

What's on in February 2018

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



| MONDAY | TUESDAY | THURSDAY |
|---|---|--|
| | | 1 Historical Walking Tour 10.00am - 11.00am Social Coffee 10.30am - 11.30am |
| 5 State Trustees by appointment ART 10.30am - 12.00pm Memories & Moments Mother's Support Group 10.30am - 12.30pm | 6 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm | 8 Social Coffee 10.30am - 11.30am MUSIC - Sing Along 11.00am - 12.00pm |
| 12 State Trustees by appointment SPECIAL EVENT - (Bookings Essential) Yoga/Sound Bliss Out 11.30am - 1.30pm | 13 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm | 15 Social Coffee 10.30am - 11.30am |
| 19 State Trustees by appointment ART 10.30am - 12.00pm Memories & Moments | 20 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm | 22 Social Coffee 10.30am - 11.30am Widow's Support Group 11.00am - 12.30pm Education (Estate Planning & Wills) 11.00am - 1.00pm |
| 26 State Trustees by appointment Men's Support Group 12.00pm - 1.30pm Education (Grief: Reflections & Intentions) 11.00am-12.30pm | 27 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm | |

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