

What's on in December 2017

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



MONDAY	TUESDAY	THURSDAY
4 State Trustees by appointment ART 10.30am - 12.00pm Memories & Moments	5 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Listening & Reflection)	7 Morning Walk 10.00am - 10.30am Social Coffee 10.30am - 11.30am Essential Oils Workshop 1.30pm - 2.30pm
11 State Trustees by appointment Education 11.00am - 12.30pm (Grief - Difficult Times)	12 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	14 Morning Walk 10.00am-10.30am Social Coffee 10.30am - 11.30am Gingerbread House Making 11.00am - 12.00pm Cost \$15 (Bookings are essential)
18 State Trustees by appointment ART 10.30am - 12.00pm Memories & Moments	19 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Comfort through Music)	21 Christmas Morning Tea 10.30am - 12.30pm
25 State Trustees by appointment CLOSED- Christmas Day	26 CLOSED - Boxing Day	28 CLOSED - Re-Opening Tuesday January 2nd, 2018

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