



# AUGUST 2022



## Total Wellness Club Online Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>	<b>2</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>3</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a>	<b>4</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>5</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a> Friday Fun Group 7:00 pm <a href="https://us06web.zoom.us/j/82363494819">https://us06web.zoom.us/j/82363494819</a>	<b>6</b> Saturday Coffee Chat 11:00 am <a href="https://us06web.zoom.us/j/83082868367">https://us06web.zoom.us/j/83082868367</a>
<b>7</b>	<b>8</b>	<b>9</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>10</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a>	<b>11</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>12</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a> Friday Fun Group 7:00 pm <a href="https://us06web.zoom.us/j/82363494819">https://us06web.zoom.us/j/82363494819</a>	<b>13</b> Saturday Coffee Chat 11:00 am <a href="https://us06web.zoom.us/j/83082868367">https://us06web.zoom.us/j/83082868367</a> <b>Men's Group</b> 4:00 pm <a href="https://us06web.zoom.us/j/85246040724">https://us06web.zoom.us/j/85246040724</a>
<b>14</b>	<b>15</b>	<b>16</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>17</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a>	<b>18</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>19</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a> Friday Fun Group 7:00 pm <a href="https://us06web.zoom.us/j/82363494819">https://us06web.zoom.us/j/82363494819</a>	<b>20</b> Saturday Coffee Chat 11:00 am <a href="https://us06web.zoom.us/j/83082868367">https://us06web.zoom.us/j/83082868367</a>
<b>21</b> <b>TOGETHER AGAIN!</b> <b>HEART &amp; SOUL</b> <b>Annual Picnic</b> 11:00 am - 3:00 pm SAN MATEO CENTRAL PARK	<b>22</b>	<b>23</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>24</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a>	<b>25</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>26</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a> Friday Fun Group 7:00 pm <a href="https://us06web.zoom.us/j/82363494819">https://us06web.zoom.us/j/82363494819</a>	<b>27</b> Saturday Coffee Chat 11:00 am <a href="https://us06web.zoom.us/j/83082868367">https://us06web.zoom.us/j/83082868367</a>
<b>28</b>	<b>29</b>	<b>30</b> TW Club FOH 11:00 am <a href="https://us06web.zoom.us/j/87852899543">https://us06web.zoom.us/j/87852899543</a>	<b>31</b> TW Club True Hope 11:00 am <a href="https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09">https://zoom.us/j/97767941774?pwd=SjBxSUxNSGiiVIU2K1pCMUVZbG1Zz09</a>	<b>EVERYONE IS WELCOME HERE</b> 		



*Mindful Movement* Every Thursday at 2:00 pm Streaming Live on Facebook \* Please Join