

What's on in November 2018

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



New Location!

MONDAY	TUESDAY	THURSDAY
<p><i>New Location: 23A Smith Road Springvale</i></p>		<p>1 Social Coffee 10.30am - 11.30am Music 11.00am - 12.00pm (Enjoyment through Song)</p>
<p>5 Intro. To Mothers Support 10.00am - 10.45am Mothers Support Group 11.00am - 12.30pm Movement to Music 11.00am - 12.00pm</p>	<p>6 CLOSED - PUBLIC HOLIDAY</p>	<p>8 Social Coffee 10.30am - 11.30am ART 11.00am - 12.30pm (Creative Expression)</p>
<p>12 Community Garden 10.00am - 11.00am (Meet at CCW) Christmas Craft 12.30pm - 2.00pm</p>	<p>13 Social Walk 10.00am - 10.45am (Meet at Cafe Vita) Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p>15 Spring Walk 10.00am - 11.00am Social Coffee 10.30am - 11.30am</p>
<p>19 Movement to Music 11.00am - 12.00pm Movie Afternoon 12.30pm - 2.30pm</p>	<p>20 Social Walk 10.00am - 10.45am (Meet at Cafe Vita) Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p>22 Social Coffee 10.30am - 11.30am Music 11.00am - 12.30pm (Enjoyment through Song) Education 1.00pm - 2.30pm (Managing Difficult Times: Part 1)</p>
<p>26 Community Garden 10.00am - 11.00am (Meet at Cafe Vita) Men's Support Group 12.00pm - 1.30pm Christmas Craft 12.30pm - 2.00pm</p>	<p>27 Social Walk 10.00am - 10.45am (Meet at Cafe Vita) Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm</p>	<p>29 Intro. To Widows Support 10.00am - 10.45am Social Coffee 10.30am - 11.30am Widows Support Group 11.00am - 12.30pm ART 11.00am - 12.30pm (Creative Expression)</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 at 23A Smith Road Springvale

www.sbc.smct.org.au