



September 2023: Occupational Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NISA is now open 9:00am till 4:00pm		Arrive at Cambrian College for the AGM at 5:00pm on September 14.	See Jenna if you want to volunteer at the Food Bank on September 20. Max of 10 people can go.	10:30am Bean Bag Toss 12:00pm Art Wellness Bazaar
NISA Closed Labor Day	10:30am Being Assertive 1:00pm Writers' Circle 2:00pm Mental Health and Safety	10:30am Food is Mood 12:00pm Making Art Decorations for AGM	10:30am: Membership Meeting ID: 950 311 1979 Password: 6472 NISA CLOSED AT 12PM	10:30am Personal Development 1:00pm Open Mic
10:30am: Sharing Circle 12:00pm: AGM Art 1:30pm: Older Adult Sharing Circle ID: 432 400 9409 Password: 809252	10:30am Volunteer Opportunities at NISA 1:00pm Writers' Circle 2:00pm Sign of Burnout	10:30am Food is Mood 1:00pm LGBTQ+ Sharing Circle 2:00pm Why You Don't Have One True Calling	10:30am Food is Mood 1:00pm Self-Compassion 5:00pm AGM Meeting at Cambrian College	10:30am The 4 Day Work Week 1:00pm Singing Lessons 2:00pm OAPS Games
10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals 1:30pm: Older Adult Sharing Circle ID: 432 400 9409 Password: 809252	10:30am Monopoly 1:00pm Writers' Circle 2:00pm Signs of a Toxic Work Environment	10:00am Volunteering at the Food Bank 10:30am Food is Mood 1:00pm Learning About Christianity With Gerry Loughheed	10:30am Food is Mood 1:00pm Workplace Wellness with Spark 2:00pm Ballroom Dancing	10:30am Making Kleenex Box Covers 1:00pm Open Mic
10:30am: Sharing Circle 1:00pm: Exploring Our Skills & Goals 1:30pm: Older Adult Sharing Circle ID: 432 400 9409 Password: 809252	10:30am Prepping for an interview 1:00pm Writers' Circle 2:00pm Solo VS Working on a Team 5:00pm Recycled Material Mitten Workshop 6:00pm Peer Support for the Supporter Sign up with Hugh hjeanveau@nisa.on.ca 6:00pm: Game Changers Sign up with Tanner tjarmstrong@nisa.on.ca	10:30am Food is Mood 1:00pm Importance of Self Care 2:00pm Astronomy Trivia 6:00pm: Pride Support Sign up with Garrett gcarr@nisa.on.ca	10:30am Food is Mood 1:00pm Setting Boundaries Concerning Harassment 2:00pm Ballroom Dancing	10:30am Identifying Soft Skills 1:00pm Brainteasers 2:00pm Crib Tournament