

What's on in December 2022

Friday 2 December
Special Event
6.30 - 8.30pm

Together by the Lake, Bunurong Memorial Park, Lake Australis.

Bring your chairs and picnic rugs and join the Centre for Care & Wellbeing team as we come together to sing and enjoy each other's company as part of this special event.

Bookings: <https://smct.org.au/events/together-by-the-lake>

Tuesday

Wednesday

6 December

10.30am - 11.15am Social Walk
11.00am - 1.00pm Quiet refection time: drop in session
1.30pm - 2.30pm Qigong

7 December

10.00am - 10.45am Yoga (BYO pillow & blanket)
11.00am - 11.45am Mindfulness (BYO pillow & blanket)
1.00pm - 3.00pm Cuppa Connections
7.00pm - 7.45pm ACGB evening – Coming Together

13 December

10.30am - 11.15am Social Walk
11.00am - 1.00pm Quiet refection time: drop in session
1.30pm - 2.30pm Qigong

14 December

10.00am - 10.45am Yoga (BYO pillow & blanket)
11.00am - 11.45am Mindfulness (BYO pillow & blanket)
1.00pm - 3.00pm Cuppa Connections

20 December

10.30am - 11.15am Social Walk
11.00am - 1.00pm Quiet refection time: drop in session
1.30pm - 2.30pm Qigong

21 December

10.00am - 10.45am Yoga (BYO pillow & blanket)
11.00am - 11.45am Mindfulness (BYO pillow & blanket)
1.00pm - 3.00pm End of year gathering

Centre for Care & Wellbeing will be closed from Thursday 22 December and reopens on Tuesday 31 January.

Bookings essential: <https://smct.org.au/ccwevents> or contact the Centre on 0428 213 776 or email care@smct.org.au

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