

DECEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Meditation with Maree via Zoom 10am – 11am Supporting Blokes Group via Zoom 6pm – 8pm	2 Pilates with Michelle via Zoom 9.30am – 10.30am Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm Breast Care Nurse Private Consultation via Zoom 2.30pm – 3.30pm	3 Tai Chi with Helen via Zoom 11am – 12noon Mindfulness with Cheryne via Zoom 1pm – 2pm	4
5	6 Volunteer Christmas Party 12.30pm – 2pm Breast Care Nurse Private Consultation via Zoom 2.30pm – 3.30pm	7 Yoga with Shelly via Zoom 9.15am – 10.15am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50s Support Group for women over 50 1pm – 2.30pm	8 Meditation with Maree via Zoom 10am – 11am Creative Writing with Anna via Zoom 11.30am – 12.30pm Metastatic Education Session via Zoom 1pm – 2pm Breast Care Nurse Private Consultation via Zoom 2.30pm – 3.30pm	9 Pilates with Michelle via Zoom 9.30am – 10.30am Pink Sisters Support Group for women under 50 5.30pm – 7.30pm	10 Tai Chi with Helen via Zoom 11am – 12noon	11
12	13 HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer 1pm – 2.30pm Breast Care Nurse Private Consultation via Zoom 2.30pm – 3.30pm	14 Reflexology with Monique via Zoom 11am – 12noon Book Club LIVE 12pm – 2pm	15 Meditation with Maree via Zoom 10am – 11am Second Hope Support Group for women with metastatic breast cancer 1pm – 2.30pm	16 Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2.30pm – 3.30pm	17 Tai Chi with Helen via Zoom 11am – 12noon	18
19	20 THE LIVING CENTRE CLOSED FOR CHRISTMAS HOLIDAYS UNTIL MONDAY 31 JANUARY 2022	21	22	23	24	25
26	27	28	29	30	1	2