

# What's on in November 2017

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



MONDAY	TUESDAY	THURSDAY
State Trustees by appointment		<b>2</b> <b>Morning Walk</b> 10.00am - 10.30am <b>Special Morning Tea</b> 10.30am - 11.30am
<b>6</b> State Trustees by appointment <b>ART</b> 10.30am - 12.00pm <b>Memories &amp; Moments</b>	<b>7</b> Melbourne Cup - CLOSED	<b>9</b> <b>Social Coffee</b> 10.30am - 11.30am <b>Rose Walk &amp; Talk</b> 10.30am - 12.00pm
<b>13</b> State Trustees by appointment <b>Christmas Card Making</b> 1.00pm - 2.00pm	<b>14</b> <b>Social Walk</b> 10.00am - 10.45am <b>Movement &amp; Stretch</b> 11.00am - 11.45am <b>Meditation</b> 12.00pm - 12.45pm	<b>16</b> <b>Social Coffee</b> 10.30am - 11.30am <b>Education</b> 11.00am – 12.30pm (GRIEF- Difficult Times) <b>SPECIAL EVENT – MYLifebook Workshop</b> 11.00am – 2.00pm (Bookings are essential)
<b>20</b> State Trustees by appointment <b>ART</b> 10.30am - 12.00pm <b>Memories &amp; Moments</b>	<b>21</b> <b>Social Walk</b> 10.00am - 10.45am <b>Movement &amp; Stretch</b> 11.00am - 11.45am <b>Meditation</b> 12.00pm - 12.45pm <b>MUSIC</b> 1.00pm - 2.30pm (Comfort through Music)	<b>23</b> <b>Morning Walk</b> 10.00am - 10.30am <b>Social Coffee</b> 10.30am - 11.30am
<b>27</b> <b>Widow's Support Group</b> 11.30am - 12.30pm <b>Table Floral Arrangement</b> 1.00pm - 2.00pm (Bookings are essential)	<b>28</b> <b>Social Walk</b> 10.00am - 10.45am <b>Movement &amp; Stretch</b> 11.00am - 11.45am <b>Meditation</b> 12.00pm - 12.45pm <b>Education</b> 1.30pm - 2.30pm (GRIEF- Are We There Yet?)	<b>30</b> <b>Morning Walk</b> 10.00am - 10.30am <b>Social Coffee</b> 10.30am - 11.30am <b>Education</b> 11.00am - 12.00pm <b>Travellers Aid</b>

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](mailto: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](http://www.sbc.smct.org.au)