



January 2023: Cheers to All We Can Be!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="right">2</p> <p align="center">NISA CLOSED New Year's Holiday</p>	<p align="right">3</p> <p>*10:30 am: Sharing Circle 1:00 pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca *1:30 pm: Older Adult Coffee Social</p>	<p align="right">4</p> <p>10:30 am: Food is Mood 1:00 pm: Collective Canvas Craft Planning 2:00 pm: Recovery Wellness: How to Rejuvenate as We Age</p>	<p align="right">5</p> <p>*10:30 am: Membership Meeting</p> <p align="center">NISA CLOSED AT 12PM</p>	<p align="right"><i>Intake: KM 6</i></p> <p>10:30 am: Understanding Universal Basic Income 12:00 pm: NISA Hotdog Fundraiser! 1:00 pm: Texas Horseshoe Tourney!</p> <p align="right">FINAL DAY TO SIGN UP FOR: Trip to Science North</p>
<p align="right">09</p> <p>*10:30 am: Sharing Circle 1:00 pm: Exploring Skills and Goals *1:30 pm: Older Adult Coffee Social</p>	<p align="right">10</p> <p>10:00 am: Build Your Own 30-Day Challenge 1:00 pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30 pm: Setting SMART Goals</p>	<p align="right">11</p> <p>10:30 am: Food is Mood 1:00 pm: Reflection Questions for Self-Discovery 2:00 pm: Recovery Wellness: What is Mindfulness</p>	<p align="right">12</p> <p>10:30 am: Food is Mood 1:00 pm: Trivia from the 2000's! 2:00 pm: The Catan Conquest!</p>	<p align="right"><i>Intake: HJ 13</i></p> <p>10:00 am: Chair Yoga with OAPS 10:30 am: Trip to Science North! \$5 per Member Please bring own lunch Sign up with Tammy or Kaitlyn 1:00 pm: Open Mic!</p>
<p align="right">16</p> <p>*10:30 am: Sharing Circle 1:00pm: Exploring Our Skills & Goals *1:30 pm: Older Adult Coffee Social</p>	<p align="right">17</p> <p>10:00 am: Community Mental Health Promotion 1:00 pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30 pm: Identifying our Stressors/Triggers</p>	<p align="right">18</p> <p>10:30 am: Food is Mood 1:00 pm: Naloxone Training 2:00 pm: Recovery Wellness: Journaling Our Emotions</p>	<p align="right">19</p> <p>10:30 am: Food is Mood 12:50 pm: Swimming at the YMCA <i>Leaving NISA for YMCA at 12:20 pm</i> <u>Limited Passes</u> Sign up with Kaitlyn 2:00 pm: Tammy's Cribb Challenge!</p>	<p align="right">20</p> <p>10:30 am: Meeting our New Students! 11:30 pm: Homemade Soup & Grilled Cheese Tickets \$5 Buy from Tammy or Tanner 1:00 pm: NISA's Got Talent! Sign up with Kaitlyn kmatson@nisa.on.ca</p>
<p align="right">23</p> <p>*10:30 am: Sharing Circle 1:00 pm: Exploring Skills and Goals *1:30 pm: Older Adult Coffee Social</p>	<p align="right">24</p> <p>10:00 am: The Pros & Cons of Social Media 1:00 pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30 pm: BINGO!</p>	<p align="right">25</p> <p>10:30 am: Food is Mood *1:00 pm: Cercle de partage en français 2:00 pm: Recovery Wellness: Making a Self-Care Plan 6:00 pm Game Changer: Tabletop & Video Game Night!</p>	<p align="right">26</p> <p>10:30 am: Food is Mood 1:00 pm: Spot of Science: Should we Invest in Space Exploration 2:00 pm: Pictionary!</p>	<p align="right">27</p> <p>10:00 am: Yoga for Exercise & Renewal 11:30 am: Parkside Lunch & Dance <i>Leaving NISA for Parkside at 11:15 am</i> Tickets \$6 Buy from Tammy or Hugh 1:00 pm: Open Mic!</p>
<p align="right">30</p> <p>*10:30 am: Sharing Circle 1:00 pm: Exploring Our Skills & Goals *1:30 pm: Older Adult Coffee Social</p>	<p align="right">31</p> <p>10:00 am: Decluttering Ourselves 1:00 pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30 pm: Building our Self-Care Menu 6:00 pm Peer Support for the Supporter Sign up with Tammy tarmstrong@nisa.on.ca 6:00 pm: Bereavement Support Group Sign up with Kaitlyn kmatson@nisa.on.ca</p>			<p>Programs marked with a * can be joined IN-PERSON and/or ONLINE through Zoom!</p> <p>To have a Zoom Code sent to you, please contact for more info!</p> <p align="center">(705) 222-6472 kmatson@nisa.on.ca Facebook: Kaitlyn Matson</p>