

March 2015 - Financial Wellness Month

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*Items in purple denote International Women's Week Programming*</i>				
<p>2</p> <p>Sharing Circle 10:30-11:30am</p> <p>WRAP Session 7 1-3:30pm</p> <p>Inspirational Women Interactive Art Piece 10am</p>	<p>3</p> <p>YMCA Aqua-fit 10-11am</p> <p>Women's expressive Art Therapy: Self Esteem 1pm</p>	<p>4</p> <p>* Food is Mood: Breakfast Special 9am</p> <p>NISA is CLOSED at 12pm</p>	<p>5</p> <p>Membership meeting and Potluck 11am</p> <p>Please bring a dish to share NISA is CLOSED at 1:30pm</p> <p>*Mothers Offering Mutual Support Group 6:00pm-7:30pm</p>	<p>6</p> <p>Creating Superheroes! 11:30am</p> <p>Women's Wisdom Writing Circle 1pm</p>
<p>9</p> <p>Sharing Circle 10:30-11:30am</p>	<p>10</p> <p>YMCA Aqua-fit 10-11am</p> <p>WH/WB - Apron Making 10am</p> <p>*Artists' Loft Workshop: Zentangle Magnets & Entrepreneurship Discussion 1pm</p>	<p>11</p> <p>*Food is Mood 11am</p> <p>Sudbury Credit Counselling Centre Budgeting Information Session 1pm</p> <p>*Computer Basics (1) 1pm</p>	<p>12</p> <p>YMCA Gym 10-11am</p> <p>WH/WB - Apron Making 10am</p> <p>Recovery Wellness: 10:30-11:30am</p>	<p>13</p> <p>Brainstorm Poetry Contest ends at 12pm!</p>
<p>16</p> <p>Sharing Circle 10:30-11:30am</p> <p>WRAP Session 8 1-3:30pm</p>	<p>17</p> <p>YMCA Open Gym 10-11am</p> <p>WH/WB - Apron Making 10am</p> <p>*Digital Storytelling (1) 1-3:30pm</p> <p>*Artists' Loft Workshop: Upcycled Toilet Paper Roll Craft 1pm</p>	<p>18</p> <p>*Food is Mood 11am</p> <p>Réseau Access HIV/AIDS Information Session 1pm</p> <p>*Computer Basics (2) 1pm</p>	<p>19</p> <p>YMCA Gym 10-11am</p> <p>WH/WB - Apron Making 10am</p> <p>Recovery Wellness; 10:30-11:30am</p> <p>* Digital Storytelling (2) 1-3:30pm</p> <p>*Mothers Offering Mutual Support Group 6:00pm-7:30pm</p>	<p>20</p> <p>Writer's Circle: Query Letters 1pm</p> <p>Artists' Loft Meeting 1pm</p>
<p>23</p> <p>Sharing Circle 10:30-11:30am</p>	<p>24</p> <p>YMCA Aqua-fit 10-11am</p> <p>WH/WB - Apron Making 10am</p> <p>Artists' Loft Workshop: Piggy Banks 1pm</p> <p>* Digital Storytelling (3) 1-3:30pm</p>	<p>25</p> <p>HIV/AIDS Testing 10am</p> <p>*Food is Mood 11am</p> <p>ODSP Info Session: 1pm</p> <p>*Computer Basics (3) 1pm</p>	<p>26</p> <p>YMCA Gym 10-11am</p> <p>WH/WB - Apron Making 10am</p> <p>Recovery Wellness 10:30-11:30am</p> <p>* Digital Storytelling (4) 1-3:30pm</p>	<p>27</p> <p>Writers' Brainstorm: Check in 1pm</p> <p>Super Stories Drawing Workshop 10-12pm</p>
<p>30</p> <p>Sharing Circle 10:30-11:30am</p>	<p>31</p> <p>YMCA Aqua-fit 10-11am</p> <p>* Digital Storytelling (5) 1-3:30pm</p> <p>Expression Through Music 1pm</p> <p>Family Support Night 7-8:30pm</p>	<p>*Registration is Required</p> <p>Hours: Monday to Friday 8:30am – 4pm</p>		