

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		MELBOURNE CUP PUBLIC HOLIDAY	<p>Meditation with Maree via Zoom 10am – 11am</p> <p>Walking Group 11am – 12 noon</p> <p>Supporting Blokes Group via Zoom 6pm – 8pm</p>	<p>Pilates with Michelle via Zoom 9.30am – 10.30am</p> <p>Breast Care Nurse Private Consultation 2pm – 3.30pm</p>	<p>Tai Chi with Helen via Zoom 11am – 12noon</p> <p>Mindfulness with Cheryne via Zoom 1pm – 2pm</p>	
6	7	8	9	10	11	12
	<p>Volunteer Meeting 10am – 11am</p> <p>Breast Care Nurse Private Consultation 2pm – 3.30pm</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Fabulous Over 50s Support Group for women over 50 1pm – 2.30pm</p>	<p>Meditation with Maree via Zoom 10am – 11am</p> <p>Walking Group 11am – 12 noon</p> <p>Creative Writing with Anna via Zoom 11.30am – 12.30pm</p>	<p>Pilates with Michelle via Zoom 9.30am – 10.30am</p> <p>Breast Care Nurse Private Consultation 2pm – 3.30pm</p>	<p>Tai Chi with Helen via Zoom 10.30am – 11.30am</p>	
13	14	15	16	17	18	19
	<p>Bra Fitting Information Session with Genevieve Gort via Zoom 12.30pm – 1.30pm</p> <p>Breast Care Nurse Private Consultation 2pm – 3.30pm</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Yoga with Robyn via Zoom 2.15pm – 3.30pm</p>	<p>Meditation with Maree via Zoom 10am – 11am</p> <p>Walking Group 11am – 12 noon</p> <p>Second Hope Support Group HYBRID 1pm – 2.30pm</p>	<p>Pilates with Michelle via Zoom 9.30am – 10.30am</p> <p>Breast Care Nurse Private Consultation 2pm – 3.30pm</p>	<p>Tai Chi with Helen via Zoom 11am – 12noon</p>	
20	21	22	23	24	25	26
	<p>Breast Care Nurse Private Consultation 2pm – 3.30pm</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Lymphoedema with Sarah Gill via Zoom 12.30pm – 1.30pm</p>	<p>Meditation with Maree via Zoom 10am – 11am</p> <p>Walking Group 11am – 12 noon</p>	<p>Pilates with Michelle via Zoom 9.30am – 10.30am</p> <p>Skincare & Makeup Workshop with Lucia via Zoom 12.30pm – 1.30pm</p> <p>Breast Care Nurse Private Consultation 2.30pm – 3.30pm</p>	<p>Tai Chi with Helen HYBRID 11am – 12noon</p> <p>Group Art Therapy with Jennie via Zoom 1.30pm – 2.30pm</p>	<p>Yarra's Edge Neighbourhood Day 12pm – 3pm</p>
27	28	29	30	1	2	3
<p>Pink Sisters Support Group for under 50s Christmas Celebration 12.30pm – 2.30pm</p>	<p>HOT Pink Sisters Support Group for women under 50 with metastatic breast cancer 1pm – 2.30pm</p> <p>Breast Care Nurse Private Consultation 2.30pm – 3.30pm</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Book Club via Zoom 1pm – 2pm</p> <p>Yoga with Robyn via Zoom 2.15pm – 3.30pm</p>	<p>Meditation with Maree via Zoom 10am – 11am</p> <p>Walking Group 11am – 12 noon</p> <p>Finance Workshop with Dishna via Zoom 12 noon – 1pm</p> <p>Metastatic Education Session 1.30pm – 2.30pm</p>			