



November 2024: Preparing for the Holidays



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Virtual Zoom Option has a * beside it. The meeting ID is in Group Descriptions		<i>Writer's Circle scheduled for Tuesdays at 1pm commencing this month will have the title of the group beside the time slot.</i>		10:30am. Chair Yoga 1:00pm Bingo 2.00pm: Recovery Sharing Circle
*10:30am Sharing Circle 12:30pm Exploring Skills & Goals 1:30pm Older Adult Sharing Circle	10:30am: Online Scams *1:00pm: Creative Writing Prompt 2:00pm: Budgeting for the Holidays 6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca	10:30am Food is Mood 12.00pm: Holiday Recipe Book 1.30pm: Navigating Stress & Anxiety	10:30am Membership Meeting ID: 950 311 1979 Password: 6472 12:00pm NISA Closed	10:30am: Zumba 12:00pm: Recovery Sharing Circle 1.00pm: Open Mic
*10:30am Sharing Circle 12:30pm Exploring Skills & Goals 1:30pm Older Adult Sharing Circle	10:30am: Holiday Nail Painting *1:00pm Lyrics Workshop 2:00pm: Jewelry Making (Part 1) 6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca	10:30am Food is Mood 12.00pm 2S-LGBTQ+ Support Group *1.30pm: Navigating Stress & Anxiety	10:30am Food is Mood-Valerie 1:00pm: Wellness Walk 1.00pm:2SLGBTQ+ Older Adult Group (Paul P) 2:00pm: Blending Workshop	10:30am: Sun Salutation Yoga 12:00pm: Recovery Sharing Circle 1:00pm: Ping Pong Tournament
*10:30am Sharing Circle -Comfort Zone 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle	10:30am: Brunch with Mic *1:00pm Wellness Writing Prompts 2:00pm: Jewelry Making (Part 2) 6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca	10:30am Food is Mood -Jen 12:00pm: Mythology Group 1.30pm: Navigating Stress & Anxiety	10:30am Food is Mood 1.00pm:2SLGBTQ+ Older Adult Group (Paul P) *1:00pm Virtual Hang Out-Physical Boundaries 2:00pm: Perfume Workshop	10:30am Pilates 12:00pm Recovery Sharing Circle 1.00pm: Beads to Count your Breathe
*10:30am Sharing Circle-Social Plans 12:30pm Exploring Our Skills & Goals 1:30pm Older Adult Sharing Circle	10:30am: Making Holiday Ornaments *1:00pm The Hero's Journey 2:00pm: Fidget Quilts 6:00pm -7.30pm: We Matter Sign up with Hugh at hjeanveau@nisa.on.ca	10:30am Food is Mood 1:30pm Navigating Stress and Anxiety 2:00pm: Holiday Wreaths 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	10:30am Food is Mood -Lily *1.00pm: Virtual Hangout-Emotional Boundaries 1.00pm:2SLGBTQ+ Older Adult Group (Paul P) 2:00pm: Paint-A- long	10:30am Cribbage Tournament 12:00pm Recovery Sharing Circle 1.00pm: Open Mic

<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>Zumba Come join Jenna for follow along Zumba/Dance workout.</p> <p>Pilates Try a new form of exercise. More intense than Yoga.</p>	<p>Blending Workshop Beginner lesson on how to blend acrylic paints and create “washes.”</p> <p>Perfume Workshop DIY Holiday Gift: Creating your favourite scents and make them a stocking stuffer present.</p>	<p>Holiday Nail Painting Boost your confidence and join Mic for Holiday Nail Painting! Bringing your own polish is welcome.</p> <p>Online Scams Members will learn ways to identify scams and what to do if they are scammed online.</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>Creative Writing Prompt A short prompt and 20-minute timer. Write what comes to mind. Sharing is optional but encouraged.</p> <p>Lyric Workshop Learn how to write lyrics for songwriting in different styles.</p>	<p>Paint-A-Long Step by Step Tutorial on how to paint a winter landscape.</p> <p>Mythology Group Delve into the world of supernatural beasts spanning multiple cultures.</p>	<p>Budgeting for the Holidays Educational Workshop on how to budget wisely for the holiday season.</p> <p>Holiday Recipe Book Creating a holiday recipe book. Sign up with Sherry.</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>Virtual Hang Out A virtual place where people can share what is happening in their life. Meeting ID: 391 416 2983</p> <p>Recovery Sharing Circle A new sharing circle for supporting individuals in addiction recovery. Sign up with Sherry</p>	<p>Wellness Writing Prompt A short prompt and 20-minute timer. Write about the prompt and what it means in your wellness journey.</p> <p>The Hero’s Journey Educational group on one of the most popular plotting devices: The Hero’s Journey.</p>	<p>Jewelry Making (Christmas) Come learn to make jewelry that will make great Christmas Gifts.</p> <p>Beads to Count Your Breathe Create bracelets that will assist reduce anxiety.</p>	<p>Wellness Walks A wellness walk to take pictures of nature.</p> <p>Holiday Wreaths Making wreaths for the holidays. Sign up with Sherry.</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>Sun Salutation Yoga Yoga led by Jenna. Class includes standing, sitting and lying positions</p> <p>Chair Yoga Follow along yoga instruction. Participants will be sitting for the entire session.</p>	<p>Breakfast with Mic Come and enjoy a yummy brunch with Mic. Sign up with Mic</p> <p>Making Holiday Ornaments Join Mic to paint your own Holiday Ornament. Make one for yourself, or one for a friend just in time for the Holiday Season.</p>	<p>Fidget Quilts Join Shirley and learn how to make your own fidget quilt.</p> <p>Ping Pong with Shirley/Marek Who can beat Shirley or Marek at a game of Ping Pong?</p>	<p>BINGO Come and play BINGO in the common area at NISA. You could win a prize</p> <p>2SLGBTQ+ 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>

Monthly Group Descriptions