

## OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<p><b>Pilates with Erin via Zoom</b> 10am – 11am</p> <p><b>Art Therapy with Carmen via Zoom</b> 1:30pm – 2:30pm</p>	<p><b>Yoga with Katie via Zoom</b> 1pm – 2pm</p>	<p><b>Walking group</b> 11am – 12noon</p> <p><b>Forever Supporting Blokes Group via Zoom</b> 6pm – 7pm</p> <p><b>Supporting Blokes Group via Zoom</b> 7:30pm – 8:30pm</p>		<p><b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.</p>	
8	9	10	11	12	13	14
	<p><b>Pilates with Erin via Zoom</b> 10am – 11am</p> <p><b>Photo Shoots with Menaka LIVE at TLC</b> 11am – 2:30pm</p>	<p><b>Reflexology with Monique via Zoom</b> 11am – 12noon</p> <p><b>Fabulous Over 50's Support Group via Zoom</b> 1pm – 2:30pm</p>	<p><b>Zumba</b> 10am – 11am</p> <p><b>Second Hope Support Group for women with metastatic breast cancer via Zoom</b> 11:30am – 1.00pm</p> <p><b>Guest Speaker—Christine Lee on Acupuncture and Breast Cancer LIVE at TLC</b> 2pm—3pm</p>	<p><b>FUNDRAISER Makeup Masterclass with Lucia Cardamone LIVE at TLC</b> 11am – 1pm</p>	<p><b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.</p>	
15	16	17	18	19	20	21
	<p><b>Pilates with Erin via Zoom</b> 10am – 11am</p>	<p><b>Reflexology with Monique via Zoom</b> 11am – 12noon</p> <p><b>Yoga with Katie via Zoom</b> 1pm – 2pm</p>	<p><b>BCN AWAY ON A STUDY DAY</b></p>	<p><b>Pink Sisters Support Group for women under 50 via Zoom</b> 6pm – 8pm</p>	<p><b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.</p>	
22	23	24	25	26	27	28
		<p><b>Reflexology with Monique via Zoom</b> 11am – 12noon</p> <p><b>Yoga with Katie via Zoom</b> 1pm – 2pm</p>	<p><b>Walking Group</b> 11am – 12 noon</p> <p><b>Book Club via Zoom</b> 1pm – 2pm</p>		<p><b>Breast Care Nurse Private Consultation via Zoom</b> * By appointment Monday to Thursday where no classes are held.</p>	
29	30	31				
	<p><b>Pilates with Erin via Zoom</b> 10am – 11am</p> <p><b>HOT Pink Sisters (under 50) Support Group for women with metastatic breast cancer</b> 1pm – 2.30pm</p>	<p><b>Reflexology with Monique via Zoom</b> 11am – 12noon</p> <p><b>Yoga with Katie via Zoom</b> 1pm – 2pm</p>				