

# What's on in May

## Tuesday

**2 May**

- 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)

**9 May**

- 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)

**16 May**

- 10.00am - 12.00pm **Animal-assisted wellbeing**
- 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)

**23 May**

- 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)

**30 May**

- 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)

## Wednesday

**3 May**

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

**10 May**

- Qigong not available
- 11.30am - 12.30pm **Arts with Gaby**
- 1.00pm - 3.00pm **Cuppa Connections**  
(Mother's Day Devonshire tea)

**17 May**

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

**24 May**

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

**31 May**

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

**Bookings are essential:** <https://smct.org.au/ccwevents>

