

# MHA Friendship Center August 2025

SUNDAY

MONDAY














TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

27	28	29	30	31	1	2
<b>*** NOTE: Centers are CLOSED the week of our Annual MHA Picnic ***</b> Join us on Friday, August 22 @ Beresford Park in San Mateo 11am - 2pm					<b>Belmont</b> Dominoes  11am - 2pm	
3	4	5	6	7	8	9
		<b>Daly City</b> Movie & Popcorn  11am - 2pm		<b>Redwood City</b> Board Game  11am - 2pm	<b>Belmont</b> Meditation Activity  11am - 2pm	
10	11	12	13	14	15	16
		<b>Daly City</b> Coloring Contest  11am - 2pm	<b>Lunch &amp; Wellness (Residents Only)</b>  Cedar Apts 11am	<b>Redwood City</b> UNO  11am - 2pm	<b>Belmont</b> Bingo & Prizes  11am - 2pm	
17	18	19	20	21	22	23
		<b>CLOSED</b>	<b>Lunch &amp; Wellness (Residents Only)</b>  Waverly Apts 11am	<b>CLOSED</b>	<b>Annual MHA Picnic</b> @ Beresford Park 11am - 2pm <b>RSVP REQUESTED</b>	
24	25	26	27	28	29	30
31		<b>Daly City</b> Kings in the Corner  11am - 2pm	<b>Lunch &amp; Wellness (Residents Only)</b>  Waverly Apts 11am	<b>Redwood City</b> Scattergories  11am - 2pm	<b>Belmont</b> Ice Cream Social  11am - 2pm	



**MHA**

Mental Health Association  
of San Mateo County

Empowering People to Create Their Best Life



650.722.7385



doralye@mhasmc.org



www.mhasmc.org

# MHA Friendship Center August 2025

Our Annual MHA Picnic is around the corner, and we hope you can join us! We will be at Beresford Park on Friday, August 22 from 11am - 2pm. Friends and family are welcome to join. We will have a raffle with prizes, lawn games, art stations, BBQ, balloon toss, and so much more.

## RSVP for Summer Events

Annual MHA Picnic @ Beresford Park - Friday, August 22

SF Giants Game Field Trip \$5 - Wednesday, Sept 10



## Center Locations

### DALY CITY Tuesdays

North County Mental Health

375 89th Street  
DALY CITY, CA

11am - 2pm

### REDWOOD CITY Thursdays

Fair Oaks Commons  
2nd Floor

2821 El Camino Real  
REDWOOD CITY, CA

11am - 2pm

### BELMONT Fridays

Good Shepherd Hall

1300 5th Avenue  
BELMONT, CA

11am - 2pm



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 **NEW LOCATION!**

**FRIDAY, AUGUST 22**  
**11am - 2pm**

# ANNUAL MHA PICNIC @ BERESFORD PARK

## **BERESFORD PARK**

2720 Alameda de las Pulgas  
San Mateo, CA 94403

Friday, August 22  
11AM - 2PM

Map available on other side!



## **RSVP REQUESTED**

Contact Doraly  
650.722.7385 or  
[doralye@mhasmc.org](mailto:doralye@mhasmc.org)

Invite your friends and  
family!

We will have a raffle, balloon  
toss, games, art stations, and  
BBQ for lunch!

## **SCHEDULE**

11AM	Welcome
12PM	Raffle & Prizes
12:30PM	Lunch
1:30PM	Balloon Toss



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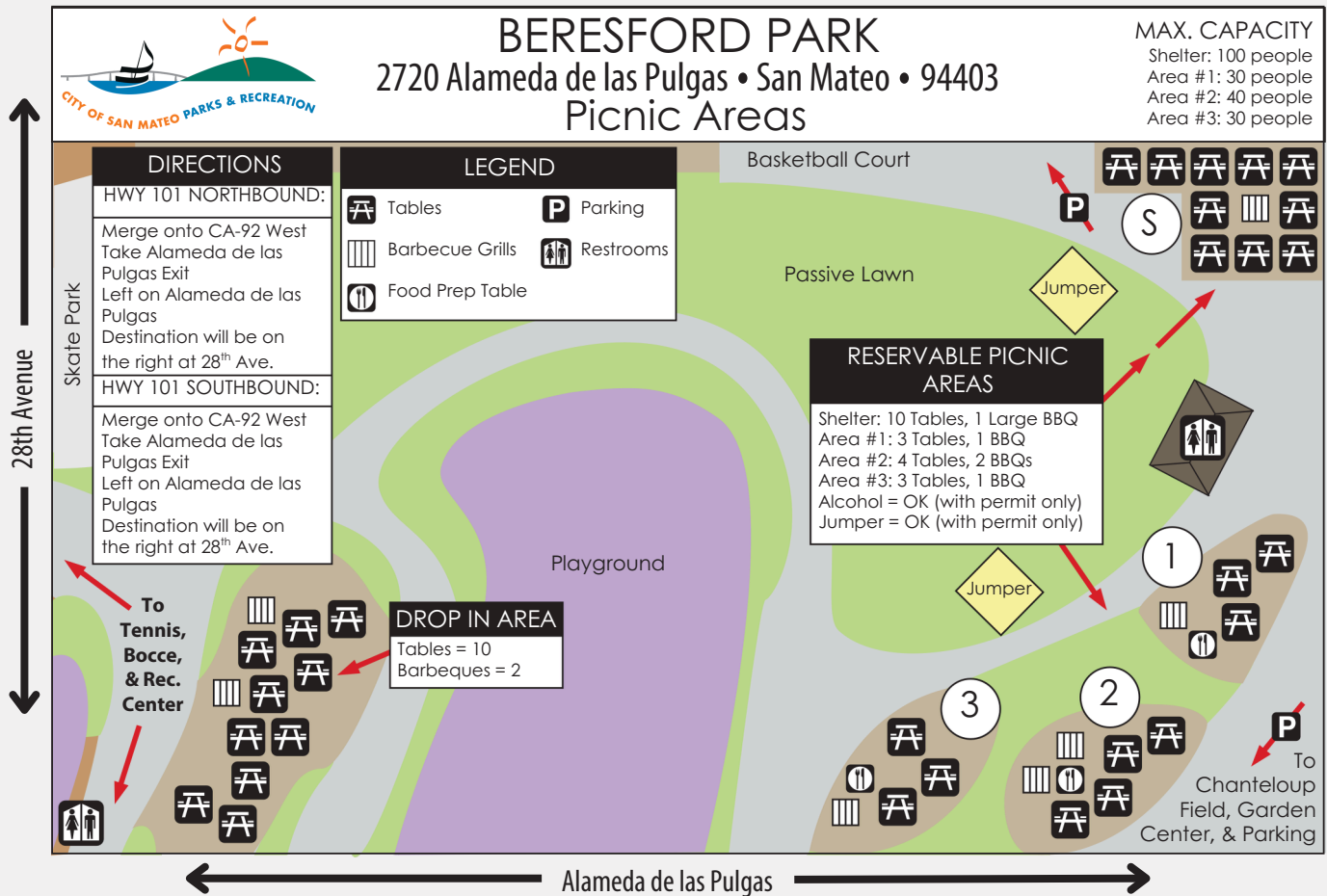


**FRIDAY, AUGUST 22**  
**11am - 2pm**

# BERESFORD PARK

## PICNIC AREAS

We will be gathering at the Reservable Picnic Areas S, 1, 2, and 3.  
*See right side of the map below.*



**RSVP REQUESTED**

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# **BASEBALL GAME**



**VS.  
DIAMONDBACKS  
WEDNESDAY, SEPT 10**

**MEET @ REDWOOD CITY  
CALTRAIN STATION  
10:30 A.M.**

**COST - \$5.00**

Includes transportation, lunch, and  
admission to the game!

*We will be meeting at the ticket kiosk on the south bound side.*

*NOTE: We do not have accessible tickets and bleacher steps will be required to make it to our seats. No backpacks allowed. Please be on time, we are not able to wait if you are late!*

**RSVP REQUIRED**

Contact Doraly 650.722.7385

Presented by MHA Friendship Center