

# What's on in April

## Tuesday

### 4 April

- 10.30am - 11.15am** **Social Walk**
- 11.30am - 12.30pm** **Enjoyment through song**
- 1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)
- 2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

### 11 April

- 10.30am - 11.15am** **Social Walk**
- 10.30am - 12.30pm** **Animal-assisted wellbeing**
- 1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)
- 2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

### 18 April

- 10.30am - 11.15am** **Social Walk**
- 11.30am - 12.30pm** **Enjoyment through song**
- 1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)
- 2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

### 25 April

**ANZAC DAY PUBLIC HOLIDAY**  
**CCW closed**

## Wednesday

### 5 April

- 10.00am - 11.00am** **Qigong**
- 11.30am - 12.30pm** **Arts with Gaby**
- 1.00pm - 3.00pm** **Cuppa Connections**

### 12 April

- 10.00am - 11.00am** **Qigong**
- 11.30am - 12.30pm** **MISS brooch and pin making**
- 1.00pm - 3.00pm** **Cuppa Connections**

### 19 April

- 10.00am - 11.00am** **Qigong**
- 11.30am - 12.30pm** **Arts with Gaby**
- 1.00pm - 3.00pm** **Cuppa Connections**

### 26 April

- 10.00am - 11.00am** **Qigong**
- 11.30am - 12.30pm** **Arts with Gaby**
- 1.00pm - 3.00pm** **Cuppa Connections**

**Bookings essential:** <https://smct.org.au/ccwevents>  
Call/text 0428 213 776 or email [care@smct.org.au](mailto:care@smct.org.au)

