

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Massage - LIVE at TLC 10am – 1pm Aromatherapy - HYBRID 2pm – 3pm	2 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	3
4	5	6	7 Walking Group 11am – 12 noon Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	8 Zumba 11am – 12pm	9 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	10
11	12 Art Therapy with Carmen via Zoom 1:30pm – 2:30pm PIODA Exercise Physiology via Zoom 3pm – 4pm	13 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's Support Group via Zoom 1pm – 2:30pm	14 Walking Group 11am – 12 noon	15 Pink Sisters Support Group for women under 50 via Zoom 6pm – 8pm	16 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	17
18	19 Pilates with Sophie via Zoom 8:00am – 9:00am HOT Pink Sisters (under 50) Support Group for women with metastatic breast cancer 1pm – 2.30pm	20 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	21 Walking Group 11am – 12 noon Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm	22	23 Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	24
25	26 Pilates with Sophie via Zoom 8:00am – 9:00am Book Club via Zoom 2pm – 3pm	27 Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	28 Walking Group 11am – 12 noon	29 DAY OF INDULGENCE 9.30am – 2.30pm		