

JUNE 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30						1
					Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
2	3	4	5	6	7	8
	Pilates with Sophie via Zoom 9am – 10am Mindfulness for resilience with Dr Sarah Francis via Zoom 10.30am – 12.30am Art Therapy with Carmen via Zoom 1:30pm – 2:30pm	Yoga with Ros via Zoom 9:30am – 10:30am Aromatherapy via Zoom 7pm – 8pm	Forever Supporting Blokes Group via Zoom with guest speaker 6pm – 7.30pm Supporting Blokes Group via Zoom with guest speaker 6.30pm – 8:00pm	Massage - LIVE at TLC 10am – 1pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
9	10	11	12	13	14	15
	PUBLIC HOLIDAY	Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	Guest speaker Claire Culley from The OTIS Foundation via Zoom 1pm – 2.00pm	Zumba via Zoom 11am – 12pm 7 Steps to a healthier, happier and balanced life LIVE at TLC 12:30pm – 1:30pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
16	17	18	19	20	21	22
	Pilates with Sophie via Zoom 9am – 10am Massage - LIVE at TLC 10am – 1pm	Yoga with Ros via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50's Support Group with guest speaker via Zoom 1pm – 2:30pm	Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm Hairdressing (by appointment only) LIVE at TLC 10am – 3.30pm	Pink Sisters Support Group for women under 50 —via Zoom 6pm – 8pm	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.	
23	24	25	26	27	28	29
	Pilates with Sophie via Zoom 9am – 10am	Reflexology with Monique via Zoom 11am – 12noon		DAY OF INDULGENCE 9.30am – 2.30pm		