

What's on in March

Tuesday

7 March

- 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 March

- 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 March

- 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 March

- 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

8 March

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

15 March

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

22 March

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

(Harmony Day theme – option to bring a plate or recipe to share from a chosen culture)

29 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

