

# What's on in February

## Tuesday

### 31 January

- 10.30am - 11.15am** **Social Walk**  
**11.00am - 1.00pm** **Quiet refection time** (Drop in)  
**1.00pm - 2.00pm** **Intention setting ceremony**

### 7 February

- 10.30am - 11.15am** **Social Walk**  
**11.00am - 1.00pm** **Quiet refection time** (Drop in)  
**1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)  
**2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

### 14 February

- 10.30am - 11.15am** **Social Walk**  
**11.00am - 1.00pm** **Quiet refection time** (Drop in)  
**1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)  
**2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

### 21 February

- 10.30am - 11.15am** **Social Walk**  
**11.00am - 1.00pm** **Quiet refection time** (Drop in)  
**1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)  
**2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

### 28 February

- 10.30am - 11.15am** **Social Walk**  
**11.00am - 1.00pm** **Quiet refection time** (Drop in)  
**1.00pm - 1.45pm** **Yoga** (BYO pillow/blanket)  
**2.00pm - 2.45pm** **Mindfulness** (BYO pillow/blanket)

## Wednesday

### 1 February

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

### 8 February

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

### 15 February

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

### 22 February

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

### 1 March

- 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)

