




February 2023: Beat the Blues!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Programs marked with a * can be joined IN-PERSON and/or ONLINE! Please contact for more info! (705) 222-6472 kmatson@nisa.on.ca Facebook: Kaitlyn Matson		1 10:30am: Food is Mood 1:00pm: Building Self Esteem 2:00pm: Recovery Wellness: Coping with Loneliness	2 *10:30 am: Membership Meeting NISA CLOSED AT 12PM	3 10:30am: Mindful Meditation 11:30am: NISA Hotdog Fundraiser! 1:00pm: Funny & Feel-Good Movie Afternoon!
6 *10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals *1:30 pm: Older Adult Coffee Social	7 10:00am: Trip to Science North \$5 per Member <u>Please bring own lunch</u> 10:30am: Brilliant Button Making! 1:00pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30pm: Clearing Clutter for a Clearer Mind	8 10:30am: Food is Mood 1:00pm: Importance of Valuing Yourself 2:00pm: Recovery Wellness: Home & Hygge	9 10:30am: Food is Mood 1:00pm: Winter Blues & How We Can Support Our Mental Health 2:00pm: Cribbage Challenge with Tammy and Marek	10 10:30am: A Spot of Science: Learning about the Life Cycle of a Star 12:00pm: Quilt Making Class 1:00pm: Open Mic!
13 *10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals *1:30 pm: Older Adult Coffee Social	14 10:30am: Re-nurturing Ourselves 1:00pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30pm: Disproving Myths about Self-Care	15 10:30am: Food is Mood *1:00pm: Cercle de partage en français 2:00pm: Recovery Wellness: Setting Healthy Boundaries	16 10:30am: Food is Mood 1:00pm: Positive Affirmation Jenga 2:00pm: Pictionary!	17 
20 NISA CLOSED Family Day	21 10:30am: Practicing Emotional Healing 1:00pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30pm: Building Your Support Network	22 10:30am: Food is Mood 1:00pm: Yoga for Exercise & Centering 2:00pm: Recovery Wellness: Braiding Mindfulness into Our Day to Day 6:00pm Game Changer Games Night! Sign up with Kaitlyn kmatson@nisa.on.ca	23 10:30am: Food is Mood 1:00pm: Trivia of the 2010's! 2:00pm: Skip Bo Challenge!	24 10:30am: BINGO! 11:30am: Grilled Cheese & Tomato Soup Fundraiser! 1:00pm: Open Mic!
27 *10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals *1:30 pm: Older Adult Coffee Social	28 10:30am: Refreshing Ideas on Rest 1:00pm: Writers' Circle Sign up with Garrett gcarr@nisa.on.ca 1:30pm: Midday Mindfulness: Meditation & Colouring 6:00pm Peer Support for the Supporter Sign up with Tammy tarmstrong@nisa.on.ca 6:00pm: Bereavement Support Group Sign up with Kaitlyn kmatson@nisa.on.ca			