



October 2021



Total Wellness Club Online Activities

OCTOBER IS LGBTQ+ HISTORY MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	2 Saturday Coffee Chat 10:00 am https://zoom.us/j/98831570181 No Sign-In Code Needed
3	4 <i>Women's Group</i> 3:00 pm https://zoom.us/j/95791102240	5 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	6 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	7 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	8 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	9 Saturday Coffee Chat 10:00 am https://zoom.us/j/98831570181 No Sign-In Code Needed
10	11 CELEBRATING NATIONAL INDIGENOUS PEOPLES' DAY	12 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	13 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	14 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	15 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	16 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/89218044114 No Sign-In Code Needed
17	18	19 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	20 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	21 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	22 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	23 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/89218044114 No Sign-In Code Needed
24	25	26 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	27 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	28 TW Club FOH 11:00 am https://us06web.zoom.us/j/87852899543 No Sign-In Code Needed	29 TW Club True Hope 11:00 am https://zoom.us/j/9776941774 Sign-in Code:123456	30 Saturday Coffee Chat 10:00 am https://us06web.zoom.us/j/89218044114 No Sign-In Code Needed



Mindful Movement WITH YVETTE AGUA
 STREAMING LIVE ON FACEBOOK • EVERY THURSDAY AT 2:00 PM
 PLEASE JOIN US!