

OCTOBER 2023

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