

September 2025 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 12:30-13.30 Positivity Hour (online) 14:00-15:00 Chair Pilates (online) 16:00-17:15 Nature Art for Wellbeing (online)	2 15:00-16:00 Pilates (GURC)	3 12:00-13:30 The Crafty Collective 12:30-13:30 Pilates (Well & Good, Godalming) 13.45-14:45 Yoga for All (Well & Good, Godalming)	4 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Karate (GURC) (Last session)	5 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College)
8 12:30-13.30 Positivity Hour (online) 14:00-15:00 Chair Pilates (online) 16:00-17:15 Nature Art for Wellbeing (online)	9 12:00-13:30 Colour of You `Art` (Wilfred Noyce, Godalming) 15:00-16:00 Pilates (GURC)	10 12:30-15:00 CLIENT SUMMER PARTY No The Crafty Collective No Yoga No Pilates 19:30-20:30 Stress, Sleep, Anxiety Management (Online)	11 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Art Journaling (Rowley - Waverley Suite) 12:30-13:30 Taiso (GURC)	12 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College)
15 12:30-13.30 Positivity Hour (online) (last session) 14:00-15:00 Chair Pilates (online) (Last session) 16:00-17:15 Nature Art for Wellbeing (online)	16 12:00-13.30 Colour of You `Art` (Wilfred Noyce, Godalming) 12:30-13:30 Anger Management (Online) 15:00-16:00 Pilates (GURC)	17 12:00-13:30 The Crafty Collective 12:30-13:30 Pilates (Well & Good, Godalming) (Last session) 13.45-14:45 Yoga for All (Well & Good, Godalming) 19:30-20:30 Stress, Sleep, Anxiety Management (Online)	18 10:00-12:00 Wellbeing Brunch Café 10:30-11:30 Art Journaling (Rowley - Waverley Suite) 12:30-13:30 Taiso (GURC)	19 10:30-11:30 Crochet & Chat/Poppy project 12:00-13:00 ActivZone Gym (Guildford College) 18:00-19:00 LGBTQ + Peer Support Group (online)
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