## **TOTAL WELLNESS CLUB ACTIVITIES**



## November 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NATIONAL NATIVE AMERICAN		TW Friends of Hope 11:00 am In-Person at Central County, San Mateo	Movie Matinee	
Wing.		HEF	NOVEMBER	1	True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City	12:00 pm In-Person at Burlingam <u>e</u>
	4	5 == ELECTION DAY	6 Virtual Drop-In Hours	7 Total Wellness Online 11:00	TWFriends of Hope 11:00 am In-Person at Central County, San Mateo	Movie Matinee 12:00 pm In-Person at Burlingame
	Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame	Art for Wellness Zentangles 11:00 am -12:30 pm	10:00 am - 11:00 am  https://ust06web.com.us/10270470537ust-0-UNN80p1413PN  TW Friends of Hope 11:00 am  In-Person at Central County, San Mateo	BINGO 1:00 pm In-Person at Burlingame		
		In-Person at Burlingame		Mindful Movement 2:00 pm In-Person at Burlingame <b>0R</b> Virtually:	True Hope Movie Night	
	4:00 - 5:30 pm Virtual Meeting via Zoom https://us06web.acom.us/127706/17657pus-0UNNR0p1MIFNS VideNoPries yetzwiczon	Family Member Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom https://w06web.zoom.u/(9272047567)wd=CUMNR0p1M1FNSUMEN 5676.27vd:mi2:69	TW True Hope 11:30 am In-Person at North County, Daly City	https://wof6web.zoomus/1/82/206473657zood=OUNNROQAMIFNSUMEN  Alternatives to Suicide Adults 3:30 pm  Virtual Meeting via Zoom  https://wof6web.zoomus/1/82/206473657zood=OUNNROQAMIFNSUMEN  JMENEZ/Exam2009		
0	11 NO ACTIVITIES  ETERANS  DAY	Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	13 Virtual Drop-In Hours 10:00 am – 11:00 am  https://ud/feeb.poom.ut/(12/27/06/7955/pod-0/UNNINOp1M1PN SMERNAMPOS/pvd-wized9	14 Total Wellness Online 11:00	TW Friends of Hope 11:00 am In-Person at Central County, San Mateo  True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City	Youth/Young Adult Alternatives to Suicit 9:00 – 10:30 am Virtual Meeting via Zoom https://w00feets.com.us/1/82726475657baddet MITHSSSBMANTAYAKANZA99
				MPN2Fychwdzu09 BINGO 1:00 pm In-Person at Burlingame		
			TW Friends of Hope 11:00 am In-Person at Central County, San Mateo	Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://w06/web.zoomus/j/82720497567pwd-0UNNR0p1M1FNSUdEN MPNZPYCEW/Z09		
			TW True Hope 11:30 am In-Person at North County, Daly City	Hearing Voices Support Group 3:30 pm Virtual Meeting via Zoom https://us00web.zoom.bi/1027206475697yed=CURRINGp1M1FNSU4EN		
	18	1-12:00 pm at Burlingame  Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame  5:30 pm ting via Zoom	20 Virtual Drop-In Hours 10:00 am – 11:00 am  https://w00web.acom.ur//02726475557pod-000000001817N	21 Total Wellness Online 11:00 https://us06web.zoom.us/1/927206/7567pwd=QUNNRQp1M1FNSUSEN	TW Friends of Hope 11:00 am	Movie Matinee 12:00 pm In-Person at Burlingame
	Photography for Wellness 11:00 am – 12:00 pm			BINGO 1:00 pm In-Person at Burlingame		
	In-Person at Burlingame  WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom https://w006web.zoom.us/i/i82206473657pusd=CMNNR0p1M1PNSM4 ENGPLEPV.Exer209		TW Friends of Hope 11:00 am In-Person at Central County, San Mateo	Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually:		
			TW True Hope 11:30 am In-Person at North County, Daly City	https://us06web.zoom.us/j/827206475652pwd=QUNNRQp1M1FNSUdEN MPN2FycEx	True Hope Movie Night - 3:00 pm — 7:00 pm In-Person at North County, Daly City	
				Alternatives to Suicide Adults 3:30 pm In-Person at Burlingame		
	25	26	27 Virtual Drop-In Hours 10:00 am – 11:00 am	28 NO ACTIVITIES	29 NO ACTIVITIES	<b>30</b> NO ACTIVITIE
	Photography for Wellness 11:00 am – 12:00 pm In-Person at Burlingame	Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	10::00 am - 11::00 am  https://uu00ewb.zoom.us/j/827206475657pwd-OUNNR0p1M1FN SMERNOPX2-pcfxw/Zc02  TW Friends of Hope 11:00 am	HAPPY	Heart & Soul Holiday	Heart & Soul Holiday
	WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom		In-Person at Central County, San Mateo  TW True Hope 11:30 am In-Person at North County, Daly City			



## Heart & Soul Offers In-Person and Virtual Community Wellness Activities, Support Groups, and Events in Burlingame, Daly City, and San Mateo.

Our activities are free of charge and are open to all residents of San Mateo County.

For information & updates, visit our website: www.heartandsoulinc.org

Community Drop-In Center: 1633 Old Bayshore Hwy, Suite 160 • Burlingame, CA 94010



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MONDAY	WEEKLY Photography for Wellness 11:00 am - 12:00 pm In-Person at Burlingame Community Drop-In Center WEEKLY WRAP Support Group 4:00 – 5:30 pm Virtual Group via Zoom					
	https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09 Meeting ID: 827 2064 7565					
TUESDAY	WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame Community Drop-In Center					
	1st Tuesday Family Member Support Circle 12:30 – 2:00 pm Virtual Group <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09</a> Meeting ID: 827 2064 7565					
WEDNESDAY	WEEKLY Virtual Drop-In Hours 10:00 am - 11:00 am <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565					
	WEEKLY Total Wellness Friends of Hope 11:00 am – 2:00 pm In-Person at Central County, San Mateo Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403					
	WEEKLY Total Wellness True Hope 11:30 am - 2:00 pm In-Person at North County, Daly City North County Clinic, 375 89th Avenue. Daly City, 94015					
THURSDAY	WEEKLY Total Wellness Online 11:00 https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09 MeetingID: 827 2064 7565					
	WEEKLY BINGO 1:00 pm In-Person at Burlingame Community Drop-In Center					
	WEEKLY Mindful Movement 2:00 pm In-Person at Burlingame OR Virtual Group via Zoom:  https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09 Meeting ID: 827 2064 7565					
	1st Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group & 3rd Thursdays In-Person at Burlingame Community Drop-In Centernatives://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENklPN2FycExwZz09 Meeting ID: 827 2064 7565					
	2 <sup>nd</sup> Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group <a href="https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09">https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09</a> Meeting ID: 827 2064 7565					
FRIDAY	WEEKLY Total Wellness Friends of Hope 11:00 am In-Person at Central County, San Mateo Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403					
	WEEKLY True Hope Movie Night 3:00 pm — 7:00 pm In-Person at North County, Daly City North County Clinic, 375 89th Avenue. Daly City, 94015					
SATURDAY	3 <sup>RD</sup> Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group  https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565					
	1st, 2nd and 4th Saturday Matinee Movie 12:00 – 3:00 pm In-Person at Burlingame Community Drop-In Center					