

What's on in September 2017

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



MONDAY	TUESDAY	THURSDAY
<p>4 State Trustees by appointment</p> <p>Tree Talk & Walk 10.30am – 12.00pm</p>	<p>5</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm – 12.45pm</p> <p>MUSIC 1.30pm – 2.30pm (Listening & Reflection)</p>	<p>7</p> <p>Social Coffee 10.30am - 12.00pm</p>
<p>11 State Trustees by appointment</p> <p>ART 10.30am – 12.00pm Memories & Moments</p>	<p>12</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm – 12.45pm</p>	<p>14</p> <p>Social Coffee 10.30am -12.00pm</p> <p>Education 11.00am – 1.00pm (GRIEF- The Dual Process Model of Coping)</p>
<p>18 State Trustees by appointment</p> <p>Knitting 10.00am – 12.00pm</p> <p>Come and help finish making a quilt for charity</p>	<p>19</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm – 12.45pm</p> <p>MUSIC 1.30pm – 2.30pm (Listening & Reflection)</p>	<p>21</p> <p>Social Coffee 10.30am -12.00pm</p> <p>SPECIAL EVENT – MYLifebook Workshop 10.30am – 2.00pm</p>
<p>25 State Trustees by appointment</p> <p>ART 10.30am – 12.00pm Memories & Moments</p>	<p>26</p> <p>Social Walk 10.00am - 10.45am</p> <p>Movement & Stretch 11.00am - 11.45am</p> <p>Meditation 12.00pm – 12.45pm</p>	<p>28</p> <p>Social Coffee 10.30am -12.00pm</p> <p>SPECIAL EVENT – Special Men's Support Event 10.00am - 1.30pm</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