

NOVEMBER 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Pilates with Sophie via Zoom 8.30am – 9.30am	2
	Breast Care Nurse Private Consultation via Zoom * By appointment Monday to Thursday where no classes are held.					
3	4 CLOSED PUBLIC HOLIDAY	5 CLOSED PUBLIC HOLIDAY	6 Forever Supporting Blokes Group via Zoom 6pm – 7pm Supporting Blokes Group via Zoom 7:30pm – 8:30pm	7 Massage - LIVE at TLC 10am – 1pm	8 Pilates with Sophie via Zoom 8.30am – 9.30am	9
10	11 Meditation with Monique via Zoom 12noon—1pm	12 Yoga with Claire via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11.30am – 12.30pm	13 Fabulous Over 50's Support Group with guest speaker via Zoom 1pm – 2:30pm	14 Pink Sisters Support Group—via Zoom 6pm – 8pm	15 Pilates with Sophie via Zoom 8.30am – 9.30am	16
17	18 Meditation with Monique via Zoom 12noon—1pm	19 Yoga with Claire via Zoom 9:30am – 10:30am Reflexology with Monique via Zoom 11.30am – 12.30pm	20 Hairdressing (by appointment only) LIVE at TLC 10am – 3.30pm Second Hope Support Group for women with metastatic breast cancer via Zoom 1pm – 2.30pm	21 Massage - LIVE at TLC 10am – 1pm	22 Pilates with Sophie via Zoom 8.30am – 9.30am	23
24	25	26	27	28 DAY OF INDULGENCE 9.30am – 2.30pm	29 Pilates with Sophie via Zoom 8.30am – 9.30am	30