

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
				1 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday (online)
4 10:30-11:30 Men's Monday (Last session) 14:00-15:00 Chair Pilates(online) 16:00-17:15 Art with Calypso (online)	5 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC)	6 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)	7 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 15:00-16:00 Football (Surrey Sports Park)	8 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)
11 14:00-15:00 Chair Pilates (online) 16:00-17:15 Art with Calypso (online)	12 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC)	13 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)	14 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 Naturally Creative: Bird Box Building	15 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)
18 11:00-13:30 Working with a Growth Mindset and Strengths 14:00-15:00 Chair Pilates(online) 16:00-17:15 Art with Calypso (online)	19 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC)	20 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)	21 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)	22 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)
25 14:00-15:30 Paper to Petal: Christmas Tree Creation (Wilfred Noyce, Godalming) 14:00-15:00 Chair Pilates(online) 16:00-17:15 Art with Calypso (online)	26 09:00-13:00 Advice & Support 12:30-13:30 Creative Writing 15:00-16:00 Yoga for All (GURC)	27 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)	28 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)	29 12:00-13:00 ActivZone Gym (Guildford College) 14:00-15:00 Feel Good Friday(online)

For all enquiries or to register for an activity please email sophieclark@oakleaf-enterprise.org or call 01483 303649