

TOTAL WELLNESS CLUB ACTIVITIES



NOVEMBER 2023



November Is Native American Heritage Month

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 TW Friends of Hope 11:00 am n-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	2 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIVU2K1pCMUVZbG11Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 Alternatives to Suicide 3:30 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	3 TW Friends of Hope 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	4 Movie & Pizza 12:00 pm In-Person at Burlingame
5	6 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	7 Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame	8 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	9 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSUXNSGIVU2K1pCMUVZbG11Zz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 Hearing Voices Group 3:30 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	10 NO ACTIVITIES 	11 Movie & Pizza 12:00 pm In-Person at Burlingame Men's Group 4:00 pm https://us06web.zoom.us/j/6736385879?pwd=UWszRE80NnpHRz0dDZzV3cEg4MmRmRDZz09
12	13 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	14 Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	15 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 TW Friends of Hope 11:00 am In-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	16 Total Wellness Online 11:00 https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHRz0dDZzV3cEg4MmRmRDZz09 BINGO 1:00 pm In-Person at Burlingame Mindful Movement 2:00 pm In-Person at Burlingame OR Virtually: https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 Alternatives to Suicide 3:30 pm In-Person at Burlingame	17 TW Friends of Hope 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	18 Movie & Pizza 12:00 pm In-Person at Burlingame
19	20 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	21 Art for Wellness Zentangles 11:00 am -12:30 pm In-Person at Burlingame	22 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09 TW Friends of Hope 11:00 am n-Person at Central County, San Mateo TW True Hope 11:30 am In-Person at North County, Daly City	23 NO ACTIVITIES 	24 NO ACTIVITIES Heart & Soul Holiday	25 Movie & Pizza 12:00 pm In-Person at Burlingame
26	27 Monday Movie Matinee 12:00 – 3:00 pm In-Person at Burlingame Photography for Wellness 3:00 – 4:00 pm In-Person at Burlingame Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	28 Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame WRAP Support Group 3:30 pm Virtual Meeting via Zoom https://us06web.zoom.us/j/82720647565?pwd=QUJNNR0p1M1FN5UjEhNklnPNZlcyExwZz09	29 NO ACTIVITIES Heart & Soul Closed for Professional Development	30 NO ACTIVITIES Heart & Soul Closed for Professional Development	EVERYONE IS WELCOME HERE 	

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 258 • Burlingame, CA 94010

<p>MONDAY</p>	<p>WEEKLY Movie Matinee 12:00 pm - 3:00 pm In-Person at Burlingame WEEKLY Photography for Wellness 3:00 - 4:00 pm In-Person at Burlingame WEEKLY Virtual Drop-In Hours 4:00 - 5:00 pm https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p>
<p>TUESDAY</p>	<p>WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame 2nd and 4th Tuesdays WRAP Support Group 3:30 – 5:00 pm November 14th & November 28th Virtual Group via Zoom https://us06web.zoom.us/j/88678041239?pwd=MFljVlZwZFBleG90ME1GVmN6bnErdz09 Meeting ID: 886 7804 1239 Passcode: 270418</p>
<p>WEDNESDAY</p>	<p>WEEKLY Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705 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, CA 94015</i></p>
<p>THURSDAY</p>	<p>WEEKLY Total Wellness Online 11:00 https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 977 6794 1774 Passcode: 123456 WEEKLY BINGO 1:00 pm In-Person at Burlingame 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 Passcode: 344705 1st and 3rd Thursdays Alternatives to Suicide 3:30 – 5:00 pm Virtual Group on November 2nd: https://us06web.zoom.us/j/82363351925?pwd=dEV1NGRlCvPmMk2bXdsSMW5VK1laQT09 Meeting ID: 823 6335 1925 Passcode not required In-Person Group on November 16th at Burlingame 2nd and 4th Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group on November 9th: https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09 Meeting ID: 861 5302 5168 Passcode: 535321</p>
<p>FRIDAY</p>	<p>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></p>
<p>SATURDAY</p>	<p>WEEKLY Movie & Pizza 12:00 pm In-Person at Burlingame 2ND Saturday Men's Group 4:00 pm Virtual Group on November 11th: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 673 638 5879 Passcode: 873289</p>