email care@smct.org.au)</p>
<p>8 State Trustees by appointment Education 10.30am - 12.00pm (Topic: Grief - How do I do it?)</p>	<p>9 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm EDUCATION 1.30pm – 2.30pm (Your Wellbeing, Your Plan)</p>	<p>11 Social coffee 10.30am -11.30am</p>
<p>15 State Trustees by appointment Education 1.30pm - 3.00pm (Topic: Grief Theories & Interactive Discussion)</p>	<p>16 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm MUSIC 1.30pm – 2.30pm (Comfort through Music)</p>	<p>18 Social coffee 10.30am -11.30am</p>
<p>22 State Trustees by appointment ART 10.30am – 11.30am Memories & Moments</p>	<p>23 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm</p>	<p>25 Social coffee 10.30am -11.30am Education 11.30am - 12.30pm (Topic: Introduction to Compassionate Care)</p>
<p>29 State Trustees by appointment Education 10.30am - 12.00pm (Topic: Grief – Will It Ever Go Away?)</p>	<p>30 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm MUSIC 1.30pm – 2.30pm (Listening & Reflection)</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