

DECEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30	1	2	3	4	5
		Yoga with Shelly via Zoom 9.15am – 10.15am Reflexology with Monique via Zoom 11am – 12noon Yoga with Robyn via Zoom 4pm – 5.15pm	Pilates with Michelle via Zoom 9.30am – 10.30am Supporting Blokes Group via Zoom 6pm – 8pm	Meditation with Maree via Zoom 10am – 11am Art Therapy One On One with Sandy via Zoom 1.30pm – 4.30pm	Breast Care Nurse Private Consultation via Zoom 9am – 10.10am Tai Chi with Helen via Zoom 11am – 12noon Skincare Workshop with Lucia via Zoom 1pm – 2pm	
6	7	8	9	10	11	12
	Think Pink Volunteer Christmas Picnic 11.30am	Yoga with Shelly via Zoom 9.15am – 10.15am Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm Yoga with Robyn via Zoom 4pm – 5.15pm	Pilates with Michelle via Zoom 9.30am – 10.30am Second Hope Support Group for women with metastatic breast cancer 1pm – 2.30pm HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer 7.00pm – 8.30pm	Meditation with Maree via Zoom 10am – 11am Art Therapy One On One with Sandy via Zoom 1.30pm – 4.30pm	Breast Care Nurse Private Consultation via Zoom 9am – 10.10am Tai Chi with Helen via Zoom 11am – 12noon Mindfulness with Cheryne via Zoom 1pm – 2pm	
13	14	15	16	17	18	19
	Journal Writing with Anna via Zoom 12.30pm – 1.30pm	Yoga with Shelly via Zoom 9.15am – 10.15am Reflexology with Monique via Zoom 11am – 12noon Book Club via Zoom 1pm – 2pm	Pilates with Michelle via Zoom 9.30am – 10.30am Fabulous Over 50s Support Group for women over 50 1pm – 2.30pm	Meditation with Maree via Zoom 10am – 11am Pink Sisters Support Group for women under 50 5.30pm – 7.30pm	Breast Care Nurse Private Consultation via Zoom 9am – 10.10am Tai Chi with Helen via Zoom 11am – 12noon Mindfulness with Cheryne via Zoom 1pm – 2pm	
20	21	22	23	24	25	26
27	28	29	30	31	1	2