




May 2022: Defeat Depression!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals *1:30pm: Older Adult Coffee Social	3 10:00am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine sgorecki@nisa.on.ca 1:00pm: Train for Defeat Depression: Walking Group *1:30pm: Analyzing Toxic Positivity	4 10:00am: Food is Mood 1:00pm: Creative Crafting: Defeat Depression Ribbons! *2:00pm: Recovery Wellness: Thinking Like a Jedi – Challenging Intrusive Thinking	5 *10:30am: Membership Meeting NISA CLOSED AT 12PM	6 *10:30am: Managing Depression in Later Life 12:00pm: NISA Hotdog Fundraiser! <i>Join us for \$1 a Hotdog!</i> 1:00pm: Retro Nintendo!
09 *10:30am: Sharing Circle *1:00pm: Recovery with Gratitude *1:30pm: Older Adult Coffee Social	10 10:00am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine sgorecki@nisa.on.ca 1:00pm: Train for Defeat Depression: Walking Group *1:30pm: Taskmasters with Tunes! – Spring Clean Up	11 10:00am: Food is Mood *10:00am: Chair Yoga for Depression 1:00pm: Open Art & Techniques with Andrée *2:00pm: Recovery Wellness: Designing our Daily Maintenance Plan(s)	12 *10:30am: Warming Up for Defeat Depression Pt. 3: The Big Day! 1:00pm: Pictionary! 2:00pm: Bean Bag Toss!	13 *10:00am: Mindful Morning 10:30am: Science North Trip Sign up with Andrée by <u>Wed. May 11</u> aepoulin@nisa.on.ca 1:00pm: Open Mic!
16 *10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals *1:30pm: Older Adult Coffee Social	17 10:00am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine sgorecki@nisa.on.ca 1:00pm: Train for Defeat Depression: Walking Group *1:30pm: Scattegories Brain Games!	18 10:00am: Food is Mood 10:00am: Dicomasters Tournament! *1:00pm: Cercle de partage en français *2:00pm: Recovery Wellness: Self-Care to Help Defeat Depression	19 *10:30am: Being Our Own Best Friend 1:00pm: Swimming at the YMCA <i>Leaving NISA for YMCA at 12:30pm</i> 2:00pm: Tammy's Cribbage Challenge!	20 *10:30am: Building Our Wellness Toolbox 11:30pm: Pancake, Sausage, & Coffee Breakfast! Tickets \$5 Buy with Tammy or Tanner 1:00pm: NISA Scavenger Hunt!
23 NISA CLOSED Victoria Day	24 10:00am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine sgorecki@nisa.on.ca 1:00pm: Train for Defeat Depression: Walking Group 1:30pm: BINGO!	25 10:00am: Food is Mood 1:00pm: Let's Meet Adi! *2:00pm: Recovery Wellness: Developing Active Listening Skills 6:00pm Game Changer: Tabletop & Video Game Night! Sign up with Kaitlyn kmatson@nisa.on.ca	26 *10:30am: Spot of Science: The Life and Death of the Universe 1:00pm: Pictionary! 2:00pm: Texas Horseshoes Tournament!	27 *10:00am: Mindful Morning *10:30am: NISA News: Overcoming the Odds 11:30am: Parkside Lunch & Dance <i>Leaving NISA for Parkside at 11:15am</i> Tickets \$6 Buy Tickets with Tammy 1:00pm: Open Mic!
30 *10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals: "Whose Line" Improv Fun! *1:30pm: Older Adult Coffee Social	31 10:00am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine sgorecki@nisa.on.ca *1:30pm: Design Your Thoughts: Wellness Warrior! 6:00pm Peer Support for the Supporter Sign up with Tammy tarmstrong@nisa.on.ca 6:00pm: Dreamcatcher Workshop with Claudette Sign up with Kaitlyn kmatson@nisa.on.ca 6:00pm: Bereavement Support Group Sign up with Kaitlyn kmatson@nisa.on.ca		<i>Join us at our annual Sudbury Defeat Depression Walk/Run at Bell Park on Saturday, May 28. Onsite registration is at 9 and the walk begins at 10. See Shanleigh for more details!</i> 	Programs marked with a * OR have an can be joined IN-PERSON and/or ONLINE through Zoom! <i>To join online and have a Zoom Code sent to you, please contact for more info!</i> (705) 222-6472 kmatson@nisa.on.ca Facebook: Kaitlyn Matson

