



JANUARY

New Beginnings - Trenton Support Centre
Monday - Friday 10AM - 3PM
76 Dundas Street West
Trenton, ON K8V 6S3
(613)394 - 3449/nbsc@psseo.ca

Su	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed New Years Day	2 Closed Happy New Year	3 12:00 PM Lunch: Sausages 1:00 PM Peer's Choice Chat	4 12:00 PM: Breakfast For Lunch	5 12:00 PM: Sloppy Joes 1:00 PM: Community Advocacy and Legal Centre	6
7	8 12:00 PM Lunch: Sandwiches 1:30 PM In The News	9 12:00 PM Lunch: Chicken Caesar Wraps 1:30 PM Highlights of 2017	10 12:00 PM Lunch: Egg Salad Sandwiches 1:00 PM Why is Hope Important?	11 12:00 PM: Breakfast For Lunch 1:30 PM Peer Chat	12 10:00 AM Naloxone (Narcan) Training 12:00 PM: Chili & Dinner Roll	13
14	15 12:00 PM Lunch: Hot Dogs & Salad 1:30 PM Cards	16 12:00 PM Lunch: Quesadillas 1:00 PM Baking	17 12:00 PM Lunch Cheese Casserole 1:30 PM Peer's Choice Chat	18 12:00 PM: Breakfast For Lunch 1:00 PM Food Labels- How to Read & Understand Them	19 12:00 PM Cold Cuts, Coleslaw & Bun 1:00 PM Bingo	20
21	22 12:00 PM Sandwiches & Salad 1:30 PM In The News	23 12:00 PM Lunch: Homemade Soup 1:30 PM Cards	24 12:00 PM Lunch Spaghetti 1:00 PM Memories Group	25 10:00 AM Major Depressive Group 12:00 PM Breakfast For Lunch	26 12:00 PM Make Your Own Subs 1:00 PM Bingo	27
28	29 12:00 PM Hot Dogs Salsa & Chips 1:30 PM Cards	30 12:00 PM Grilled Cheese & Soup 12:30 PM Movie & Popcorn	31 12:00 PM Lunch Sausages 1:00 PM Cards			