



# January 2024: Environmental Wellness



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NISA Closed New Years Day	2 10:30am Candle Making 1:00pm Writers' Circle 2:00pm Sensory Self-Care	3 10:30am Food is Mood 1:00pm Chinese Zodiac 2:00pm Our Planet and What is Terraforming?	4 10:30am Membership Meeting ID: 950 311 1979   Password: 6472 12:00pm NISA Closed	5 10:30am Building Routines 1:00pm Open Mic
8 10:30am Sharing Circle 12:30pm Exploring Our Skills and Goals 1:30pm Older Adult Sharing Circle	9 10:30am Red Flag/Green Flag in Friendships 1:00pm Writers' Circle 2:00pm Signs of a Toxic Environment	10 10:30am Food is Mood 1:00pm Art Skills 2:00pm Tips To Be More Environmentally Friendly	11 10:30am Food is Mood 1:00pm Spiritual Wellness Sharing Circle	12 10:30am Making Placemats 1:00pm BINGO
15 10:30am Sharing Circle 12:30pm Exploring Our Skills and Goals 1:30pm Older Adult Sharing Circle	16 10:30am Bioaccumulation and Biomagnification and the Harmful Effects 1:00pm Writers' Circle 2:00pm Winter Activities	17 10:30am Food is Mood 1:00pm LGBTQ+ Sharing Circle 2:00pm Historical Figure: David Suzuki	18 10:30am Food is Mood 1:00pm Making a Vision Board 2:00pm Plant Parenting	19 10:30am Spot of Science- Dinosaurs. What did Jurassic Park Get Wrong? 1:00pm Open Mic
22 10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle	23 10:30am Making Your House a Home 1:00pm Writers' Circle 2:00pm Animal Charades	24 10:30am Food is Mood 1:00pm Creating a Safe Space at Home 2:00pm Your Environment and Your Mood	25 10:30am Food is Mood 1:00pm Spiritual Wellness Sharing Circle 2:00pm Understanding Depression	26 10:30am Color Psychology 1:00pm Cribbage Tournament
29 10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle	30 10:30am Fighting Winter Blues 1:00pm Writers' Circle 2:00pm Feng Shui  6:00pm Peer Support for the Supporter Sign up with Hugh at hjeanveau@nisa.on.ca 6:00pm Game Changers Sign up with Tanner at tjarmstrong@nisa.on.ca	31 10:30am Food is Mood 1:00pm Wellness Wheel 2:00pm Culture, Stories, and the Environment  6:00pm Pride Support Sign up With Jenna or Dana jbarnes@nisa.on.ca or dlove@nisa.on.ca		