

DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 Yoga with Claire via Zoom 9:30am – 10:30am	4 Second Hope Support Group for women with metastatic breast cancer end of year celebration LIVE at TLC 12pm – 2.00pm Forever Supporting Blokes Group via Zoom with guest speaker 6pm – 7.30pm Supporting Blokes Group via Zoom with guest speaker 6.30pm – 8.00pm	5 Massage - LIVE at TLC 9am – 12.15pm	6 Pilates with Sophie via Zoom 8.30am – 9.30am	7
8	9 Meditation with Monique via Zoom 12noon—1pm	10 Pilates with Sophie via Zoom 8.30am – 9.30am Reflexology with Monique via Zoom 11am – 12noon Pink Sisters and Fabulous Over 50's Support Group end of year celebration LIVE at TLC 12pm – 2:00pm	11 Massage - LIVE at TLC 10am – 1.15pm Hairdressing (by appointment only) LIVE at TLC 10am – 3.30pm	12	13	14
15	16 Meditation with Monique via Zoom 12noon—1pm	17 Yoga with Claire via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11am – 12noon	18	19	20	21
22	23 CLOSED	24 CLOSED	25 CHRISTMAS DAY	26 CLOSED	27 CLOSED	28
29	30 CLOSED	31 CLOSED				