

SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Yoga with Ros via Zoom 9:30am – 10:30am Aromatherapy via Zoom 7pm – 8pm	4 Pilates with Sophie via Zoom 9am – 10am Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	5 Massage - LIVE at TLC 10am – 1pm	6 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	7
8	9 Meditation with Monique via Zoom 12noon—1pm	10 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	11 Pilates with Sophie via Zoom 9am – 10am	12 Pink Sisters Support Group for women under 50 —via Zoom 6pm – 8pm	13 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	14
15	16 Meditation with Monique via Zoom 12noon—1pm	17 Yoga with Ros via Zoom 9:30am – 10:30am Hairdressing (by appointment only) LIVE at TLC 10am – 3.30pm Reflexology with Monique via Zoom 11am – 12noon	18 Pilates with Sophie via Zoom 9am – 10am	19 Massage - LIVE at TLC 10am – 1pm	20 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	21
22	23 Meditation with Monique via Zoom 12noon—1pm	24 Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's Support Group via Zoom 1pm – 2:30pm	25 Pilates with Sophie via Zoom 9am – 10am Photography LIVE at TLC 10.30am – 3.15pm Art Therapy with Carmen via Zoom 10.00am – 11.00am Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm	26 DAY OF INDULGENCE 9.30am – 2.30pm	27 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	28
29	30 Meditation with Monique via Zoom 12noon—1pm					