



**Madoc Peer Support Centre**  
**Monday - Friday 9:30AM - 2:30PM**  
**56 Russell Street, Unit B**  
**Madoc, ON K0K 2K0**  
**(613)473-4111/msc@psseo.ca**

**OCTOBER 2017**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Bingo 11 AM  Gym 2:30	3 All About You 12:30 PM  Gym 2:30	4  AMHS Clinic 12:30 PM	5 Thanksgiving dinner  Members Meeting 11 AM  Gym 2:30	6	7 <b>FOOD MENU WEEK 3</b>
8	9 <b>CLOSED</b>	10 All About You 12:30 PM  Gym 2:30	11 AMHS Clinic 12:30 PM  Gym 2:30	12 Fruit To Go  Gym 2:30	13 Food bank delivery	14 <b>FOOD MENU WEEK 4</b>
15	16 Community Kitchen 10-2  Gym 2:30	17 All About You 12:30 PM  Gym 2:30	18 AMHS Clinic 12:30 PM  Gym 2:30	19  Gym 2:30	20	21 <b>FOOD MENU WEEK 1</b>
22	23 Bingo 11 AM  Gym 2:30	24 All About You 12:30 PM  Gym 2:30	25 AMHS Clinic 12:30 PM  Gym 2:30	26 Fruit To Go  Gym 2:30	27 Recovery Day  Food bank delivery	28 <b>FOOD MENU WEEK 2</b>
29	30 Bingo 11 AM  Gym 2:30	31 Halloween Competition  All About You 12:30 PM  Gym 2:30				<b>FOOD MENU WEEK 3</b>