

What's on in July 2017

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



MONDAY	TUESDAY	THURSDAY
<p>3 State Trustees by appointment Education 1.30pm – 3.00pm (GRIEF - Our Journey continues... Belongings – Sacred or Not?)</p>	<p>4 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm</p>	<p>6 Social Coffee & Winter Warmer Activities 10.30am - 12.00pm SPECIAL EVENT - My Lifebook Workshop 1.00pm - 3.00pm</p>
<p>10 State Trustees by appointment Art 10.30am – 11.30am Memories & Moments Children Welcome</p>	<p>11 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm MUSIC 1.00pm – 2.00pm (Comfort through Music)</p>	<p>13 Social Coffee & Winter Warmer Activities 10.30am - 12.00pm</p>
<p>17 State Trustees by appointment Knitting 10.30am – 12.00pm Come and help make a quilt for charity</p>	<p>18 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm</p>	<p>20 Social Coffee & Winter Warmer Activities 10.30am - 12.00pm Education 11.00am – 12.30pm (GRIEF- Bring a Friend or Relative to share our Journey)</p>
<p>24 State Trustees by appointment ART 10.30am – 12.00pm Memories & Moments</p>	<p>25 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm – 12.45pm MUSIC 1.00pm – 2.00pm (Listening & Reflection)</p>	<p>25 Social Coffee & Winter Warmer Activities 10.30am -12.00pm</p>
<p>31 State Trustees by appointment Storytelling 10.30am-12.00pm Share a favourite story</p>		

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