

What's on in October 2017

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



MONDAY	TUESDAY	THURSDAY
<p>2 State Trustees by appointment</p>	<p>3 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Casual Sing Along)</p>	<p>5 Social Coffee 10.30am - 11.30am Morning Walk 11.00am - 11.30am</p>
<p>9 State Trustees by appointment ART 10.30am - 12.00pm Memories & Moments Education 1.00pm - 3.00pm (Grief - Grieving Styles)</p>	<p>10 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm Education 1.00pm - 2.30pm (Grief - Will it ever go away?)</p>	<p>12 Social Coffee 10.30am - 11.30am Morning Walk 11.00am - 11.30am</p>
<p>16 State Trustees by appointment Journalling 10.30am - 12.30pm</p>	<p>17 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)</p>	<p>19 Morning Walk 10.00am - 10.30am Social Coffee 10.30am - 11.30am SPECIAL EVENT - MYLifebook Workshop 10.30am - 1.30pm (Bookings are essential)</p>
<p>23 State Trustees by appointment ART 10.30am - 12.00pm Memories & Moments</p>	<p>24 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm Education 1.00pm - 2.30pm (Grief - GOOD Grief)</p>	<p>26 Morning Walk 10.00am - 10.30am Social Coffee 10.30am - 11.30am Tree Walk & Talk 11.00am - 12.30pm</p>
<p>30 SPECIAL EVENT - Tibetan Bowls Sound Therapy 10.30am - 12.00pm (Bookings are essential)</p>	<p>31 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm MUSIC 1.30pm - 2.30pm (Listening & Reflection)</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

The Centre for Care and Wellbeing is located on Third Drive, Springvale Botanical Cemetery, 600 Princes Highway, Springvale.

www.sbc.smct.org.au