



3 Doors Down - Picton Support Centre

Monday- Friday 10:00am - 3:00pm

333 Main Street

Picton, ON K0K 2T0

(613) 471 - 1347/3dd@psseo.ca

October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 MHG Pancakes & Sausage Cards	3 Alcoholics Anonymous Presentation Fish & Chips Skip-Bo	4 Halloween Crafts Taco Salad Chair Yoga	5 Managing Mental health Chicken Caesar Salad Stop & Exercise	6 Art Therapy Turkey Dinner Bingo 	7
8	9 Thanksgiving CLOSED	10 Halloween Crafts Turkey Sandwiches & Raw Veg Guided Imagery	11 Dealing with Clutter Turkey Stew Cards	12 Saving Money Bangers & Mash Halloween Painting	13 Grounding Exercises BLTs Cards	14
15	16 MHG French Toast Casserole Cards	17 Pumpkin Patch Outing Sheppard's Pie Fall Reflections	18 SAD — Coping Skills Hamburgers & Salad Halloween Paintings	19 Dieting/Healthy Eating Eggs, Toast, & Sausages Halloween Crafts	20 Walking Nachos Cards	21
22	23 MHG Toasted Westerns Cards	24 Halloween Crafts 7 Layer Casserole Cards	25 WRAP BLTs	26 WRAP Stir-fry & Chicken Balls	27 WRAP Chilli	28
29	30 MHG & Pumpkin Carving Egg Muffins Pumpkin Carving	31 Halloween Party!! Pizza				