

NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			<p>Forever Supporting Blokes Group via Zoom 6pm – 7pm</p> <p>Supporting Blokes Group via Zoom 7:30pm – 8:30pm</p>	<p>Massage - LIVE at TLC 10am – 1pm</p> <p>Aromatherapy - HYBRID 2pm – 3pm</p>	<p>Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.</p>	
5	6	7	8	9	10	11
	<p>Art Therapy with Carmen via Zoom 1:30pm – 2:30pm</p>	PUBLIC HOLIDAY	<p>Walking Group 11am – 12 noon</p>	<p>Zumba 11am – 12pm</p>	<p>Pilates with Erin via Zoom 10am – 11am</p>	
12	13	14	15	16	17	18
	<p>Pilates with Erin via Zoom 10am – 11am</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Fabulous Over 50's Support Group via Zoom 1pm – 2:30pm</p>	<p>Walking Group 11am – 12 noon</p> <p>Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm</p>	<p>Pink Sisters Support Group for women under 50 via Zoom 6pm – 8pm</p>	<p>Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.</p>	
19	20	21	22	23	24	25
	<p>Early Morning Pilates with Sophie via Zoom 8am – 9am</p> <p>Photo Shoots with Menaka LIVE at TLC 12:30pm – 4:00pm</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Yoga with Katie via Zoom 1pm – 2pm</p>	<p>Walking Group 11am – 12 noon</p>		<p>Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.</p>	
26	27	28	29	30		
	<p>Early Morning Pilates with Sophie via Zoom 8am – 9am</p> <p>HOT Pink Sisters (under 50) Support Group for women with metastatic breast cancer 1pm – 2.30pm</p>	<p>Reflexology with Monique via Zoom 11am – 12noon</p> <p>Yoga with Katie via Zoom 1pm – 2pm</p>	<p>Diet and Nutrition with Laura LIVE at TLC 11am – 12:00 noon</p> <p>Book Club via Zoom 1pm – 2:30pm</p>	<p>Day of Indulgence LIVE at TLC 9.30am – 2.30pm</p>		