

What's on in August 2017

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



MONDAY	TUESDAY	THURSDAY
	1 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	3 Social Coffee 10.30am - 11.30am
7 State Trustees by appointment Art 1.00pm - 2.00pm Memories & Moments	8 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Listening and Reflection)	10 Social Coffee 10.30am - 11.30am Advanced Care Planning 11.00am - 12.00pm SPECIAL EVENT - MYLifebook Workshop 12.30pm - 2.30pm
14 State Trustees by appointment Education 10.30am - 12.30pm (Topic: GRIEF - Self Care & Compassion)	15 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	17 Social Coffee 10.30am - 11.30am
21 State Trustees by appointment Art 10.30am - 11.30am Memories & Moments	22 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Listening and Reflection)	24 Social Coffee 10.30am - 11.30am
28 State Trustees by appointment Education 10.30am - 12.30pm (Introduction to Technology)	29 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	31 Social Coffee 10.30am - 11.30am

PUZZLES
JOURNALS &
RELAXATION

Open Mondays, Tuesdays and Thursdays 10.00am - 3.00pm

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