

JANUARY 2024 IN- PERSON ACTIVITY CALENDAR

New courses are shown in orange.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Oakleaf closed	2 No in-person activities	3 12:00 – 14:00 Watercolours (Oakleaf)	4 12:30 – 13:30 Karate (GURC) 13:00-15:00 Pottery (Farnham) 15:00-16:00 Football (Surrey Sports Park)	5 NO GUITAR 12:00- 13:00 Active Zone Gym (Guildford College) 13:30- 15:30 Wellbeing Café (Oakleaf)
8 14:00-15:00 Yoga (Well & Good, Godalming)	9 11:00- 11:50am Talk & Tips (Oakleaf)	10 10:30- 11:30 Walks for Hope (Oakleaf) 12:00 – 14:00 Watercolours (Oakleaf)	11 12:30 – 13:30 Karate (GURC) 13:00-15:00 Pottery (Farnham) 15:00-16:00 Football (Surrey Sports Park)	12 11:00- 12:00 Guitar (Oakleaf) 12:00- 13:00 Active Zone Gym (Guildford College) 13:30- 15:30 Wellbeing Café (Oakleaf)
15 11:00- 12:00 Mother Nature Circle (Oakleaf) 14:00-15:00 Yoga (Well & Good, Godalming)	16 11:00- 11:50am Talk & Tips (Oakleaf) 13:00-14:00 Building a good relationship with Food (Oakleaf) 14:30- 15:30 Yoga (Oakleaf)	17 10:30- 11:30 Walks for Hope (Oakleaf) 12:00 – 14:00 Watercolours (Oakleaf)	18 11:00-12:30 Healthy Eating on a Budget (Oakleaf) 12:30 – 13:30 Karate (GURC) 12:45-14:15 Grief & Loss (follow-up) 13:00-15:00 Pottery (Farnham) 14:00-16:00 Football (SSP)	19 11:00- 12:00 Guitar (Oakleaf) 12:00- 13:00 Active Zone Gym (Guildford College) 13:30- 15:30 Wellbeing Café (Oakleaf)
22 11:00- 12:00 Mother Nature Circle (Oakleaf) 14:00-15:00 Yoga (Well & Good, Godalming)	23 11:00- 11:50am Talk & Tips (Oakleaf) 13:00-14:00 Building a good relationship with Food (Oakleaf) 14:30- 15:30 Yoga (Oakleaf)	24 10:30- 11:30 Walks for Hope (Oakleaf) 12:00 – 14:00 Watercolours (Oakleaf)	25 11:00-12:30 Healthy Eating on a Budget (Oakleaf) 12:30 – 13:30 Karate (GURC) 13:00-15:00 Pottery (Farnham) 14:00-16:00 Football (Surrey Sports Park)	26 11:00- 12:00 Guitar (Oakleaf) 12:00- 13:00 Active Zone Gym (Guildford College) 13:30- 15:30 Wellbeing Café (Oakleaf)
29 11:00- 12:00 Mother Nature Circle (Oakleaf) 14:00-15:00 Yoga (Well & Good, Godalming)	30 11:00- 11:50am Talk & Tips (Oakleaf) (Last session) 13:00-14:00 Building a good relationship with Food (Oakleaf) 14:30- 15:30 Yoga (Oakleaf)	31 10:30- 11:30 Walks for Hope (Oakleaf)		

For any enquiries/or to register for an activity please contact Julie on 01483 303649 or email juliweeden@oakleaf-enterprise.org