



October 2024: Changing Seasons



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;">1</p> <p>10:30am: Mask Painting *1:00pm Writers Circle 2:00pm: Stuffed Peppers (Mic)</p> <p>6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca</p>	<p style="text-align: right;">2</p> <p>10:30am Food is Mood 12.00pm: Mindfulness Walk 1.30pm: Navigating Stress & Anxiety</p>	<p style="text-align: right;">3</p> <p>10:30am Membership Meeting ID: 950 311 1979 Password: 6472</p> <p>12:00pm NISA Closed</p>	<p style="text-align: right;">4</p> <p>10:30am. Pictionary 1:00pm Bingo 2.00pm: Recovery Sharing Circle</p>
<p style="text-align: right;">7</p> <p>*10:30am Sharing Circle 12:30pm Exploring Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">8</p> <p>10:30am: Getting Ahead of the Winter Blues *1:00pm Writers Circle 2:00pm: Emotional Wellness</p> <p>6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca</p>	<p style="text-align: right;">9</p> <p>10:30am Food is Mood (Jen) 12.00pm: Mediation & Wellness 1.30pm:1.30pm: Navigating Stress & Anxiety</p>	<p style="text-align: right;">10</p> <p>10:30am: Food is Mood 1.00pm: 2S-LGBTQ2+ Older Adult Support (Paul P) 2:00pm: Street Wise</p>	<p style="text-align: right;">11</p> <p>10:30am: Halloween Trivia 12:00pm: Recovery Sharing Circle 1.00pm: Open Mic</p>
<p style="text-align: right;">14</p> <p>NISA CLOSED STAT Holiday (Thanksgiving)</p>	<p style="text-align: right;">15</p> <p>10:30am: Wellness Walk *1:00pm Writers' Circle 2:00pm: Being Mindful</p> <p>6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca</p>	<p style="text-align: right;">16</p> <p>10:30am Food is Mood 12.00pm 2S-LGBTQ+ Support Group 1.30pm: Navigating Stress & Anxiety</p>	<p style="text-align: right;">17</p> <p>10:30am Food is Mood *1:00pm Virtual Hang Out 2:00pm: Seasons in Mythology</p>	<p style="text-align: right;">18</p> <p>10:30am: Sun Salutation Yoga 12:00pm: Recovery Sharing Circle 1:00pm: Ping Pong Tournament</p>
<p style="text-align: right;">21</p> <p>*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">22</p> <p>10:30am: Breakfast with Annette *1:00pm Writers' Circle 2:00pm Make a Custom Toque</p> <p>6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca</p>	<p style="text-align: right;">23</p> <p>10:30am Food is Mood 12:00pm Halloween Choreography 1.30pm: Navigating Stress & Anxiety</p>	<p style="text-align: right;">24</p> <p>10:30am Food is Mood *1:00pm Virtual Hang Out 2:00pm: Making Wreaths</p>	<p style="text-align: right;">25</p> <p>10:30am Cribbage Tournament 12:00pm Recovery Sharing Circle 1.00pm Open Mic</p>
<p style="text-align: right;">28</p> <p>*10:30am Sharing Circle 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle</p>	<p style="text-align: right;">29</p> <p>10:30am: Horror & Queerness *1:00pm Writers' Circle 2:00pm: Halloween Movie Day</p> <p>6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca</p>	<p style="text-align: right;">30</p> <p>10:30am Food is Mood 1:00pm: What is SAD 1:30pm Navigating Stress and Anxiety 2:00pm Pumpkin Carving 6:00pm Pride Support Sign up With Jenna jbarnes@nisa.on.ca Peer Support for the Supporter Sign up with Hugh hjeanveau@nisa.on.ca</p>	<p style="text-align: right;">31</p> <p>10:30am Food is Mood 11.30pm: Face Painting 1:00pm: Halloween Dance</p>	<p>Virtual Zoom Option has a * beside it. The meeting ID is in Group Descriptions</p>

<p>Food is Mood Learning to cook in a group on a budget.</p> <p>Sharing Circle Discussing topics that are on our minds in a safe and nonjudgemental environment.</p> <p>Meeting ID: 391 416 2983</p>	<p>Open Mic Come and sing, dance or even read poetry.</p> <p>Pride Support The 2S-LGBTQ+ evening group that talks about different stuff going on in the city and provide peer support to those that need it.</p>	<p>Wellness Walk An outing in nature to activate your 5 senses.</p> <p>Making Wreaths Create & Celebrate the Fall Season.</p>	<p>BWELL-Bingo A new way to play Bingo and learn about wellness.</p> <p>Ping Pong with Shirley/Marek Who can beat Shirley or Marek at a game of Ping Pong?</p>	<p>Pictionary Draw the prompt in 60 seconds or less to win!</p> <p>Seasons in Mythology Explore ancient civilizations and what they believed caused the changing of the seasons.</p>
<p>Exploring Our Skills and Goals Learning a specific life skill or making a life goal.</p> <p>Older Adult Sharing Circle Discussing topics geared towards Older Adults in a safe and nonjudgemental environment.</p>	<p>Cribbage Tournament Come and challenge NISA members to cribbage and see who wins to get their name on winner's board.</p> <p>2S-LGBTQ+ Older Adult Support Circle A group for older adults to discuss your experiences and struggles as well as solutions to improve Queer Mental Health.</p>	<p>Street Wise How to stay safe in your community.</p> <p>Breakfast with Annette Come and enjoy a yummy breakfast with Annette (Egg Frittata, Bacon & Fresh Fruit) Sign up with Mic</p>	<p>Emotional Wellness Come learn the concepts of what it means to have Emotional Wellness.</p> <p>Mindfulness What is Mindfulness? How do I practice that in my daily life.</p>	<p>Pumpkin Carving It would not be Halloween without Pumpkin Carving. Decorate your own pumpkin and enjoy a bonus treat of roasted pumpkin seeds. Sign up with Jenna</p>
<p>Writer's Circle A place to hone your writing skills with prompts and writing exercises. Meeting ID: 832 986 9584</p> <p>2S-LGBTQ+ Sharing Circle A place where 2S-LGBTQ+ community can come and discuss topics in a safe and nonjudgemental environment.</p>	<p>Mask Painting Painting a mask that you get to keep when you are done.</p> <p>Getting Ahead of the Winter Blues What can we do to prepare for the Winter Blues.</p> <p>Movie Day A movie afternoon before Halloween. (popcorn included)</p>	<p>Horror & Queerness A mini presentation on Horror & Queerness.</p> <p>Stuffed Pepper with Mic Come learn how to make stuffed peppers with Mic.</p>	<p>Collaborative Art: Gratitude Tree Create a Gratitude Tree in the Lobby. Watch the tree grow with Member Contributions.</p> <p>Paint a Long Step by Step Tutorial on how to paint a spooky jack-o-lantern. What expression will yours have?</p>	<p>Face Painting Come have your face painted on the day of the Halloween Dance. Sign up with Jenna.</p> <p>Halloween Dance Bring out your best costumes for the Halloween Dance on October 31st</p>
<p>We Matter Explore topics of self-compassion, self-awareness and self-worth.</p> <p>Navigating Stress & Anxiety Supportive peer led discussions, explore and develop wellness tools and self-care strategies</p>	<p>Halloween Trivia Trivia about all things Halloween</p> <p>Virtual Hang Out A virtual place where people can share what is happening in their life. Meeting ID: 391 416 2983</p>	<p>Make a Custom Toque Learn how to create your own custom made toque for the upcoming season.</p> <p>Recovery Sharing Circle A new sharing circle for supporting individuals in addiction recovery. Sign up with Sherry</p>	<p>Halloween Choreography Learn the Choreography of a Halloween themed song. Dances will be showcased at the Halloween Dance.</p> <p>Sun Salutation Yoga Yoga led by Jenna. Class includes standing, sitting and lying positions.</p>	<p>What is SAD. A workshop on Seasonal Affective Disorder (SAD). Learn about the symptoms and strategies on how to cope with it.</p>

Monthly Group Descriptions