

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Drawing with Claire (Rowley's Centre for the Community, Cranleigh) 13:00-14:00 Inclusive Women's Group (Well & Good, Godalming)	2 12:00-13:00 ActivZone Gym (Guildford College)
5 OAKLEAF CLOSED BANK HOLIDAY	6 10:00-12:00 Advice & Support 11:30-13:00 Crochet & Chat 13:00-14:00 Mindful Moments (online) 15:00-16:00 Pilates (GURC)	7 12:00-13:30 The Crafty Collective 14:00-15:30 Supporting Health: Happy Gut, Happy Mind 13:45-14:45 Yoga for All (Well & Good, Godalming) 19:30-20:30 Communication & Assertiveness (online)	8 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Drawing with Claire (Rowley's Centre for the Community, Cranleigh) 13:30-14:30 Inclusive Women's Group (Well & Good, Godalming)	9 12:00-13:00 ActivZone Gym (Guildford College)
12 14:00-15:00 Chair Pilates (online) 16:00-17:15 Embracing Play & Freedom in Art (online)	13 10:00-12:00 Advice & Support 10:30-15:00 Nature Wellness: RHS Garden Wisley Trip 11:30-13:00 Crochet & Chat 13:00-14:00 Mindful Moments (online) (Last session) 15:00-16:00 Pilates (GURC)	14 12:00-13:30 The Crafty Collective 13:45-14:45 Yoga for All (Well & Good, Godalming) 19:30-20:30 Communication & Assertiveness (online)	15 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Drawing with Claire (Rowley's Centre for the Community, Cranleigh) 13:00-14:00 Inclusive Women's Group (Well & Good, Godalming)	16 12:00-13:00 ActivZone Gym (Guildford College)
19 10:30-12:00 Therapy Dog Nationwide Visit 14:00-15:00 Chair Pilates (online) 16:00-17:15 Embracing Play & Freedom in Art (online)	20 10:00-12:00 Advice & Support 11:30-13:00 Crochet & Chat 13:30-15:00 Godalming Goat Yoga Trip 15:00-16:00 Pilates (GURC)	21 12:30-13:30 Mind & Mobility (Well & Good, Godalming) 12:00-13:30 The Crafty Collective 13:45-14:45 Yoga for All (Well & Good, Godalming) 19:30-20:30 Communication & Assertiveness (online)	22 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Drawing with Claire (Rowley's Centre for the Community, Cranleigh) 13:00-14:00 Inclusive Women's Group (Well & Good, Godalming)	23 12:00-13:00 ActivZone Gym (Guildford College)
26 OAKLEAF CLOSED BANK HOLIDAY	27 10:00-12:00 Advice & Support 11:30-13:00 Crochet & Chat 15:00-16:00 Pilates (GURC)	28 12:30-13:30 Mind & Mobility (Well & Good, Godalming) 12:00-13:30 The Crafty Collective 13:45-14:45 Yoga for All (Well & Good, Godalming) NO COMMUNICATION & ASSERTIVENESS TODAY	29 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Drawing with Claire (Rowley's Centre for the Community, Cranleigh) 12:30-14:00 Fresh Spring Flower Arranging (Wilfred Noyce, Godalming) 13:00-14:00 Inclusive Women's Group (Well & Good, Godalming)	30 12:00-13:00 ActivZone Gym (Guildford College)

