

TOTAL WELLNESS CLUB ACTIVITIES




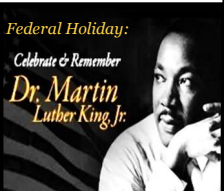


January 2023



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

- Every Monday: **Community Center Drop-In Hours** 9:00 am -12:00 pm & 3:00 - 6:00 pm
Monday Movie Matinee 12:00 pm – 3:00 pm
- Every Tuesday: **New day & time! Zentangles** 1:00 pm · **Photography for Wellness** 2:00 pm
- Every Thursday: **Bingo** 1:00 pm · **Mindful Movement** 2:00 pm
- Every Saturday: **Movies and Pizza** 12:00 pm
- Every 3rd Wednesday: **Monthly Community Drop-In Center OPEN HOUSE** 3:00 – 6:00 pm

JANUARY IS NATIONAL MENTORING MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 NO ACTIVITIES <i>New Year's Day Federal Holiday Observed</i>	3 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	4 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09	5 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	6 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	7 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
8	9 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	10 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	11 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09	12 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	13 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	14 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/8524640724
15	16 NO ACTIVITIES Federal Holiday: <i>Celebrate & Remember Dr. Martin Luther King, Jr.</i> 	17 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	18 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09 Monthly Community Drop-In Center Open House 3:00 – 6:00 PM at Burlingame	19 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	20 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	21 Saturday Coffee Chat 11:00 am https://us06web.zoom.us/j/83082868367 Movie & Pizza 12:00 pm In-Person at Burlingame
22 Lunar New Year 	23 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	24 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	25 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09	26 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	27 TW Club True Hope 11:00 am https://zoom.us/j/97767941774?pwd=SjBzSUhNSGVIWUk1c0pCMUV2ZGZlZz09 Friday Fun Group 7:00 pm https://us06web.zoom.us/j/82363494819	28 NO ACTIVITIES Heart & Soul Closed for Professional Development Training
29	30 NO ACTIVITIES Heart & Soul Closed for Professional Development Training	31 NO ACTIVITIES Heart & Soul Closed for Professional Development Training	 <h2>January 2023 OPEN HOUSE</h2> <p>Wednesday, January 18, 3:00 – 6:00 pm Please Join Us in Celebrating The Year of the Rabbit</p>			

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