

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>09:00-13:00 Advice &amp; Support  14:00-15:30 Relaxation Meditation  15:00-16:00 Yoga for all (GURC)</p>	<p><b>2</b></p> <p>11:00-12:30 Healthy Eating on a Budget (Bramley Village Hall)  12:00-13:30 The Crafty Collective  13:45:14:45 Pilates (Well &amp; Good, Godalming)  19:00-20:00 Communication &amp; Assertiveness (online)</p>	<p><b>3</b></p> <p>10:00-12:00 Wellbeing Brunch Cafe  10:30-11:30 Mixed Media Still Life Collage (Rowley's Centre for the Community, Cranleigh)  12:30-13:30 Karate for Beginners (GURC)  14:00-15:00 Table Tennis  15:00-16:00 Football (Surrey Sports Park)  <b>NEW PLAYERS ALWAYS WELCOME</b></p>	<p><b>4</b></p> <p><b>OAKLEAF CLOSED FROM 8AM-12PM</b></p> <p>12:00-13:00 ActivZone Gym (Guildford College)  14:00-15:00 Financial stress  14:00-15:00 Feel Good Friday (online)</p>
<p><b>7</b></p> <p>09:30-10:30 Mental Health Management (Wilfred Noyce, Godalming)  11:00-12:00 Men's Monday  14:00-15:00 Chair Pilates (online)  16:00-17:15 Art Journalling (online)</p>	<p><b>8</b></p> <p>09:00-13:00 Advice &amp; Support  15:00-16:00 Yoga for all (GURC)</p>	<p><b>9</b></p> <p>11:00-12:30 Healthy Eating on a Budget (Bramley Village Hall) (Last session)  12:00-13:30 The Crafty Collective  13:45:14:45 Pilates (Well &amp; Good, Godalming)  19:00-20:00 Communication &amp; Assertiveness (online)</p>	<p><b>10</b></p> <p>10:00-12:00 Wellbeing Brunch Cafe  10:30-11:30 Mixed Media Still Life Collage (Rowley's Centre for the Community, Cranleigh)  12:30-13:30 Karate for Beginners (GURC)  14:00-15:00 Table Tennis  15:00-16:00 Football (Surrey Sports Park)</p>	<p><b>11</b></p> <p>12:00-13:00 ActivZone Gym (Guildford College)  14:00-15:00 Financial Stress (Last Session)  14:00-15:00 Feel Good Friday (online)</p>
<p><b>14</b></p> <p>09:30-10:30 Mental Health Management (Wilfred Noyce, Godalming)  11:00-12:00 Men's Monday  14:00-15:00 Chair Pilates (online)  16:00-17:15 Art Journalling (online)</p>	<p><b>15</b></p> <p>09:00-13:00 Advice &amp; Support  14:00-15:30 Halloween Craftacular!  15:00-16:00 Yoga for all (GURC)</p>	<p><b>16</b></p> <p>11:00-12:30 Managing Stress &amp; Anxiety (Bramley Village Hall)  12:00-13:30 The Crafty Collective  13:45:14:45 Pilates (Well &amp; Good, Godalming)  19:00-20:00 Communication &amp; Assertiveness (online)</p>	<p><b>17</b></p> <p>10:00-12:00 Wellbeing Brunch Cafe  10:30-11:30 Mixed Media Still Life Collage (Rowley's Centre for the Community, Cranleigh)  12:30-13:30 Karate for Beginners (GURC)  14:00-15:00 Table Tennis  15:00-16:00 Football (Surrey Sports Park)</p>	<p><b>18</b></p> <p>10:30-12:00 Autumn Pumpkin Arrangement  12:00-13:00 ActivZone Gym (Guildford College)  14:00-15:00 Feel Good Friday (online)</p>
<p><b>21</b></p> <p>09:30-10:30 Mental Health Management (Wilfred Noyce, Godalming) (Last session)  11:00-12:00 Men's Monday  14:00-15:00 Chair Pilates (online)  16:00-17:15 Art Journalling (online) (Last session)</p>	<p><b>22</b></p> <p>09:00-13:00 Advice &amp; Support  15:00-16:00 Yoga for all (GURC)  18:00-19:00 Mindfulness (online)</p>	<p><b>23</b></p> <p>11:00-12:30 Managing Stress &amp; Anxiety (Bramley Village Hall)  12:00-13:30 The Crafty Collective  13:45:14:45 Pilates (Well &amp; Good, Godalming) (Last Session)  19:00-20:00 Communication &amp; Assertiveness (online)</p>	<p><b>24</b></p> <p>10:00-12:00 Wellbeing Brunch Cafe  10:30-11:30 Mixed Media Still Life Collage (Rowley's Centre for the Community, Cranleigh) (Last session)  12:30-13:30 Karate for Beginners (GURC)  14:00-15:00 Table Tennis  15:00-16:00 Football (Surrey Sports Park)</p>	<p><b>25</b></p> <p>12:00-13:00 ActivZone Gym (Guildford College)  14:00-15:00 Feel Good Friday (online)</p>
<p><b>28</b></p> <p>11:00-12:00 Men's Monday  14:00-15:00 Chair Pilates (online)  16:00-17:15 Art with Calypso (online)</p>	<p><b>29</b></p> <p>09:00-13:00 Advice &amp; Support  15:00-16:00 Yoga for all (GURC)  18:00-19:00 Mindfulness (online)</p>	<p><b>30</b></p> <p>11:00-12:30 Managing Stress &amp; Anxiety (Bramley Village Hall)  12:00-13:30 The Crafty Collective  19:00-20:00 Communication &amp; Assertiveness (online) (Last session)</p> <p><b>NO PILATES TODAY</b></p>	<p><b>31</b></p> <p>10:00-12:00 Wellbeing Brunch Cafe  12:30-13:30 Karate for Beginners (GURC)  14:00-15:00 Table Tennis (Last session)  15:00-16:00 Football (Surrey Sports Park)</p>	