



# August 2022: Physical Wellness & NISA Olympics



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NISA CLOSED</b> Civic Holiday	2 10:30am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine <a href="mailto:sgorecki@nisa.on.ca">sgorecki@nisa.on.ca</a> 1:00pm: Soak Up the Sun: Walking Group! 1:30pm: NISA Olympics: Opening Ceremonies	3 10:30am: Food is Mood *12:30pm Meet and Greet with Michelle *1:30pm: The Wonders of Sleep: Exploring Dream & Subconscious Wellness	4 *10:30am: Membership Meeting  12:00pm <b>NISA CLOSSES</b>	5 10:30am: NISA Olympics: Bop It! 11:30pm: Hot Dog Fundraiser 1:00pm: Open Mic!
8 *10:30am: Sharing Circle 1:00pm: Exploring Skills & Goals *1:30pm: Older Adult Coffee Social	9 10:30am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine <a href="mailto:sgorecki@nisa.on.ca">sgorecki@nisa.on.ca</a> 1:00pm: Soak Up the Sun: Walking Group! 1:30pm: Wellness Rock Painting	10 10:30am: Food is Mood 1:00pm: "Wellness Rocks!" Walk 1:30pm: NISA Olympics: Bean Bag Toss!	11 *10:30am: A Spot of Science: What do Vitamins Do for our Bodies? *1:00pm: Calming with our Senses 2:00pm: Trip to the Sudbury Market!	12 *10:30am: NISA Olympics: Chair Yoga 11:00am: Moonlight Beach Day & NISA Olympics Beach Volleyball! 1:30pm: Marek's Boardgame Bash!
15 *10:30am: Sharing Circle 1:00pm: Exploring Skills & Goals *1:30pm: Older Adult Coffee Social	16 10:30am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine <a href="mailto:sgorecki@nisa.on.ca">sgorecki@nisa.on.ca</a> 1:00pm: Soak Up the Sun: Walking Group! *1:30pm: Yarnworks	17 10:30am: Food is Mood 1:00pm: Pictionary! 1:30pm: NISA Olympics: Balloon Volleyball	18 *10:30am: Mindful Meditation: Speaking Kindly to Our Bodies *1:00pm: Developing a Body Positive Image 2:00pm: NISA Olympics: Badminton!	19 10:30am: Mocktails Making! *11:30am: NISA News: What Keeps Us Moving Forward 1:00pm: 1:00pm: Open Mic!
22 *10:30am: Sharing Circle 1:00pm: Exploring Skills & Goals *1:30pm: Older Adult Coffee Social	23 10:30am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine <a href="mailto:sgorecki@nisa.on.ca">sgorecki@nisa.on.ca</a> 1:00pm: Soak Up The Sun: Walking Group *1:30pm: Finding Fun in Fitness!	24 10:30am: Food is Mood 1:00pm: Francophone sociale: P'tit coup'd café 2:00pm: Tammy's Cribbage Challenge!	25 10:30am: Capreol Day Trip Museum & Fish Fry! 10:30am: Body Positive Affirmations *1:00pm: Effects of Anxiety on the Body 1:30pm: NISA Olympics: Minute to Win It!	26 10:30am: NISA Olympics: Quidditch Pong! 1:00pm: Tammy's Catan Conquest!  1:30pm: NISA Olympics: Texas Horseshoes Tournament!
29 *10:30am: Sharing Circle 1:00pm: Exploring Skills & Goals *1:30pm: Older Adult Coffee Social	30 10:30am: Food is Mood 1:00pm: Writers' Circle Sign up with Sabine <a href="mailto:sgorecki@nisa.on.ca">sgorecki@nisa.on.ca</a> 1:00pm: Soak Up the Sun: Walking Group! 1:30pm: NISA Olympics: Pool Noodle Javelin!  6:00pm Peer Support for the Supporter Sign up with Tammy <a href="mailto:tarmstrong@nisa.on.ca">tarmstrong@nisa.on.ca</a>  6:00pm: Bereavement Support Group Sign up with Kaitlyn <a href="mailto:kmatson@nisa.on.ca">kmatson@nisa.on.ca</a>  6:00pm: Dreamcatcher Workshop Sign up with Kaitlyn <a href="mailto:kmatson@nisa.on.ca">kmatson@nisa.on.ca</a>	31 10:30am: Food is Mood 12:30pm: Naloxone Training 1:00am: NISA Olympics: Closing Ceremonies  6:00pm: Game Changer – Rock & Rhythm! Guitar Hero, Tabletop & Video Game Night Sign up with Kaitlyn <a href="mailto:kmatson@nisa.on.ca">kmatson@nisa.on.ca</a>  6:00pm: Dimensions of Wellness Carousel Mobile - Craft & Paint Collective Sign up with Kaitlyn <a href="mailto:kmatson@nisa.on.ca">kmatson@nisa.on.ca</a>	Programs marked with a * OR have an can be joined <b>IN-PERSON</b> and/or <b>ONLINE</b> through Zoom! <i>To join online and have a Zoom Code sent to you, please contact for more info!</i> <b>(705) 222-6472   <a href="mailto:kmatson@nisa.on.ca">kmatson@nisa.on.ca</a></b> Facebook: Kaitlyn Matson	