



JANUARY

Belleville Freedom Peer Support Centre
Monday - Friday 10AM - 3PM
Saturday 9AM - 2PM
391 Front Street
(613)969-1772/bfsc@psseo.ca

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED Happy New Years	2 CLOSED	3 10:30 AM Life Skills 12:00 PM Lunch 1:00 PM Game Time	4 10:30 AM Cards 12:00 PM Lunch 1:00 PM Chess	5 10:30 AM Bingo 12:00 PM Lunch 1:00 PM Wii	6 9:30 AM Mindful Relaxation 11:30 AM Lunch 12:00 PM Movies
7	8 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:45 PM CLOSED	9 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	10 10:30 AM Life Skills 12:00 PM Lunch 1:00 PM Game Time	11 10:30 AM Cards 12:00 PM Lunch 1:00 PM Chess	12 10:30 AM Bingo 12:00 PM Lunch 1:00 PM Wii	13 9:30 AM Mindful Relaxation 11:30 AM Lunch 12:00 PM Movies
14	15 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:45 PM CLOSED	16 10:30 AM Centre Meeting 12:00 PM Lunch 1:00 PM Arts & Crafts	17 10:30 AM Life Skills 12:00 PM Lunch 1:00 PM Game Time	18 10:30 AM Cards 12:00 PM Lunch 1:00 PM Chess	19 10:30 AM Bingo 12:00 PM Lunch 1:00 PM Wii	20 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 Movies
21	22 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:45 PM CLOSED	23 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	24 10:30 AM Life Skills 12:00 PM Lunch 1:00 PM Game Time	25 10:30 AM Cards 12:00 PM Lunch 1:00 PM Chess	26 10:30 AM Bingo 12:00 PM Lunch 1:00 PM Wii	27 9:30 AM Mindful Relaxation 11:30 PM Lunch 12:00 PM Movies
28	29 10:30 AM Weekend Wrap-Up 12:00 PM Lunch 1:45 PM CLOSED	30 10:30 AM Horoscopes 12:00 PM Lunch 1:00 PM Arts & Crafts	31 10:30 AM Life Skills 12:00 PM Lunch 1:00 PM Game Time			