

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 11:00-12:00 Managing Stress/Anxiety 14:00-15:00 Chair Pilates (Online) 16:00-17:15 Painting Autumn Landscapes (Online)	<b>4</b> 12:30-13:30 Anger Management (Online) (Last Session) 14:00-15:00 Creative Writing	<b>5</b> 12:00-13:30 The Crafty Collection <b>No Stress, Sleep, Anxiety Management</b>	<b>6</b> 10:00-12:00 Wellbeing Brunch Café 15:30-16:30 Oakleaf Christmas Choir	<b>7</b> 10:30-11:30 Crochet & Chat/Poppy project 12:30-13:30 Positivity Hour (Online) 18:00-19:00 LGBTQ + Peer Support Group (online)
<b>10</b> 11:00-12:00 Managing Stress and Anxiety (Last session) 14:00-15:00 Chair Pilates (Online) 16:00-17:15 Painting Autumn Landscapes (Online) (Last Session)	<b>11</b> 14:00-15:00 Creative Writing	<b>12</b> 12:00-13:30 The Crafty Collection 14:30-15:30 Puzzle Club; Calm Your Mind 1930-20:30 Stress, Sleep, Anxiety Management (Online)	<b>13</b> 10:00-12:00 Wellbeing Brunch Café 14:00-15:30 LGBTQ Meet Up Café 15:30-16:30 Oakleaf Christmas Choir	<b>14</b> 12:30-13:30 Positivity Hour (Online) 18:00-19:00 LGBTQ + Peer Support Group (Online)
<b>17</b> 10:00-11:00 Table Tennis Social 14:00-15:00 Chair Pilates (Online) 16:00-17:15 Between Light and Dark: A Creative Wellbeing Course (Online)	<b>18</b> 14:00-15:00 Creative Writing	<b>19</b> 12:00-13:30 The Crafty Collection (Last Session) 14:30-15:30 Puzzle Club; Calm Your Mind 1930-20:30 Stress, Sleep, Anxiety Management (Online)	<b>20</b> <b>No Wellbeing Brunch Café</b> <b>NO Oakleaf Christmas Choir</b>	<b>21</b> 12:30-13:30 Positivity Hour (Online) 14:00-16:00 Understanding Anger: From Fire to Fuel- Workshop with Russel 18:00-19:00 LGBTQ + Peer Support Group (online)
<b>24</b> 10:00-11:00 Table Tennis Social 14:00-15:00 Chair Pilates (Online) 16:00-17:15 Between Light and Dark: A Creative Wellbeing Course (Online)	<b>25</b> 14:00-15:00 Creative Writing (Last Session) 16:30-18:30 Kickstart/Nutrition Session + Group Session (SSP, Active Wellbeing Suit)	<b>26</b> 14:30-15:30 Puzzle Club; Calm Your Mind 1930-20:30 Stress, Sleep, Anxiety Management (Online) (Last Session)	<b>27</b> 10:00-12:00 Wellbeing Brunch Café 15:30-16:30 Oakleaf Christmas Choir	<b>28</b> 12:30-13:30 Positivity Hour (Online) 14:00-16:00 The Art of Repair: Healing Relationship Ruptures 18:00-19:00 LGBTQ + Peer Support Group (online)

# November 2025 WELLBEING ACTIVITIES CALENDAR

PAGE 2 ACTIVITIES ARE ONLINE AND AT WAVERLEY

NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b> 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming) 15:00-16:00 Pilates with Julie (GURC) 16:30-18:30 Kickstart/Nutrition Session + Group Session (SSP, Active Wellbeing Suit)	<b>5</b> 13.45-14:45 Yoga for All (Well & Good, Godalming) <b>No Stress, Sleep, Anxiety Management</b>	<b>6</b> 10:30-11:30 Learn to Draw in a Friendly Space (Rowley -Waverley Suite) 12:30-13:30 Taizo (GURC) 14:00-15:00 Dynamic Yoga (Well & Good, Godalming) 15:00-15:30 Meditation (Well & Good, Godalming) 15:30-16:30 Head Massage (Well & Good, Godalming)	<b>7</b> 12:00-13:00 ActivZone Gym (Guildford College)
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GURC=Guildford United Reformed Church SSP=Surrey Sport Park