

What's on in May 2018

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



MONDAY	TUESDAY	THURSDAY
	1 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	3 Social Coffee 10.30am - 11.30am Music 11.00am - 12.00pm (Enjoyment through Song)
7 State Trustees by appointment ART 10.30am - 12.00pm (Creative Expression) Mother's Support Group 10.30am - 12.30pm	8 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	10 Social Coffee 10.30am - 11.30am Movement to Music 11.00am - 12.00pm Education 1.00pm - 2.30pm (Grief – What is Grief?)
14 State Trustees by appointment Autumn ART 10.30am - 11.30am Movie Afternoon 1.00pm - 3.00pm	15 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	17 Social Coffee 10.30am - 11.30am Music 11.00am - 12.00pm (Enjoyment through Song)
21 State Trustees by appointment ART 10.30am - 12.00pm (Creative Expression) Education 1.00pm - 2.30pm (Grief – Continuing Bonds)	22 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm	24 Social Coffee 10.30am - 11.30am Funeral Planning & Brave Conversation 10.30am - 1.30pm
28 State Trustees by appointment Australia's Biggest Morning Tea (Cancer Council) 10.00am - 12.00pm (Bookings Essential) Men's Support Group 12.00pm - 1.30pm	29 Social Walk 10.00am - 10.45am Movement & Stretch 11.00am - 11.45am Meditation 12.00pm - 12.45pm Rituals & Ceremonies 1.00pm - 3.15pm	31 Social Coffee 10.30am - 11.30am Widow's Support Group 11.00am - 12.30pm Movement to Music 11.00am - 12.00pm

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