

December 2025 WELLBEING ACTIVITIES CALENDAR

ACTIVITIES ONLINE AND IN GUILFORD - NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00-11:00 Table Tennis Social 13:00-14:00 Kickstart One-to-one (Oakleaf) (Last Session) 14:00-15:00 Chair Pilates (Online) 16:00-17:15 Between Light and Dark: A Creative Wellbeing Course (Online)	2 15:00-16:00 Pilates with Julie (GURC)	3 14:30-15:30 Puzzle Club; Calm Your Mind 18:30-19:30 Oakleaf Christmas Carol (Holy Trinity Church-Guildford) (Arrival: 17:30)	4 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (GURC)	5 12:00-13:00 ActivZone Gym (Guildford College) 12:30-13:30 Positivity Hour (Online) 18:00-19:00 LGBTQ + Peer Support Group (online)
8 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)	9 15:00-16:00 Pilates with Julie (GURC) (Last Session) 14:00-16:00 Festive Peer Support with Russell	10 14:30-15:30 Puzzle Club; Calm Your Mind	11 10:00-12:00 Wellbeing Brunch Café 12:30-13:30 Taiso (GURC) 14:00-15:30 LGBTQ Meet Up Café	12 12:00-13:00 ActivZone Gym (Guildford College) 12:30-13:30 Positivity Hour (Online) 18:00-19:00 LGBTQ + Peer Support Group (online)
15 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)	16 11:00-12:00 Focus Group with Annalise	17 14:30-15:30 Puzzle Club; Calm Your Mind	18 13:00-15:30 Client's Christmas Party No Other Activities Today	19 12:00-13:00 ActivZone Gym (Guildford College) 12:30-13:30 Positivity Hour (Online) 16:00-17:30 Coping with Christmas with Calypso (Online) 18:00-19:00 LGBTQ + Peer Support Group (online)
22 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)	23 Office Open-Last Day	24 Office Closed	25 Office Closed	26 Office Closed
29 Office Closed	30 Office Closed	31 Office Closed		

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ACTIVITIES IN WAVERLEY - NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 12:15-13:45 Colour of You `Art` (Wilfred Noyce, Godalming)(Last Session)	3 13.45-14:45 Yoga for All (Well & Good, Godalming)	4 10:30-11:30 Learn to Draw in a Friendly Space (Rowley -Waverley Suite) 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)	5
8	9	10 13.45-14:45 Yoga for All (Well & Good, Godalming)(Last Session)	11 10:30-11:30 Learn to Draw in a Friendly Space (Rowley -Waverley Suite) 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)	12
15	16	17	18 10:30-11:30 Learn to Draw in a Friendly Space (Rowley -Waverley Suite) No Other Activities Today	19
22	23 Office Open-Last Day	24 Office Closed	25 Office Closed	26 Office Closed
29 Office Closed	30 Office Closed	31 Office Closed		

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