

TOTAL WELLNESS CLUB ACTIVITIES



November 2024



November Is Native American Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	2 Movie Matinee 12:00 pm <i>In-Person at Burlingame</i>
3	4 Photography for Wellness 11:00 am – 12:00 pm <i>In-Person at Burlingame</i> WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09	5 ELECTION DAY Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i> Family Member Support Circle 12:30 – 2:00 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09	6 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	7 Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 Alternatives to Suicide Adults 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09	8 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	9 Movie Matinee 12:00 pm <i>In-Person at Burlingame</i>
10	11 NO ACTIVITIES 	12 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i>	13 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	14 Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 Hearing Voices Support Group 3:30 pm https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09	15 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	16 Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09
17	18 Photography for Wellness 11:00 am – 12:00 pm <i>In-Person at Burlingame</i> WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09	19 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i>	20 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	21 Total Wellness Online 11:00 https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 Alternatives to Suicide Adults 3:30 pm <i>In-Person at Burlingame</i>	22 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	23 Movie Matinee 12:00 pm <i>In-Person at Burlingame</i>
24	25 Photography for Wellness 11:00 am – 12:00 pm <i>In-Person at Burlingame</i> WRAP Support Group 4:00 - 5:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09	26 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i>	27 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=QU5NNRQpMTFNSUdENjBkZjYxZWZlZj09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	28 NO ACTIVITIES 	29 NO ACTIVITIES Heart & Soul Holiday	30 NO ACTIVITIES Heart & Soul Holiday

Please note: Though unlikely, times are subject to change without prior notice



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



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=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 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 https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565
WEDNESDAY	WEEKLY Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 WEEKLY Total Wellness Friends of Hope 11:00 am – 2:00 pm In-Person at Central County, San Mateo <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> WEEKLY Total Wellness True Hope 11:30 am - 2:00 pm In-Person at North County, Daly City <i>North County Clinic, 375 89th Avenue. Daly City, 94015</i>
THURSDAY	WEEKLY Total Wellness Online 11:00 https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 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=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 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 Center https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 2nd Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565
FRIDAY	WEEKLY Total Wellness Friends of Hope 11:00 am In-Person at Central County, San Mateo <i>Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403</i> WEEKLY True Hope Movie Night 3:00 pm – 7:00 pm In-Person at North County, Daly City <i>North County Clinic, 375 89th Avenue. Daly City, 94015</i>
SATURDAY	3RD 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