

TOTAL WELLNESS CLUB ACTIVITIES



November 2022



NEW IN NOVEMBER!

In-Person Groups and Activities at Heart & Soul's Community Drop-In Center 1633 Old Bayshore Hwy. Suite 258, Burlingame, CA 94010

- Every Monday: **Community Center Drop-In Hours** 9:00 am -12:00 pm and 3:00 - 6:00 pm
Monday Movie Matinee 12:00 pm - 3:00 pm
- Every Wednesday: **Zentangles** 11:30 am
- Every Thursday: **Bingo** 1:00 pm · **Mindful Movement** 2:00 pm
- Every Saturday: **Movies and Pizza** 12:00 pm
- Every 4th Wednesday: **Monthly Community Drop-In Center OPEN HOUSE** 3:00 - 6:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
NEED TO TALK? Call our Peer Warm Line 650-231-2024 for instant access to peer support counselors and mentors		1 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	2 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Art for Wellness Zentangles 11:30 am In-Person at Burlingame	3 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame	4 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	5 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame	
	6	7 Community Center Drop-In Hours 9:00 am -12:00 pm & 3:00 pm - 6:00 pm Monday Movie Matinee 12:00 - 3:00 pm All In-Person at Burlingame	8 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	9 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Art for Wellness Zentangles 11:30 am In-Person at Burlingame	10 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame	11 NO ACTIVITIES Veteran's Day Heart & Soul Holiday 	12 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame Men's Group 4:00 pm https://us06web.zoom.us/j/85246404724
	13	14 Community Center Drop-In Hours 9:00 am -12:00 pm & 3:00 pm - 6:00 pm Monday Movie Matinee 12:00 - 3:00 pm All In-Person at Burlingame	15 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	16 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Art for Wellness Zentangles 11:30 am In-Person at Burlingame	17 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame	18 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	19 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
	20	21 Community Center Drop-In Hours 9:00 am -12:00 pm & 3:00 pm - 6:00 pm Monday Movie Matinee 12:00 - 3:00 pm All In-Person at Burlingame	22 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	23 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Art for Wellness Zentangles 11:30 am In-Person at Burlingame Monthly Community Drop-In Center Open House 3:00 - 6:00 PM at Burlingame	24 NO ACTIVITIES  Happy Thanksgiving	25 NO ACTIVITIES Heart & Soul Holiday	26 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
27	28 Community Center Drop-In Hours 9:00 am -12:00 pm & 3:00 pm - 6:00 pm Monday Movie Matinee 12:00 - 3:00 pm All In-Person at Burlingame	29 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543	30 TW Club True Hope 11:00 am https://zoom.us/j/77674174?pwd=SUh5SUhNSGlnVUk1PC9MZWZkdjZkdz09 Art for Wellness Zentangles 11:30 am In-Person at Burlingame	Heart & Soul Mental Health Peer Support for San Mateo County 1633 Old Bayshore Hwy, Suite 258, Burlingame, CA 94010 Office Phone: 650-232-7428 For information, email: info@heartandsoulinc.org or visit our Website: www.heartandsoulinc.org HOW TO GET TO OUR NEW LOCATION:			



PUBLIC TRANSIT:

SAMTRANS Route 292 Bus Stop is located at Old Bayshore Hwy at Stanton, in front of our building. For more Route 292 information, click the link below:
<https://www.samtrans.com/routes/292?center=-122.35326%7E37.66617>