

TOTAL WELLNESS CLUB ACTIVITIES



MARCH 2024



HONORING WOMEN'S HISTORY MONTH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

2024 WOMEN'S HISTORY MONTH

Celebrating Women Who Advocate for Equity, Diversity, and Inclusion



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i>	2 Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i>	
					3	4 Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09	5 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i> Family Support Circle 12:30 – 2:00 pm <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/82363351925 TW Coastside 1:00 -2:00 pm <i>In-Person at Coastside Clinic, Half Moon Bay</i>
10	11 Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09	12 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i> WRAP Support Group 3:30 pm <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/8286780417397?pwd=MlFVZWZlZmI1FNSUdENkNPNzFycEwwZz09	13 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i> Men's Support Group 6:00 – 7:00 pm <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/6736365879?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09	14 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSjUxNSGjVUzkl1pCMUJZbGllZz09 BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09 Hearing Voices Support Group 3:30 pm <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/86153025168?pwd=GS9ybnR0b3N0YydlRHRlYTRhbXVlK1JzZz09	15 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	16 Youth/Young Adult Alternatives to Suicide 9:00 – 10:30 am <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09 Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i>	
17 	18 Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09	19 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i> TW Coastside 1:00 -2:00 pm <i>In-Person at Coastside Clinic, Half Moon Bay</i>	20 <i>Spring Equinox</i> Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	21 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSjUxNSGjVUzkl1pCMUJZbGllZz09 BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09 Alternatives to Suicide 3:30 pm <i>In-Person at Burlingame</i>	22 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> True Hope Movie Night 3:00 pm – 7:00 pm <i>In-Person at North County, Daly City</i>	23 Movie & Pizza 12:00 pm <i>In-Person at Burlingame</i>	
24 	25 Monday Movie Matinee 12:00 – 3:00 pm <i>In-Person at Burlingame</i> Photography for Wellness 3:00 – 4:00 pm <i>In-Person at Burlingame</i> Virtual Drop-In Hours 4:00 pm – 5:00 pm https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09	26 Art for Wellness Zentangles 11:00 am -12:30 pm <i>In-Person at Burlingame</i> WRAP Support Group 3:30 pm <i>Virtual Meeting via Zoom</i> https://us06web.zoom.us/j/8286780417397?pwd=MlFVZWZlZmI1FNSUdENkNPNzFycEwwZz09	27 Virtual Drop-In Hours 10:00 am – 11:00 am https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09 TW Friends of Hope 11:00 am <i>In-Person at Central County, San Mateo</i> TW True Hope 11:30 am <i>In-Person at North County, Daly City</i>	28 Total Wellness Online 11:00 https://zoom.us/j/97767941774?pwd=SjBuSjUxNSGjVUzkl1pCMUJZbGllZz09 BINGO 1:00 pm <i>In-Person at Burlingame</i> Mindful Movement 2:00 pm <i>In-Person at Burlingame OR Virtually:</i> https://us06web.zoom.us/j/827206475657?pwd=OUNNR0p1M1FNSUdENkNPNzFycEwwZz09	29 NO ACTIVITIES Heart & Soul Closed for Professional Development	30 NO ACTIVITIES Heart & Soul Closed for Professional Development	
31							

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, Half Moon Bay, 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

MONDAY	<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>
TUESDAY	<p>WEEKLY Art for Wellness Zentangles 11:00 am – 12:30 pm In-Person at Burlingame 1st Tuesday Family Support Circle 12:30 – 2:00 pm Virtual Group on March 5th: https://us06web.zoom.us/j/82363351925 NEW IN HALF MOON BAY - 1st and 3rd Tuesdays Total Wellness Coastsides 1:00 – 2:00 pm In-Person at Coastsides Clinic, Half Moon Bay <i>Coastsides County Clinic, 225 South Cabrillo Highway, Suite 100A, Half Moon Bay, CA 94019</i> 2nd and 4th Tuesdays WRAP Support Group 3:30 – 5:00 pm Virtual Group via Zoom on March 12th & March 26th https://us06web.zoom.us/j/88678041239?pwd=MFJlVlZwZFBleG90ME1GVmN6bnErdz09 Meeting ID: 886 7804 1239 Passcode: 270418</p>
WEDNESDAY	<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> 2nd Wednesday Men's Support Group 6:00 -7:00 pm Virtual Group on March 13th: https://us06web.zoom.us/j/6736385879?pwd=cWszRE80NnpHR2dDZ2V3cEg4MmRDZz09 Meeting ID: 673 638 5879 Passcode: 873289</p>
THURSDAY	<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 <i>OR</i> 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 March 7th: https://us06web.zoom.us/j/82363351925 Meeting ID: 823 6335 1925 Passcode not required In-Person Group on March 21st at Burlingame 2nd Thursdays Hearing Voices Support Group 3:30 – 5:00 pm Virtual Group on March 14th: https://us06web.zoom.us/j/86153025168?pwd=eG9ybithSDNYdHR1YTRhbXVrK1JxZz09 Meeting ID: 861 5302 5168 Passcode: 535321</p>
FRIDAY	<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>
SATURDAY	<p>WEEKLY Movie & Pizza 12:00 pm In-Person at Burlingame 3RD Saturday Alternatives to Suicide for Youth & Young Adults 9:00 – 10:30 am Virtual Group on March 16th: https://us06web.zoom.us/j/82720647565?pwd=OUNNR0p1M1FNSUdENkIPN2FycExwZz09 Meeting ID: 827 2064 7565 Passcode: 344705</p>