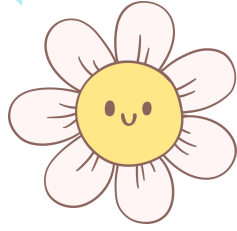




















MHA Friendship Center April 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	Daly City Wellness Activity  11am - 2pm	2	Redwood City Trivia  11am - 2pm	Belmont Dominoes  11am - 2pm	5
6	7	Daly City Movie & Popcorn  11am - 2pm	Lunch & Wellness (Residents Only) Watercolor Meditation  Cedar Apts 11am	Redwood City Guided Meditation  11am - 2pm	Belmont Bingo & Prizes  11am - 2pm	12
13	14	Tax Day Daly City Coloring Contest  11am - 2pm	Lunch & Wellness (Residents Only) Watercolor Meditation  Belmont Apts 11am	Redwood City Kings in the Corner  11am - 2pm	Belmont Egg Hunt!  11am - 2pm	19
20 Easter Sunday	21 Easter Monday	Daly City Scattergories  11am - 2pm	Lunch & Wellness (Residents Only) Watercolor Meditation  Waverly Apts 11am	Redwood City Guided Breathwork  11am - 2pm	Belmont Luncheon  11am - 2pm	26
27	28	Daly City Mindful Movement  11am - 2pm	30	1	2	3



MHA
Mental Health Association
of San Mateo County

Empowering People to Create Their Best Life



650.722.7385



doralys@mhasmc.org

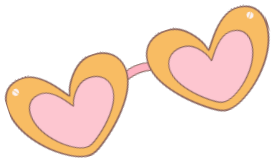


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MHA Friendship Center April 2025



We are having an Egg Hunt on Friday, April 18 at our Belmont location. Goodies and prizes will be given out. Join us to win!



Take a closer look at our calendar to see the variety of activities we have available this month. Hope you can join us!

QUOTE OF THE MONTH

“Bloom your own way. Every flower has its own magic.” - unknown

Center Locations

TUESDAYS

North County Mental Health

375 89th Street
DALY CITY, CA

11am - 2pm

THURSDAYS

Fair Oaks Commons
2nd Floor

2821 El Camino Real
REDWOOD CITY, CA

11am - 2pm

FRIDAYS

Good Shepherd Hall

1300 5th Avenue
BELMONT, CA

11am - 2pm



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