



November 2022: Financial Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:30am: Minimalism & Financial Wellness 1:00pm: Writers' Circle Sign up with Shanleigh sbrosseau@nisa.on.ca 1:30pm: The History of Inflation</p>	<p>2</p> <p>10:30am: Food is Mood 1:00pm: Skills for Smart Shopping 2:00PM: Recovery Wellness: Healthy Eating on a Budget</p>	<p>3</p> <p>*10:30am: Membership Meeting</p> <p>NISA CLOSED AT 12PM</p>	<p>4</p> <p>10:30am: Healthy Habits for Financial Wellness 12:00pm: Hotdog Fundraiser! 1:00pm: BINGO!</p>
<p>7</p> <p>*10:30am: Sharing Circle 1:30pm: Exploring Our Skills & Goals *1:30pm: Older Adult Coffee Social</p>	<p>8</p> <p>10:30am: Shifting our Mindset on Money 1:00pm: Writers' Circle Sign up with Shanleigh sbrosseau@nisa.on.ca 1:30pm: To Buy or to DIY!</p>	<p>9</p> <p>10:30am: Food is Mood 1:00pm: Silhouette Scenery Painting 2:00pm: Recovery Wellness: Simple Approach to Budgeting</p>	<p>10</p> <p>10:30am: Food is Mood 1:00pm: Currency Exchange Game! 2:00pm: Mystical Games of Magic the Gathering! 2:00pm: Flyers & Food Planning</p>	<p>11</p> <p>10:30am: Commemorating Remembrance Day 12:30pm: Let's Talk: Reward Programs! 1:00pm: Open Mic!</p>
<p>14</p> <p>*10:30am: Sharing Circle 1:30pm: Exploring Our Skills & Goals *1:30pm: Older Adult Coffee Social</p>	<p>15</p> <p>10:30am: Learning Financial Literacy 1:00pm: Writers' Circle Sign up with Shanleigh sbrosseau@nisa.on.ca 1:30pm: Tammy's 90's Trivia</p>	<p>16</p> <p>10:30am: Food is Mood 1:00pm: Holiday Stockings! 2:00pm: Recovery Wellness: Strategies for Saving Money Each Month</p>	<p>17</p> <p>10:30am: Food is Mood 1:00pm: Financial Scamming on Older Adults 1:00pm: Naloxone Training 1:30pm: Pictionary!</p>	<p>18</p> <p>10:30am: Stocking Stuffing for NISA's Holiday Party 1:00pm: Tidy up with Tunes: Pre-Holiday "Spruce-ing" Up!</p>
<p>21</p> <p>*10:30am: Sharing Circle 1:30pm: Exploring Our Skills & Goals *1:30pm: Older Adult Coffee Social</p>	<p>22</p> <p>10:30am: Collective Coloring 1:00pm: Writers' Circle Sign up with Shanleigh sbrosseau@nisa.on.ca 1:30pm: Tammy & Marek Cribbage Challenge!</p>	<p>23</p> <p>10:30am: Food is Mood 1:00pm: Holiday Card Making! 2:00pm: Recovery Wellness: Creating a Financial Wellness Plan</p>	<p>24</p> <p>10:30am: Food is Mood 1:00pm: Harm Reduction Presentation with Réseau Access 2:00pm: Elder Abuse & Ageism</p>	<p>25</p> <p>10:30am: A Spot of Science: Is Time Travel Possible? 12:30pm: Recognizing Impulse Buying 1:00pm: Open Mic!</p>
<p>28</p> <p>*10:30am: Sharing Circle 1:30pm: Exploring Our Skills & Goals *1:30pm: Older Adult Coffee Social</p>	<p>29</p> <p>10:30am: Financial Wellness and Mental Health 1:00pm: Writers' Circle Sign up with Shanleigh sbrosseau@nisa.on.ca 1:30pm: Sharing our Story</p> <p>6:00pm Peer Support for the Supporter Sign up with Tammy tarmstrong@nisa.on.ca</p> <p>6:00pm Bereavement Support Group Sign up with Kaitlyn kmatson@nisa.on.ca</p>	<p>30</p> <p>10:30am: Food is Mood</p> <p>*1:00pm: Cercle de partage en français 1:00pm: Online Gaming & Scamming 2:00pm: Thrifty Holiday Gift Planning</p> <p>6:00pm: Game Changer: Dice & Decks! <i>Magic the Gathering & Dice Masters</i></p>		<p>Programs marked with a * can be joined IN-PERSON and/or ONLINE through Zoom!</p> <p><i>To have a Zoom Code sent to you, please contact for more info!</i></p> <p>(705) 222-6472 kmatson@nisa.on.ca Facebook: Kaitlyn Matson</p>