

# What's on in December 2017

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



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

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](mailto: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](http://www.sbc.smct.org.au)