

What's on in March 2018

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



MONDAY	TUESDAY	THURSDAY
		1 Social Coffee 10.30am - 11.30am Music (Enjoyment through Song) 11.00am - 12.00pm
5 State Trustees by appointment ART 10.30am - 12.00pm (Creative Expression) 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 Movement to Music 11.00am - 12.00pm
12 State Trustees by appointment PUBLIC HOLIDAY - CLOSED	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 My LifeBook 10.30am - 1.30pm (Bookings Essential) Music (Enjoyment through Song) 11.00am - 12.00pm
19 State Trustees by appointment ART 10.30am - 12.00pm (Creative Expression) Education 1.00pm - 2.30pm (Grief - Understanding Grief)	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 Creative Easter Baskets 1.00pm - 2.00pm
26 OPEN WEEK : Easter Decorations 10.30am - 12.00pm Men's Support Group 12.00pm - 1.30pm	27 1 YEAR ANNIVERSARY Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm Easter Treat Making 1.30pm - 2.30pm	29 CELEBRATIONS Easter Morning Tea - with Special Guest (Rituals & Traditions) 10.30am - 1.00pm

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