

March 2017 – Intellectual Wellness

Monday	Tuesday	Wednesday	Thursday	Friday
<p>“Our environment, the world in which we live and work, is a mirror of our attitudes and expectations.” -Earl Nightingale</p> <p>*Special Event! Spoken Word Poetry Workshop and Show Friday, March 3: Workshop from 1-3pm and 6-8pm (at NISA) Saturday, March 4: Workshop from 1-3pm (NISA) Poetry Show: 6-7pm (The Asylum – 19 Regent St.) All welcome!</p> <p>Register (FREE) for NISA's Fundraiser Yogathon on April 2nd!</p> <p>Bereaved by Suicide Support Group: 7pm on Tuesday, March 14</p>		<p>1 Food is Mood: 10am YMCA: Open Gym: 1pm Meditation: 3pm</p>	<p>2 Membership Meeting and Potluck: 10:30am <i>Please bring a dish to share</i> NISA is CLOSED at 1:30pm</p>	<p>3 Food is Mood: 9:30am Cercle de partage en français: 10:30h Drumming Circle: 1pm Zumba: 2pm *Spoken Word Poetry Workshop: 1-3pm and 6-8pm</p>
<p>6 INCOME TAX CLINIC ALL DAY Sharing Circle: 10:30am Weight Loss Support-Weigh In at 12:45am. Group: 1pm Yarnworks: 1pm Origami Making: 2pm</p>	<p>7 Expressive Art: 10am YMCA – Chair Yoga: 10:30am Blue Door Soup Kitchen: 11:30am Digital Stories: 11am WH/WB: 1pm Canadian Hearing Society Presentation: 2pm</p>	<p>8 International Women's Day Women's Day Baking: 10:30am YMCA: Open Gym: 1pm Women's Day Talk – Our Bodies, Our Minds, Our Sex: 1pm</p>	<p>9 Expressive Art: 10am YMCA – Gentle Yoga: 10:30am Writers' Circle Women's Day Edition: 11am Music in Recovery: 2:30pm *MOMS Support Group: 6pm</p>	<p>10 Last day to submit your poems to our BrainStorm Poetry Contest! Women's Intro to NCRD – All Day Food is Mood: 9:30am Group Fitness: 11:30am Drumming Circle: 1pm Quilters' Meeting: 2pm</p>
<p>13 Sharing Circle: 10:30am Weight Loss Support – YMCA: 12pm Yarnworks: 1pm Gamers' Circle: 1pm Chronic Pain Support: 2pm Fibromyalgia Info</p>	<p>14 Expressive Art: 10am YMCA – Chair Yoga: 10:30am Blue Door Soup Kitchen: 11:30am Writers' Circle: 11am WH/WB: 1pm Magical Paws Pet Therapy: 1pm</p>	<p>15 Food is Mood: 10am YMCA – Open Gym: 1pm PTSD support with Kerry: 2pm Meditation: 3pm</p>	<p>16 Expressive Art: 10am Science North Trip: 10am YMCA – Gentle Yoga: 10:30am Recovery Wellness – What is Left to Learn: 1pm</p>	<p>17 Food is Mood: 9:30am Cercle de partage en français: 10:30h Drumming Circle: 1pm Zumba: 2pm</p>
<p>20 Sharing Circle: 10:30am Weight Loss Support-YMCA: 12pm Yarnworks: 1pm American Sign Language Lesson: 1pm Grief Support: 2pm</p>	<p>21 Expressive Art: 10am YMCA: Chair Yoga: 10:30am Digital Stories: 11am Blue Door Soup Kitchen: 11:30am WH/WB: 1pm St. Albert Info Session: 1pm</p>	<p>22 Food is Mood: 10am YMCA: Open Gym: 1pm Cambrian College Continuing Education Info Session: 1pm Meditation: 3pm</p>	<p>23 Expressive Art: 10am YMCA – Gentle Yoga: 10:30am Writers' Circle: 11am Recovery Wellness – Positive Self Talk: 1pm Music in Recovery: 2:30pm *MOMS Support Group: 6pm</p>	<p>24 Food is Mood: 9:30am Group Fitness: 11:30am Drumming Circle: 1pm Overdose Prevention Awareness Presentation: 2pm</p>
<p>27 Sharing Circle: 10:30am Weight Loss Support-YMCA: 12pm Yarnworks: 1pm Gamers' Circle: 1pm</p>	<p>28 Expressive Art: 10am YMCA – Chair Yoga: 10:30am Writers' Circle: 11am Blue Door Soup Kitchen: 11:30am WH/WB: 1pm Sudbury Vocational Info Session: 1pm Family Support Night: 7pm</p>	<p>29 ARC – Yoga and Rock Climbing: 9:30am Food is Mood: 10am YMCA: Open Gym: 1pm Crafting with Nadia: 1pm Meditation: 3pm</p>	<p>30 Expressive Art: 10am YMCA – Gentle Yoga: 10:30am Artists' Meeting: 11:30am Recovery Wellness: 1pm</p>	<p>31 Food is Mood: 9:30am Cercle de partage en français: 10:30h Drumming Circle: 1pm Zumba: 2pm</p>

