

# What's on in November 2022

Tuesday		Wednesday	
<b>1 November</b>  <b>Melbourne Cup public holiday – CCW closed</b>		<b>2 November</b> 10.00am - 10.45am <b>Yoga</b> (BYO pillow & blanket) 11.00am - 11.45am <b>Mindfulness</b> (BYO pillow & blanket) 1.00pm - 3.00pm <b>Cuppa Connections</b>	
<b>8 November</b> 10.30am – 12pm <b>Rose gardens walking tour</b> 11.00am - 1.00pm <b>Quiet refection time: drop in session</b> 1.30pm - 2.30pm <b>Qigong</b>		<b>9 November</b> 10.00am - 10.45am <b>Yoga</b> (BYO pillow & blanket) 11.00am - 11.45am <b>Mindfulness</b> (BYO pillow & blanket) 1.00pm - 3.00pm <b>Cuppa Connections</b>	
<b>15 November</b> 10.30am - 11.30am <b>Australian War graves walking tour</b> 11.00am - 1.00pm <b>Quiet refection time: drop in session</b> 1.30pm - 2.30pm <b>Qigong</b>		<b>16 November</b> 10.00am - 10.45am <b>Yoga</b> (BYO pillow & blanket) 11.00am - 11.45am <b>Mindfulness</b> (BYO pillow & blanket) 1.00pm - 3.00pm <b>Cuppa Connections</b>	
<b>22 November</b> 10.30am - 11.15am <b>Social Walk</b> 11.00am - 1.00pm <b>Quiet refection time: drop in session</b> 1.30pm - 2.30pm <b>Qigong</b>		<b>23 November</b> 10.00am - 10.45am <b>Yoga</b> (BYO pillow & blanket) 11.00am - 11.45am <b>Mindfulness</b> (BYO pillow & blanket) 1.00pm - 3.00pm <b>Cuppa Connections</b>	
<b>29 November</b> 10.30am - 11.15am <b>Social Walk</b> 11.00am - 1.00pm <b>Quiet refection time: drop in session</b> 1.30pm - 2.30pm <b>Qigong</b>		<b>30 November</b> 10.00am - 10.45am <b>Yoga</b> (BYO pillow & blanket) 11.00am - 11.45am <b>Mindfulness</b> (BYO pillow & blanket) 1.00pm - 3.00pm <b>Cuppa Connections</b>	

**Bookings essential:** <https://smct.org.au/ccwevents> or contact the Centre on 0428 213 766 or email [care@smct.com.au](mailto:care@smct.com.au)

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