

# November 2024 WELLBEING ACTIVITIES CALENDAR

ALL ACTIVITIES ARE AT OAKLEAF UNLESS STATED - NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online)
<b>4</b> 10:30-11:30 Men's Monday (Last session) 14:00-15:00 Chair Pilates(online) 16:00-17:15 Art with Calypso (online)	<b>5</b> 09:00-13:00 Advice & Support 12:30-13:30 <b>Creative Writing</b> 15:00-16:00 Yoga for All (GURC) 18:00-19:00 Mindfulness (online)	<b>6</b> 11:00-12:30 Managing Stress & Anxiety (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming) 19:00-20:00 Communication & Assertiveness (online)(Last session)	<b>7</b> 10:00-12:00 Wellbeing Brunch Cafe 10:30-11:30 <b>Watercolour Illustrations (Rowley's Centre for the Community, Cranleigh)</b> 12:30-13:30 Karate for Beginners 15:00-16:00 Football (Surrey Sports Park)	<b>8</b> 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)
<b>11</b> 14:00-15:00 Chair Pilates (online) 16:00-17:15 Art with Calypso (online)	<b>12</b> 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC) 18:00-19:00 Mindfulness (online)	<b>13</b> 11:00-12:30 Managing Stress & Anxiety (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)	<b>14</b> 10:00-12:00 Wellbeing Brunch Cafe 10:30-11:30 Watercolour Illustrations (Rowley's Centre for the Community, Cranleigh) 12:30-13:30 Karate for Beginners (Last session) 14:00-15:00 <b>Naturally Creative: Bird Box Building</b>	<b>15</b> 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)
<b>18</b> 11:00-13:30 <b>Working with a Growth Mindset and Strengths</b> 14:00-15:00 Chair Pilates(online) 16:00-17:15 Art with Calypso (online)	<b>19</b> 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC) 18:00-19:00 Mindfulness (online)	<b>20</b> 11:00-12:30 Managing Stress & Anxiety (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)	<b>21</b> 10:00-12:00 Wellbeing Brunch Cafe 10:30-11:30 Watercolour Illustrations (Rowley's Centre for the Community, Cranleigh) 15:00-16:00 Football (Surrey Sports Park)	<b>22</b> 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)
<b>25</b> 14:00-15:30 <b>Paper to Petal: Christmas Tree Creation (Wilfred Noyce, Godalming)</b> 14:00-15:00 Chair Pilates(online) 16:00-17:15 Art with Calypso (online)	<b>26</b> 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC) 18:00-19:00 Mindfulness (online)	<b>27</b> 11:00-12:30 Managing Stress & Anxiety (Bramley Village Hall) 12:00-13:30 The Crafty Collective 13:45-14:45 Pilates (Well & Good, Godalming)	<b>28</b> 10:00-12:00 Wellbeing Brunch Cafe 10:30-11:30 Watercolour Illustrations (Rowley's Centre for the Community, Cranleigh) 15:00-16:00 Football (Surrey Sports Park)	<b>29</b> 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)