

## FEBRUARY 2024

| SUNDAY | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY |
|--------|--|--|--|---|--|----------|
|        |  |  |  | 1   | 2  | 3        |
|        |  |  |  | <b>Massage - LIVE at TLC</b><br>10am – 1pm<br><br><b>Aromatherapy - HYBRID</b><br>2pm – 3pm | <b>Breast Care Nurse Private Consultation via Zoom</b><br><br>* By appointment Monday to Thursday where no classes are held. |          |
| 4      | 5  | 6  | 7  | 8   | 9  | 10       |
|        |  |  | <b>Walking Group</b><br>11am – 12 noon<br><b>Forever Supporting Blokes Group via Zoom</b><br>6pm – 7pm<br><b>Supporting Blokes Group via Zoom</b><br>7:30pm – 8:30pm | <b>Zumba</b><br>11am – 12pm   | <b>Breast Care Nurse Private Consultation via Zoom</b><br><br>* By appointment Monday to Thursday where no classes are held. |          |
| 11     | 12   | 13   | 14   | 15  | 16   | 17       |
|        | <b>Art Therapy with Carmen via Zoom</b><br>1:30pm – 2:30pm   | <b>Yoga with Ros via Zoom</b><br>9:30am – 10:30am<br><br><b>Reflexology with Monique via Zoom</b><br>11am – 12noon<br><br><b>Fabulous Over 50's Support Group via Zoom</b><br>1pm – 2:30pm | <b>Walking Group</b><br>11am – 12 noon   | <b>Pink Sisters Support Group for women under 50 via Zoom</b><br><br>6pm – 8pm              | <b>Breast Care Nurse Private Consultation via Zoom</b><br><br>* By appointment Monday to Thursday where no classes are held. |          |
| 18     | 19   | 20   | 21   | 22  | 23   | 24       |
|        | <b>HOT Pink Sisters (under 50) Support Group for women with metastatic breast cancer</b><br>1pm – 2.30pm | <b>Yoga with Ros via Zoom</b><br>9:30am – 10:30am<br><br><b>Reflexology with Monique via Zoom</b><br>11am – 12noon   | <b>Walking Group</b><br>11am – 12 noon<br><br><b>Second Hope Support Group for women with metastatic breast cancer via Zoom</b><br>1pm – 2.30pm                      |   | <b>Breast Care Nurse Private Consultation via Zoom</b><br><br>* By appointment Monday to Thursday where no classes are held. |          |
| 25     | 26   | 27   | 28   | 29  |  |          |
|        | <b>Book Club via Zoom</b><br>2pm – 3pm   | <b>Yoga with Ros via Zoom</b><br>9:30am – 10:30am<br><br><b>Reflexology with Monique via Zoom</b><br>11am – 12noon   | <b>Walking Group</b><br>11am – 12 noon   | <b>DAY OF INDULGENCE</b><br>9.30am – 2.30pm   |  |          |