

# What's on in June 2018

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



MONDAY	TUESDAY	THURSDAY
<p><b>4</b></p> <p><b>Intro. to Mothers Support Group</b> 10.00am - 10.45am</p> <p><b>ART</b> 10.30am - 12.00pm (Creative Expression)</p> <p><b>Mother's Support Group</b> 11.00am - 1.00pm</p> <p><b>Education</b> 1.00pm - 2.30pm (Grief - Grieving Styles)</p>	<p><b>5</b></p> <p><b>Social Walk</b> 10.00am - 10.45am</p> <p><b>Movement &amp; Stretch</b> 11.00am - 11.45am</p> <p><b>Meditation</b> 12.00pm - 12.45pm</p> <p><b>Movie Afternoon</b> 1.00pm - 3.00pm</p>	<p><b>7</b></p> <p><b>Social Coffee</b> 10.30am - 11.30am</p> <p><b>Music</b> 11.00am - 12.00pm (Enjoyment through Song)</p> <p><b>SPECIAL EVENT - Rose Pruning</b> 1.00pm - 2.30pm (Bookings Essential)</p>
<p><b>11</b></p> <p>CLOSED - PUBLIC HOLIDAY</p>	<p><b>12</b></p> <p><b>Social Walk</b> 10.00am - 10.45am</p> <p><b>Movement &amp; Stretch</b> 11.00am - 11.45am</p> <p><b>Meditation</b> 12.00pm - 12.45pm</p> <p><b>Bucket List &amp; Brave Conversation</b> 1.00pm - 3.15pm</p>	<p><b>14</b></p> <p><b>Social Coffee</b> 10.30am - 11.30am</p> <p><b>Movement to Music</b> 11.00am - 12.00pm</p> <p><b>Education</b> 1.00pm - 2.30pm (Grief - Exploration into Grief)</p>
<p><b>18</b></p> <p><b>ART</b> 10.30am - 12.00pm (Creative Expression)</p> <p><b>Movie Afternoon</b> 1.00pm - 3.00pm</p>	<p><b>19</b></p> <p><b>Social Walk</b> 10.00am - 10.45am</p> <p><b>Movement &amp; Stretch</b> 11.00am - 11.45am</p> <p><b>Meditation</b> 12.00pm - 12.45pm</p>	<p><b>21</b></p> <p><b>Social Coffee</b> 10.30am - 11.30am</p> <p><b>Music</b> 11.00am - 12.00pm (Enjoyment through Song)</p> <p><b>The Conversation Project Part 2</b> 1.30pm - 3.00pm</p>
<p><b>25</b></p> <p><b>Estate Planning &amp; Wills</b> 10.30am - 12.00pm</p> <p><b>Men's Support Group</b> 12.00pm - 1.30pm</p>	<p><b>26</b></p> <p><b>Social Walk</b> 10.00am - 10.45am</p> <p><b>Movement &amp; Stretch</b> 11.00am - 11.45am</p> <p><b>Meditation</b> 12.00pm - 12.45pm</p>	<p><b>28</b></p> <p><b>Intro. to Widows Support Group</b> 10.00am - 10.45am</p> <p><b>Social Coffee</b> 10.30am - 11.30am</p> <p><b>Widows Support Group</b> 11.00am - 12.30pm</p> <p><b>Movement to Music</b> 1.00pm - 2.00pm</p>
<p><b>BOOKINGS ESSENTIAL</b></p> <p>Online <a href="http://www.sbc.smct.org.au">www.sbc.smct.org.au</a></p> <p>Phone (03) 8772 6111</p> <p>Email <a href="mailto:care@smct.org.au">care@smct.org.au</a></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](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)