

TOTAL WELLNESS CLUB ACTIVITIES



March 2023



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

- Every Monday: **Monday Movie Matinee** 12:00 pm - 3:00 pm
Community Center Drop-In Hours 3:00 - 6:00 pm
- Every Tuesday: **Zentangles** 1:00 pm · **Photography for Wellness** 2:00 pm
- Every Thursday: **Bingo** 1:00 pm · **Mindful Movement** 2:00 pm
- Every 2nd and 4th Friday 11:00 am – 2:00 pm: **In-Person Drop-In group at Friends of Hope**
Central County Clinic, 1950 Alameda de las Pulgas, San Mateo, CA 94403
- Every 2nd and 4th Friday 3:00 – 7:00 pm: **In-Person Movie Night at True Hope**
North County Clinic, 375 89th Avenue. Daly City, CA 94015
- Every Saturday: **Movies and Pizza** 12:00 pm
- Every 3rd Wednesday: **Monthly Community Drop-In Center OPEN HOUSE** 3:00 - 6:00 pm

March is Women's History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Heart & Soul MARCH OPEN HOUSE Wednesday, March 15th • 3:00 – 6:00 pm Women's Mental Health OPEN MIKE Uplifting the Voices of Women in Recovery Share your thoughts, feelings, and experiences...			1 TW Club True Hope 11:00 am https://zoom.us/j/9776784177?pwd=SBuSUhNSQlVlUzK1pCMUJZdGhZ29p	2 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	3 TW Club True Hope 11:00 am https://zoom.us/j/9776784177?pwd=SBuSUhNSQlVlUzK1pCMUJZdGhZ29p Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	4 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
5	6 Monday Movie Matinee 12:00 – 3:00 pm All In-Person at Burlingame Community Center Drop-In Hours 3:00 pm – 6:00 pm	7 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 Art for Wellness Zentangles 1:00 pm In-Person at Burlingame Photography for Wellness 2:00 pm In-Person at Burlingame	8 International Women's Day TW Club True Hope 11:00 am https://zoom.us/j/9776784177?pwd=SBuSUhNSQlVlUzK1pCMUJZdGhZ29p	9 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	10 TW Club FOH 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 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	11 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/85246040724
12	13 Monday Movie Matinee 12:00 – 3:00 pm All In-Person at Burlingame Community Center Drop-In Hours 3:00 pm – 6:00 pm	14 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 Art for Wellness Zentangles 1:00 am In-Person at Burlingame Photography for Wellness 2:00 pm In-Person at Burlingame	15 TW Club True Hope 11:00 am https://zoom.us/j/9776784177?pwd=SBuSUhNSQlVlUzK1pCMUJZdGhZ29p Monthly Community Drop-In Center Open House 3:00 – 6:00 PM at Burlingame	16 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	17 Happy St. Patrick's Day TW Club True Hope 11:00 am https://zoom.us/j/9776784177?pwd=SBuSUhNSQlVlUzK1pCMUJZdGhZ29p Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	18 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
19 DAYLIGHT SAVINGS TIME BEGINS	20 Spring Equinox Monday Movie Matinee 12:00 – 3:00 pm All In-Person at Burlingame Community Center Drop-In Hours 3:00 pm – 6:00 pm	21 TW Club FOH 11:00 am https://us06web.zoom.us/j/A87852899543 Art for Wellness Zentangles 1:00 pm In-Person at Burlingame Photography for Wellness 2:00 pm In-Person at Burlingame	22 TW Club True Hope 11:00 am https://zoom.us/j/9776784177?pwd=SBuSUhNSQlVlUzK1pCMUJZdGhZ29p	23 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 or via Zoom:	24 TW Club FOH 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 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	25 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
26	27 Monday Movie Matinee 12:00 – 3:00 pm All In-Person at Burlingame Community Center Drop-In Hours 3:00 pm – 6:00 pm	28 TW Club FOH 11:00 am https://us06web.zoom.us/j/A87852899543 Art for Wellness Zentangles 1:00 pm In-Person at Burlingame Photography for Wellness 2:00 pm In-Person at Burlingame	29 NO ACTIVITIES Heart & Soul Closed for Professional Development	30 NO ACTIVITIES Heart & Soul Closed for Professional Development	31 NO ACTIVITIES Heart & Soul Closed for Professional Development	

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

