



ZOOM Calendar

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MAY 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Pilates with Erin via Zoom 10am – 11am	2 Yoga with Katie via Zoom 1pm – 2pm	3 Walking Group 11am – 12 noon Supporting Blokes Group via Zoom 6pm – 8pm	4	5	6
7	8 Pilates with Erin via Zoom 10am – 11am	9 Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50s Support Group for women over 50 -HYBRID 1pm – 2.30pm	10 Walking Group 11am – 12 noon	11	12	13
14	15 Pilates with Erin via Zoom 10am – 11am	16 Reflexology with Monique via Zoom 11am – 12noon Yoga with Katie via Zoom 1pm – 2pm	17 Walking Group 11am – 12 noon Second Hope Support Group for women with metastatic breast cancer 1pm – 2.30pm	18 Pink Sisters Support Group for women under 50 via Zoom 5.30pm – 7.30pm	19 Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm	20
21	22 Pilates with Erin via Zoom 10am – 11am	23 Reflexology with Monique via Zoom 11am – 12noon Yoga with Katie via Zoom 1pm – 2pm	24 Walking Group 11am – 12 noon	25 Skincare & Make Up with Lucia via Zoom 12.30pm – 1.30pm	26	27
28	29 Pilates with Erin via Zoom 10am – 11am HOT Pink Sisters Support Group for women under 50 with meta- static breast cancer 1pm – 2:30pm	30 Reflexology with Monique via Zoom 11am – 12noon Guest Speaker: Lymphoedema with Sarah Gill via Zoom 1pm – 2pm	31 Walking Group 11am – 12 noon Book Club via Zoom 1pm – 2pm			Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.