

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 10am – 11am	Meditation with Maree via Zoom 10am – 11am Exercise & Breast Cancer Presentation 2pm – 3pm Supporting Blokes Group via Zoom 6pm – 8pm	Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Tai Chi with Helen via Zoom 11am – 12 noon Mindfulness with Cheryne via Zoom 1pm – 2pm	
7	8	9	10	11	12	13
	Volunteer Meeting via Zoom 10am – 11am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12 noon Fabulous Over 50s & Beyond Support Group via Zoom 1pm – 2pm	Meditation with Maree via Zoom 10am – 11am Creative Writing with Anna via Zoom 11.30am – 12.30pm	Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm Pink Sisters Support Group via Zoom 5.30pm – 7.30pm	Tai Chi with Helen via Zoom 11am – 12 noon	
14	15	16	17	18	19	20
	Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12 noon Yoga with Robyn via Zoom 2.15pm – 3.30pm	Meditation with Maree via Zoom 10am – 11am Second Hope Support Group HYBRID 1pm – 2.30pm	Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 3pm – 4pm	Tai Chi with Helen via Zoom 11am – 12 noon	
21	22	23	24	25	26	27
	Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12 noon	Meditation with Maree via Zoom 10am – 11am How Breast Cancer Develops with Dr David Clouston via Zoom 2pm – 3pm	Pilates with Michelle via Zoom 9.30am – 10.30am Skincare & Make Up with Lucia via Zoom 12.30pm – 1.30pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Tai Chi with Helen HYBRID 11am – 12 noon Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm	
28	29	30	31	1	2	3
	HOT Pink Sisters Support Group via Zoom 1pm – 2.30pm Breast Care Nurse Private Consultation via Zoom 2.30pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12 noon Book Club via Zoom 1pm – 2pm Yoga with Robyn via Zoom 2.15pm – 3.30pm	Meditation with Maree via Zoom 10am – 11am Walking Group 11am – 12 noon Finance Workshop with Dishna via Zoom 12 noon—1pm			