

DECEMBER 2021

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