

This Girl Can 2024 Urban

*** Indicates events which are open to all genders.

Join the movement from 10th November - 7th December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 From 9am: ***Doongal a Pony Club (byo horse), Montrose.	11 6:45pm: No Lights No Lycra, Brushy Creek Hall.	12 9.30am: Step & Connect Walk, Shop 16, The Terrace, Mooroolbark. 5.30pm: ***Club Training with Yarra Ranges Athletics. 6pm: ***Open training, Kilsyth Cricket Club.	13 10am: ***Walking group, Japara Neighbourhood House. 6.45pm: ***Come & try Tennis at Lilydale Tennis Club, Lilydale. 7pm: ***Soccer at Lilydale Montrose United, Montrose.	14 9.30am: Step & Connect Walk, Lilydale Neighbourhood House. 5.30pm: Step & Connect Walk, Lilydale Lake. 5.30pm: ***Club Training with Yarra Ranges Athletics. 6pm: ***Open training, Kilsyth Cricket Club.	15 6.45pm: ***Come & try Tennis at Lilydale Tennis Club, Lilydale.
17	18 1pm: Chair Yoga at Lilydale Lake Community Room. 6:45pm: No Lights No Lycra, Brushy Creek Hall.	19 9.30am: Step and Connect Walk, Shop 16, The Terrace, Mooroolbark. 5.30pm: ***Club Training with Yarra Ranges Athletics.	20 10am: ***Walking group, Japara Neighbourhood House. 7pm: ***Soccer at Lilydale Montrose United, Montrose.	21 9.30am: Step and Connect Walk, Lilydale Neighbourhood House. 5.30pm: Step and Connect Walk, Lilydale Lake. 5.30pm: ***Club Training with Yarra Ranges Athletics.	22
24 11am: ***Lilydale Junior Football Club, Lilydale.	25 6:45pm: No Lights No Lycra, Brushy Creek Hall.	26 9.30am: Step and Connect Walk, Shop 16, The Terrace, Mooroolbark. 5.30pm: ***Club Training with Yarra Ranges Athletics.	27 10am: ***Walking group, Japara Neighbourhood House.	28 9.30am: Step and Connect Walk, Lilydale Neighbourhood House. 5.30pm: Step and Connect Walk, Lilydale Lake. 5.30pm: ***Club Training with Yarra Ranges Athletics.	29
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- **Everyday:** Keep an eye out at Lilydale Lake for a scavenger hunt!
- **Mondays at 6:45 pm:** No Lights No Lycra at Brushy Creek Hall, Croydon North. \$8 per person. Register here: <https://www.trybooking.com/events/landing/1291036>
- **Monday, 18th November at 1 pm:** Chair Yoga with Abi at Lilydale Lake Community Room. Free. Register here: <https://www.trybooking.com/events/landing/1306343>
- **Tuesday mornings at 9:30 am:** Mooroolbark Step and Connect walking group from Shop 16, The Terrace, Mooroolbark. Free, no registration .
- **Tuesdays 5:30-7:30 pm:** *** Club Training with Yarra Ranges Athletics. Open to all ages. Marrison Reserve, Mount Evelyn.
- **Tuesday, 12th November at 6 pm until 7:30 pm:** *** Open training session at Kilsyth Cricket Club. 123 Liverpool Road, Kilsyth, 3137.
- **Wednesdays at 10 am:** Japara Bridge Social Walking Group, Kilsyth. Call Japara for more info: 9728 3587.
- **Wednesday, 13th November at 6:45-7:30 pm:** *** Come and try Tennis. All ages. Lilydale Tennis Club, Eyrefield Park, Hardy Street, Lilydale, 3140.
- **Wednesdays, 13th and 20th November from 7-8 pm:** *** Soccer for those aged 16-40 years. 95 Swansea Road, Montrose, 3765.
- **Thursday mornings at 9:30 am:** Lilydale Neighbourhood House Step and Connect walking group from Lilydale Community House, 7 Hardy Street, Lilydale. Free, no registration required.
- **Thursday evenings at 5:30 pm:** Lilydale Lake evening Step and Connect walking group from Lilydale Lake. Free, no registration required.
- **Thursdays 5:30-7:30 pm:** *** Club Training with Yarra Ranges Athletics. Open to all ages. Marrison Reserve, Mount Evelyn.
- **Thursday, 14th November at 6 pm until 7:30 pm:** *** Open training session at Kilsyth Cricket Club. 123 Liverpool Road, Kilsyth, 3137.
- **Sunday, 10th November from 9 am:** *** Come and try pony club. For ages 4 to 25 years. Own horse or pony is required. Contact Doongala Pony Club for more info.
- **Sunday, 24th November from 11 am to 12 pm:** Lilydale Junior Football Club for girls aged 7 to 16 years. The Gateway Reserve, 9 Gateway Reserve, Lilydale, 3140.

Email Health.Promotion@easternhealth.org.au for any enquiries regarding access requirements.

Please note: No Saturday events for the Urban area. Check out other areas for something to try!

