



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

MARCH

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1 10 AM Wii Fit 10:30AM Brain Teasers— Keeping your mind healthy 12 PM Lunch - Fish & Chips 1 PM Cards	2 10 AM Wii Fit 12 PM Lunch - Soup & Wraps 1 PM Bingo	3
4	5 10 AM Wii Fit & Weigh-in 11 AM Mental Health Group 12 PM Lunch - Breakfast Wraps 2 PM closed for groceries	6 10 AM Wii Fit 11 AM Healthy Body/ Healthy Mind 12 PM Lunch - Stir Fry 1 PM Walking Group	7 10 AM Wii Fit 11 AM Menopause 12 PM Lunch - Taco Salad 1PM Painting	8 10 AM Wii Fit 11 AM Walking Group 12 PM Lunch - Chicken Soup 1 PM Chair Yoga	9 10 AM Wii Fit 11 AM Healthy Eating on a Budget 12 PM Lunch - Spinach Salad 1 PM Cards	10
11	12 10 AM Wii Fit & Weigh-in 11 AM Mental Health Group 12 PM Lunch - Bagels & Fruit Salad 2 PM closed for Groceries	13 10 AM Wii Fit 11 AM Centre Meeting 12 PM Lunch - Fajitas 2 PM Closed for Staff Meeting	14 10 AM Wii Fit 11 AM Bad Fats vs Good Fats 12 PM Lunch - Hamburger Soup 1 PM Walking Group	15 10 AM Wii Fit 11 AM Mindless vs Mindful Eating 12 PM Lunch - Stir-Fry 1 PM Cards	16 10 AM Wii Fit 11 AM Walking Group 12 PM Lunch - Chicken Caesar Salad 1 PM - St. Patrick's Party	17
18	19 10 AM Wii Fit & Weigh-in 11 AM Mental Health Group 12 PM Lunch - Omelets 2 PM closed for Groceries	20 10 AM Wii Fit 11 AM Breaking Down Exercise Barriers 12 PM Lunch - Spinach Salad 1 PM Walking Group	21 10 AM Wii Fit 11 AM Goal Setting 12 PM Lunch - Nachos 1 PM Cards	22 10 AM Wii Fit 11 AM Walking Group 12 AM Lunch - Chicken Wraps 1 PM Chair Yoga	23 10 AM Wii Fit 11 AM Creating a Healthy Menu for Home 12 PM Lunch - Fish & Chips 1 PM Cards	24
25	26 10 AM Wii Fit & Weigh-in 11 AM Mental Health Group 12 PM Lunch - Breakfast Wraps 2 PM closed for Groceries	27 10 AM Wii Fit 11 AM Healthy Sex Relationships 12 Lunch - Spaghetti 1 PM Walking Group	28 10 AM Wii Fit 11 AM Sexually Transmitted Infections 12 PM Lunch - Fajitas 1 PM Painting	29 10 AM Wii Fit 11 AM Walking Group 12 PM Lunch - Chicken Soup 1 PM Cards	30 10 AM Wii Fit 11 AM Chair Yoga 12 PM Lunch - Stir-Fry	31