

What's on in January 2018

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



MONDAY	TUESDAY	THURSDAY
<p>1 State Trustees by appointment</p> <p>New Year's Public Holiday - CLOSED</p>	<p>2</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm - 12.45pm</p>	<p>4</p> <p>Social Coffee 10.30am - 11.30am</p>
<p>8 State Trustees by appointment</p> <p>Photo Remembrance Collage 11.00am - 12.30pm</p>	<p>9</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm - 12.45pm</p>	<p>11</p> <p>Social Coffee 10.30am - 11.30am</p>
<p>15 State Trustees by appointment</p> <p>ART 10.30am - 12.00pm Memories & Moments</p> <p>Mother's Support Group 10.30am - 12.30pm</p>	<p>16</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm - 12.45pm</p>	<p>18</p> <p>Social Coffee 10.30am - 11.30am</p> <p>MUSIC 11.00am - 12.00pm</p>
<p>22 State Trustees by appointment</p> <p>ART 10.30am - 12.00pm Memories & Moments</p>	<p>23</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm - 12.45pm</p>	<p>25</p> <p>Social Coffee 10.30am - 11.30am</p> <p>Widow's Support Group 11.00am - 12.30pm</p>
<p>29 State Trustees by appointment</p> <p>Men's Support Group 12.00pm - 1.30pm</p>	<p>30</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm - 12.45pm</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