

COTTESLOE WEEKLY PROGRAM – DECEMBER 2018

W: Weekly F: Fortnightly M: Monthly

WEEKLY ACTIVITIES					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM – 8:30 AM	8:30 AM – 9:30 AM	9:00 AM – 10:00 AM	8:30 AM – 9:30 AM	8.30 AM – 9.30 AM	
WALKING GROUP W (Summer time) FREE Meet Outside entrance	EXERCISE YOUR WAY W CONFERENCE HALL	GENTLE YOGA W CONFERENCE HALL	YIN YOGA W CONFERENCE HALL	PILATES MAT WORK W CONFERENCE HALL	
9:30 AM – 11:00 AM	9:30am-10.30am	10.15am, 11.30am	9:30 AM – 11:00AM	10:00 AM – 11:30 AM	
MEDITATION MADE EASY W CONFERENCE HALL	QIGONG W CONFERENCE HALL	YOGA THERAPY W APPOINTMENT ONLY	MEDITATION W CONFERENCE HALL	SOUND HEALING W WANSLEA ROOM	
9AM, 10AM, 11AM	10:00 AM – 12:00 PM	10:00 AM – 12:00 PM	10:00 AM & 11:00AM	10:00 AM and 12:00 PM	
SCAR WORK THERAPY NEW F APPOINTMENT ONLY	TUESDAY FORUM (support group) W MEETING ROOM 3	WOMEN'S CIRCLE (support group) W MEETING ROOM 3	REIKI ONE ON ONE W APPOINTMENT ONLY	GRIEF GROUP (support group) W MEETING ROOM 3	
11AM, 12.45PM, 1.45PM	10:00AM- 11:30 AM	10AM, 11AM, 12PM	12.30pm – 2.30pm	10:00AM -11:00 AM	
HAND & FOOT MASSAGE or INDIAN HEAD MASSAGE NEW W APPOINTMENT ONLY	SING FOR JOY Finishes 11th Dec W WANSLEA ROOM	RELAXATION MASSAGE F APPOINTMENT ONLY	CREATIVE ART THERAPY GROUP SESSIONS W See timetable	ZUMBA GOLD Finishes 14th Dec W CONFERENCE HALL	
12:00 PM – 3:00 PM	11.30AM- 1:30PM	12.30PM- 2.30PM	1PM, 2PM, 3PM	11AM AND 12PM	
RELAXATION MASSAGE F APPOINTMENT ONLY	REIKI CLINIC W CONFERENCE HALL 1PM, 2PM, 3PM REFLEXOLOGY W APPOINTMENT ONLY	SAND AND CLAY ART THERAPY GROUP SESSIONS W CONFERENCE HALL	REFLEXOLOGY W APPOINTMENT ONLY	REIKI ONE ON ONE W APPOINTMENT ONLY	
1:30PM and 2:30 PM	12.30pm, 1.45pm, 3pm		12.30PM, 1.30PM, 2.30PM	12:00PM -1:00PM	
REIKI ONE ON ONE W NEW APPOINTMENT ONLY	KINESIOLOGY THERAPY NEW W APPOINTMENT ONLY		RELAXATION MASSAGE F APPOINTMENT ONLY	CHAIR YOGA Finishes 14th Dec W BOOKING REQUIRED	
6:30 PM - 8:00 PM	1PM AND 2.30PM		6:00PM – 7:00PM	12.30pm, 1.45pm, 3pm	
YIN YOGA W CONFERENCE HALL From 10th Dec time changes to 6pm-7pm	HYPNOTHERAPY W APPOINTMENT ONLY		YOGA FOR ALL W CONFERENCE HALL	KINESIOLOGY THERAPY NEW W APPOINTMENT ONLY	

Please phone (08) 9384 3544 to book appointments or register for a course.

UPCOMING COURSES AND EVENTS

- Remembrance Circle: Tuesday 5.30pm-7.30pm **4th Dec**
- Guest Speakers: Carer's Panel Discussion: Tuesday 6pm-8pm **11th December**
- Facilitating Comfort Workshop: Friday 12.30pm-2.30pm **14th December**

CHRISTMAS CLOSURE

Solaris Cancer Care Cottesloe Centre and OP Shop **closure** to the public:

* 1.00pm Friday, 21st December 2018

Solaris Cancer Care Cottesloe Centre **re-opens** to the public:

* 8.30am Tuesday 7th January 2019

(Counselling; Meditation – Mondays 9.30-11am; Reiki -Tuesdays 11.30-1.30pm, Support Groups -Tuesdays, Wednesdays and Fridays 10am-12pm only.)

Back to full time operation: 8.30 am – 4.30 pm Monday 4th February 2019



Solaris Cancer Care is a not for profit organisation which relies on the generosity and support of the community.



SOLARIS CANCER CARE COTTESLOE

DECEMBER PROGRAM 2018

Offering care, support, and information services

*Complementary Integrated Therapies
Support & Counselling
Information & Education Services
On-site Library & Resources
Drop-in Centre
Relaxation Lounge Area
Health & Wellness Activities*

For bookings or information please contact us on

P: 08 9384 3544

E: csmcottesloe@solariscancercare.org.au

or visit

**CANCER WELLNESS CENTRE
80 RAILWAY STREET
COTTESLOE WA 6011**

**MONDAY – FRIDAY
8:30 AM – 4:30 PM
CLOSING 4:00 PM FRIDAYS**

WWW.SOLARISCANCERCARE.ORG.AU