

## OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
					<b>Tai Chi with Helen via Zoom</b> 11am – 12noon  <b>Sex &amp; Cancer with Dr Amanda Hordern via Zoom</b> 1pm – 2pm	
3	4	5	6	7	8	9
	<b>Volunteer Meeting via Zoom</b> 10am – 11am  <b>Breast Care Nurse Private Consultation via Zoom</b> 2pm – 3.30pm	<b>Reflexology with Monique via Zoom</b> 11am – 12noon  <b>Yoga with Robyn via Zoom</b> 4pm – 5.15pm	<b>Meditation with Maree via Zoom</b> 10am – 11am  <b>Creative Writing with Anna via Zoom</b> 11.30am – 12.30pm  <b>Supporting Blokes Group via Zoom</b> 6pm – 8pm	<b>Pilates with Michelle via Zoom</b> 9.30am – 10.30am  <b>Breast Care Nurse Private Consultation via Zoom</b> 2pm – 3.30pm	<b>Tai Chi with Helen via Zoom</b> 11am – 12noon  <b>Mindfulness with Cheryne via Zoom</b> 1pm – 2pm	
10	11	12	13	14	15	16
	<b>Breast Care Nurse Private Consultation via Zoom</b> 2pm – 3.30pm	<b>Yoga with Shelly via Zoom</b> 9.15am – 10.15am  <b>Reflexology with Monique via Zoom</b> 11am – 12noon  <b>Fabulous Over 50s Support Group for women over 50</b> 1pm – 2.30pm	<b>Meditation with Maree via Zoom</b> 10am – 11am  <b>Second Hope Support Group for women with metastatic breast cancer</b> 1pm – 2.30pm	<b>Pilates with Michelle via Zoom</b> 9.30am – 10.30am  <b>Breast Care Nurse Private Consultation via Zoom</b> 2.30pm – 3.30pm  <b>Pink Sisters Support Group for women under 50</b> 5.30pm – 7.30pm	<b>Tai Chi with Helen via Zoom</b> 11am – 12noon	
17	18	19	20	21	22	23
	<b>Breast Care Nurse Private Consultation via Zoom</b> 2.30pm – 3.30pm	<b>Reflexology with Monique via Zoom</b> 11am – 12noon  <b>Yoga with Robyn via Zoom</b> 4pm – 5.15pm	<b>Meditation with Maree via Zoom</b> 10am – 11am	<b>Pilates with Michelle via Zoom</b> 9.30am – 10.30am  <b>Group Art Therapy with Jennie via Zoom</b> 1.30pm – 2.30pm  <b>Breast Care Nurse Private Consultation via Zoom</b> 2.30pm – 3.30pm	<b>Tai Chi with Helen via Zoom</b> 11am – 12noon	
24	25	26	27	28	29	30
	<b>HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer</b> 1pm – 2.30pm  <b>Breast Care Nurse Private Consultation via Zoom</b> 2.30pm – 3.30pm	<b>Yoga with Shelly via Zoom TBC</b> 9.15am – 10.15am  <b>Reflexology with Monique via Zoom</b> 11am – 12noon  <b>Book Club via Zoom</b> 1pm – 2pm	<b>Meditation with Maree via Zoom</b> 10am – 11am  <b>Finance Workshop with Dishna via Zoom</b> 12noon – 1pm	<b>Pilates with Michelle via Zoom</b> 9.30am – 10.30am  <b>Skincare &amp; Make Up with Lucia via Zoom</b> 12.30pm – 1.30pm  <b>Breast Care Nurse Private Consultation via Zoom</b> 2pm – 3.30pm	<b>Tai Chi with Helen via Zoom</b> 11am – 12noon	