November 2026 WELLBEING ACTIVITIES CALENDAR

ACTIVITIES ONLINE AND AT OAKLEAF IN GUILDFORD - NEW ACTIVITIES STARTING THIS MONTH ARE SHOWN IN BLUE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Positivity Hour (Online) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online)	**3** 11:00-13:00 Job Club 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room) 15:00-16:00 Table Tennis Club (Oakleaf/Training Room)	***4*** 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 13:30-15:00 Peer-Led Support and Guidance Group (Safe Haven) 15:45-16:45 Oakleaf Choir (Oakleaf/ Upholstery) 18:30-20:00 The Holding Space (Oakleaf/Training Room)	**5** 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church) 17:30-18:30 Evening Meditation (Online)	**6** 10:30-11:30 Express Yourself Through Sketching (Oakleaf/Upholstery) **12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym)** 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
9 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 13:00-14:00 Positivity Hour (Online) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online)	**10** **10:00-11:00 Anxiety Management (Online)** 11:00-13:00 Job Club 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room) 15:00-16:00 Table Tennis Club (Oakleaf/Training Room)	**11** 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) **13:30-14:30 Peer-Led Mutual Support Group for Chronic Pain (Safe Haven)** 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) **No Holding Space Session**	**12** 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church)	**13** 10:30-11:30 Express Yourself Through Sketching with Andrew (Oakleaf/Upholstery) 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
16 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online) **18:00-19:00 Sleep Management (Online)**	**17** 10:00-11:00 Anxiety Management (Online) 11:00-13:00 Job Club 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room) 15:00-16:00 Table Tennis Club (Oakleaf/Training Room)	**18** 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) **10:30-11:30 Coping with Grief** (Oakleaf/Training Room) 13:30-14:30 Peer-Led Mutual Support Group for Chronic Pain (Safe Haven) 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) 18:30-20:00 The Holding Space (Oakleaf/ Training Room)	**19** 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) **11:00-13:00 Free Health MOT (Oakleaf/Training Room)** 12:30-13:30 Martial Movement (Guildford United Reformed Church)	**20** 10:30-11:30 Express Yourself Through Sketching with Andrew (Oakleaf/Upholstery) 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
23 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 14:30-15:30 Strong at Home (Online) 16:00-17:15 Finding Beauty in Ordinary Art Group (Online) (Last Session) 18:00-19:00 Sleep Management (Online)	**24** 10:00-11:00 Anxiety Management (Online) 11:00-13:00 Job Club 13:00-15:00 Tabletop Gaming Club (Oakleaf/Training Room) 15:00-16:00 Table Tennis Club (Oakleaf/Training Room)	**25** 12:00-13:30 The Crafty Collective (Oakleaf/Upholstery) 10:30-11:30 Coping with Grief (Oakleaf/Training Room) 13:30-14:30 Peer-Led Mutual Support Group for Chronic Pain (Safe Haven) 15:45-16:45 Oakleaf Choir (Oakleaf/Upholstery) 18:30-20:00 The Holding Space (Oakleaf/ Training Room)	**26** 10:00-12:00 Wellbeing Brunch Café (Oakleaf/Safe Haven) 12:30-13:30 Martial Movement (Guildford United Reformed Church)	**27** 10:30-11:30 Express Yourself Through Sketching (Oakleaf/Upholstery) 12:00-13:00 Bodyweight Fitness Circuit (Guildford College Gym) **18:00-19:30 Women's Wellbeing Evening (Online)** 18:00-22:00 Open Door 18-30(Oakleaf/Training Room)
30 11:00-12:00 Yoga with Jim (Surrey Sport Park-Active Wellbeing Suite) 14:30-15:30 Strong at Home (Online) **16:00-17:15 Creative Winter Moments (Online)** 18:00-19:00 Sleep Management (Online)				

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

Safe Haven is open every day 18:00-23:00

November 2026 WELLBEING ACTIVITIES CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	**3** 11:15-13:15 Colour of You Art (Godalming, Wilfrid-Noyce, Oglethorpe Room)	**4** **13:45-14:45 Yin & Yang Yoga (Godalming, Well & Good Fitness Centre)**	**5** 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfrid-Noyce, Oglethorpe Room)	**6** 13.45-14.45 Growing Confidence (Godalming/Well&Good Fitness Centre)
9	**10** 11:15-13:15 Colour of You Art (Godalming, Wilfrid-Noyce, Oglethorpe Room)	**11** 13:45-14:45 Yin & Yang Yoga (Godalming, Well & Good Fitness Centre)	**12** 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfrid-Noyce, Oglethorpe Room)	**13** **11:00-12:00 Trauma Awareness Course (Godalming, Wilfrid-Noyce, Oglethorpe Room)** 13.45-14.45 Growing Confidence (Godalming/Well&Good Fitness Centre)
16 **14:30-15:30 Creative Writing (Godalming, Wilfrid-Noyce, Oglethorpe Room)**	**17** 11:15-13:15 Colour of You Art (Godalming, Wilfrid-Noyce, Oglethorpe Room)	**18** 13:45-14:45 Yin & Yang Yoga (Godalming, Well & Good Fitness Centre)	**19** 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfrid-Noyce, Oglethorpe Room)	**20** 11:00-12:00 Trauma Awareness Course (Godalming, Wilfrid-Noyce, Oglethorpe Room) 13.45-14.45 Growing Confidence (Godalming/Well&Good Fitness Centre)
23 14:30-15:30 Creative Writing (Godalming, Wilfrid-Noyce, Oglethorpe Room)	**24** 11:15-13:15 Colour of You Art (Godalming, Wilfrid-Noyce, Oglethorpe Room)	**25** 13:45-14:45 Yin & Yang Yoga (Godalming, Well & Good Fitness Centre)	**26** 11:00-12:00 Boxfit (Godalming/Well&Good Fitness Centre) 14:00-15:00 Managing Thoughts and Emotions Workshop (Godalming/Wilfrid-Noyce, Oglethorpe Room)	**27** 11:00-12:00 Trauma Awareness Course (Godalming, Wilfrid-Noyce, Oglethorpe Room) 13.45-14.45 Growing Confidence (Godalming/Well&Good Fitness Centre)
30 14:30-15:30 Creative Writing (Godalming, Wilfrid-Noyce, Oglethorpe Room)				

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