

What's on in June

Tuesday

6 June

- 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)

13 June

- 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)

20 June

- 10.30am - 11.15am** [Social Walk](#)
- 11.30am - 12.30pm** [Mid-year reflection ceremony](#)
- 1.00pm - 1.45pm** [Yoga](#) (BYO pillow/blanket)
- 2.00pm - 2.45pm** [Mindfulness](#) (BYO pillow/blanket)

27 June

- 10.00am - 12.00pm** [Animal-assisted wellbeing](#)
- 10.30am - 11.15am** [Social Walk](#)
- 11.30am - 12.30pm** [Enjoyment through song](#)
- 11.00am - 1.00pm** [Quiet refection time](#) (Drop in)

Wednesday

7 June

- QIGONG NOT AVAILABLE**
- 11.30am - 12.30pm** [Arts with Gaby](#)
- 1.00pm - 3.00pm** [Cuppa Connections](#)

14 June

- 10.00am - 11.00am** [Qigong](#)
- 11.30am - 12.30pm** [Arts with Gaby](#)
- 1.00pm - 3.00pm** [Cuppa Connections](#)

21 June

CCW CLOSED

28 June

- 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

