

DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31					1 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	2
3	4 Early Morning Pilates with Sophie via Zoom 8am – 9am Art Therapy with Carmen via Zoom 1:30pm – 2:30pm	5 Yoga with Katie via Zoom 1pm – 2pm	6 Hot Pink Sisters & Second Hope Support Groups XMAS Lunch LIVE at TLC 12pm – 2:00pm Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	7 Massage - LIVE at TLC 10am – 1pm Aromatherapy - HYBRID 2pm – 3pm	8 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	9
10	11 Early Morning Pilates with Sophie via Zoom 8am – 9am	12 Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's & Pink Sisters Support Group XMAS Lunch LIVE at TLC 12pm – 2:00pm	13 Think Pink Facilitators Lunch and Volunteers XMAS Lunch LIVE at TLC 12pm – 2:00pm	14 Zumba 11am – 12pm	15 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	16
17	18	19	20	21	22 Breast Care Nurse Private Consultation via Zoom Book for January 2024	23
24	25	26	27	28	29	30