

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
				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	
4	5	6	7	8	9	10
	Volunteer Meeting/Lunch 12pm – 1.30pm 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 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 Pink Sisters Support Group via Zoom 5.30pm – 7.30pm	Tai Chi with Helen via Zoom 11am – 12 noon	
11	12	13	14	15	16	17
	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 – 2.30pm	Meditation with Maree via Zoom 10am – 11am Walking Group 11am – 12 noon 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	Tai Chi with Helen via Zoom 11am – 12 noon	
18	19 SCHOOL HOLIDAYS	20 SCHOOL HOLIDAYS	21 SCHOOL HOLIDAYS	22 SCHOOL HOLIDAYS	23 SCHOOL HOLIDAYS	24
	Sex & Cancer with Dr Amanda Hordern via Zoom 1pm – 2pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	Reflexology with Monique via Zoom 11am – 12 noon Group Art Therapy with Jennie via Zoom 12.30pm – 1.30pm	Meditation with Maree via Zoom 10am – 11am Walking Group 11am – 12 noon Second Hope Support Group via Zoom 1pm – 2.30pm	QUEEN ELIZABETH II MEMORIAL PUBLIC HOLIDAY	AFL GRAND FINAL PUBLIC HOLIDAY	
25	26 SCHOOL HOLIDAYS	27 SCHOOL HOLIDAYS	28 SCHOOL HOLIDAYS	29 SCHOOL HOLIDAYS	30 SCHOOL HOLIDAYS	1
	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	Metastatic Education Session via Zoom 10am – 11am Walking Group 11am – 12 noon Finance Workshop with Dishna via Zoom 12 noon – 1pm Meditation with Maree via Zoom 1.30pm – 2.30pm	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	