

NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	2 MELBOURNE CUP PUBLIC HOLIDAY	3 Meditation with Maree via Zoom 10am – 11am Supporting Blokes Group via Zoom 6pm – 8pm	4 Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	5 Tai Chi with Helen via Zoom 11am – 12noon Mindfulness with Cheryne via Zoom 1pm – 2pm	6
7	8 Volunteer Meeting 10am – 11am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	9 Reflexology with Monique via Zoom 11am – 12noon Fabulous Over 50s Support Group for women over 50 1pm – 2.30pm	10 Creative Writing with Anna via Zoom 11.30am – 12.30pm	11 Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm Pink Sisters Support Group for women under 50 5.30pm – 7.30pm	12 Tai Chi with Helen via Zoom 10.30am – 11.30am Menopause & Breast Cancer via Zoom 12 noon – 1pm	13
14	15 Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	16 Reflexology with Monique via Zoom 11am – 12noon Yoga with Robyn via Zoom 4pm – 5.15pm	17 Meditation with Maree via Zoom 10am – 11am Second Hope Support Group for women with metastatic breast cancer 1pm – 2.30pm	18 Pilates with Michelle via Zoom 9.30am – 10.30am Breast Care Nurse Private Consultation via Zoom 3pm – 4pm	19 Tai Chi with Helen via Zoom 11am – 12noon	20
21	22 HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer 1pm – 2.30pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	23 Yoga with Shelley via Zoom 9.15am – 10.15am Reflexology with Monique via Zoom 11am – 12noon	24 Meditation with Maree via Zoom 10am – 11am Finance Workshop with Dishna via Zoom 12 noon—1pm	25 Pilates with Michelle via Zoom 9.30am – 10.30am Skincare & Make Up with Lucia via Zoom 12.30pm – 1.30pm Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	26 Tai Chi with Helen via Zoom 11am – 12noon Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm	27
28	29 Breast Care Nurse Private Consultation via Zoom 2pm – 3.30pm	30 Reflexology with Monique via Zoom 11am – 12noon Book Club via Zoom 1pm – 2pm Yoga with Robyn via Zoom 4pm – 5.15pm	1	2	3	4