

36 Elgin Street • 2nd Floor • Sudbury, Ontario • P3C 5B4

APRIL 2017 – Spiritual Wellness Month

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Spring Clean-Up in NCRD</p> <p>Sharing Circle: 10:30am</p> <p>Weight Loss Support–Weigh In at 12:45. Group: 1pm</p> <p>Yarnworks: 1pm</p> <p>Baking Group: 1:30pm</p> <p>Origami-Making: 2pm</p>	<p>4</p> <p>Spring Clean-Up in NCRD</p> <p>Expressive Art: 10am</p> <p>YMCA – Chair Yoga 10:30am</p> <p>Urban Poling: 12pm</p> <p>WH/WB: 1pm</p> <p>Crafting with Wood: 2pm</p>	<p>5</p> <p>Food is Mood: 10am</p> <p>YMCA – Open Gym 1pm</p> <p>Craft with Dan: 1pm</p> <p>Meditation with Chris: 2:30pm</p>	<p>6</p> <p>Membership Meeting and Potluck: 10:30am</p> <p><i>Please bring a dish to share</i> NISA is CLOSED at 1:30pm</p> <p>*MOMS Support Group: 6-7:30pm</p>	<p>7</p> <p>Food is Mood: 9:30am</p> <p>Writers' Circle: 9am</p> <p>Yoga with Holly: 11am</p> <p>Walking Group: 12:30pm</p> <p>Drumming Circle: 1pm</p> <p>Honouring the Vimy Ridge Anniversary: 2pm</p>
<p>10</p> <p>Sharing Circle: 10:00am</p> <p>Weight Loss Support Group – Soup-Making: 11am</p> <p>Yarnworks: 1pm</p> <p>Game Circle with Darce: 1pm</p> <p>Bereaved by Death Support: 2pm</p>	<p>11</p> <p>YMCA – Chair Yoga: 10:30am</p> <p>Urban Poling: 12pm</p> <p>WH/WB: 1pm</p> <p>Magical Paws Pet Therapy: 1pm</p> <p>Coping with Loss Group: 2pm</p>	<p>12</p> <p>Food is Mood: 10am</p> <p>Presentation - Saving Lives Personal Stories with Chris: 10:30am</p> <p>YMCA – Open Gym 1pm</p> <p>Self-Esteem Group: 1pm</p> <p>PTSD Information: 2pm</p>	<p>13</p> <p>YMCA – Gentle Yoga 10:30am</p> <p>Writers' Circle: 11am</p> <p>Sudbury Landscape: Then and Now: 1pm</p> <p>Recovery Wellness (run by ARC Yoga): 1pm</p> <p>Volunteer Information Session: 2:30pm</p>	<p>14</p> <p>NISA is closed for</p> <p>GOOD FRIDAY</p>
<p>17</p> <p>NISA is closed for</p> <p>EASTER MONDAY</p>	<p>18</p> <p>Sudbury Landscape: Then and Now: 10am</p> <p>YMCA – Chair Yoga: 10:30am</p> <p>Urban Poling: 12pm</p> <p>N'Swakamok Native Friendship Centre – Smudge & Share: 1pm</p> <p>WH/WB: 1pm</p>	<p>19</p> <p>Food is Mood: 10am</p> <p>Quilters' Meeting: 11am</p> <p>YMCA – Open Gym: 1pm</p> <p>Self-Esteem Group: 1pm</p> <p>Meditation with Chris: 2:30pm</p>	<p>20</p> <p>YMCA – Gentle Yoga: 10:30am</p> <p>Writers' Circle: 11am</p> <p>Sudbury Landscape: Then and Now: 1pm</p> <p>Recovery Wellness (run by Vincent Bolt on LGBTQ2A): 1pm</p> <p>Music in Recovery: 2:30pm</p> <p>MOMS Support Group: 6pm</p>	<p>21</p> <p>Food is Mood: 9:30am</p> <p>Group Fitness: 11:30am</p> <p>Walking Group: 12:30pm</p> <p>Drumming Circle: 1pm</p> <p>Infinity Strand-Making: 2pm</p>
<p>24</p> <p>Sharing Circle: 10:30am</p> <p>Weight Loss Support-YMCA: 12pm</p> <p>Yarnworks: 1pm</p> <p>Gamers' Circle: 1pm</p> <p>Chronic Pain Support: 2pm</p> <p>LGBTQ2SIA Community Input Session: 6pm</p>	<p>25</p> <p>Sudbury Landscape: Then and Now: 10am</p> <p>YMCA – Chair Yoga: 10:30am</p> <p>Urban Poling: 12pm</p> <p>WH/WB: 1 pm</p> <p>Safe Food Handling Information (SDHU): 1pm</p> <p>American Sign Language Lesson: 2:30pm</p> <p>Family Support Night: 6pm</p>	<p>26</p> <p>Food is Mood: 10am</p> <p>Artists' Meeting: 2pm</p> <p>YMCA – Open Gym 1pm</p> <p>Self-Esteem Group and Crafting with Nadia: 1pm</p> <p>Meditation with Chris: 2:30pm</p>	<p>27</p> <p>YMCA – Gentle Yoga: 10:30am</p> <p>Writers' Circle: 11am</p> <p>Science North: 11am</p> <p>Sudbury Landscape: Then and Now: 1pm</p> <p>Recovery Wellness: 1pm</p>	<p>28</p> <p>Food is Mood: 9:30am</p> <p>Circle de partage en français: 10:30h</p> <p>Walking Group: 12:30pm</p> <p>Drumming Circle: 1pm</p> <p>Zumba: 2pm</p>