

## OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Yoga with Ros via Zoom 9:30am – 10:30am  Aromatherapy via Zoom 7pm – 8pm	2 Pilates with Sophie via Zoom 9:00am – 10:00am	3	4 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	5
6	7	8 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's Support Group via Zoom 1pm – 2:30pm Pilates with Charlotte via Zoom 4pm-5pm	9 Pilates with Sophie via Zoom 9am – 10am  Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	10 Massage - LIVE at TLC 10am – 1pm	11 FUNDRAISER Makeup Masterclass - LIVE at TLC 10am – 12pm 2pm – 4pm	12
13	14 Meditation with Monique via Zoom 12noon—1pm	15 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Hairdressing (by appointment only) LIVE at TLC 10am – 3.30pm	16 Pilates with Sophie via Zoom 9am – 10am  Second Hope Support Group for women via Zoom 1pm – 2.30pm	17 Pink Sisters Support Group for women under 50 via Zoom 6pm – 8pm	18 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	19
20	21 Meditation with Monique via Zoom 12noon—1pm  Photography LIVE at TLC	22 Reflexology with Monique via Zoom 11am – 12noon	23 Pilates with Sophie via Zoom 9am – 10am	24 Massage - LIVE at TLC 10am – 1pm	25 Pilates with Charlotte via Zoom 10am-11am	26
27	28 Meditation with Monique via Zoom 12noon—1pm	29 Reflexology with Monique via Zoom 11am – 12noon	30 Pilates with Sophie via Zoom 9am – 10am  Art Therapy with Carmen via Zoom 10.00am – 11.00am	31 DAY OF INDULGENCE 9.30am – 2.30pm		