

JANUARY 2024 ONLINE ACTIVITY CALENDAR

New courses are shown in orange.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Oakleaf closed	2 No online activities	3 No online activities	4 No online activities	5 No online activities
8 12:45-13:45 Fitness with Liane 15:30-16:45 Art with Calypso	9 No online activities	10 No online activities	11 9:20 –10:10 Pilates 11:00-12:00 Check-in & Chat 15:00-16:00 Mindfulness	12 15:00-16:00 Positivity Hour 16:00-17:30 Navigating New Year Stress
15 12:45-13:45 Fitness with Liane 14:30-15:30 Support Group 15:30-16:45 Art with Calypso	16 16:00-17:00 Craft & Chat	17 11:00-12:00 Healthy boundaries 15:00-16:00 Wildlife	18 9:20 –10:10 Pilates 11:00-12:00 Check-in & Chat 15:00-16:00 Mindfulness	19 15:00-16:00 Positivity Hour
22 12:45-13:45 Fitness with Liane 14:30-15:30 Support Group 15:30-16:45 Art with Calypso	23 16:00-17:00 Craft & Chat	24 11:00-12:00 Healthy boundaries	25 9:20 –10:10 Pilates 11:00-12:00 Check-in & Chat (Last session) 15:00-16:00 Mindfulness	26 15:00-16:00 Positivity Hour
29 12:45-13:45 Fitness with Liane 14:30-15:30 Support Group 15:30-16:45 Art with Calypso	30 16:00-17:00 Craft & Chat	31 11:00-12:00 Healthy boundaries		

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