

What's on in April 2017

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



MONDAY	TUESDAY	THURSDAY
<p>3 State Trustees by appointment ART 10.30am - 11.30am Memories & Moments</p>	<p>4 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Listening and Reflection)</p>	<p>6 Social coffee 10.30am -11.30am</p>
<p>10 State Trustees by appointment Education 10.30pm - 12.00pm (Topic: Grief - Am I doing it wrong?)</p>	<p>11 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm Education 1.30pm - 2.30pm (Staying Connected through Technology)</p>	<p>13 Social coffee 10.30am -11.30am</p>
<p>17 Easter Monday - CLOSED</p>	<p>18 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>20 Social coffee 10.30am -11.30am Education 1.30pm - 3.00pm</p>
<p>24 State Trustees by appointment ART 10.30am - 11.30am Memories & Moments</p>	<p>25 ANZAC Day - CLOSED</p>	<p>27 Social coffee 10.30am -11.30am</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