



MARCH

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 12:00 PM Lunch - Stir Fry 1:00 PM Positive Self	2 12:00 PM Lunch - Chicken Casserole 1:30 PM Peers' Choice	3
4	5 12:00 PM Lunch - Sandwiches & Veggies 1:30 PM In the News	6 12:00 PM Lunch - Chicken Caesar Wraps 1:30 PM Euchre Day	7 12:00 PM Lunch - Chicken Casserole 1:30 PM Boundaries	8 12:00 PM Lunch - 7 Layer Casserole 1:00 PM How to Recognize Toxic Relationships	9 12:00 PM Lunch - Sloppy Joes 1:30 PM Bingo	10
11	12 12:00 PM Lunch - Hot Dogs & Salad 1:30 PM Cards	13 12:00 PM Lunch - Quesadillas 1:30 PM Baking with Nancy	14 12:00 PM Lunch - Cheese Casserole 1:30 PM Coping with Bipolar Disorder	15 12:00 PM Lunch - Hamburger Soup 1:00 PM Coping with Toxic Relationships	16 12:00 PM Lunch - Breakfast for Lunch 1:30 PM Games Day	17
18	19 12:00 PM Lunch - Sandwiches & Salad 1:30 PM In the News	20 12:00 PM Lunch - Tacos 1:30 PM Wellness Tools Group	21 12:00 PM Lunch - Spaghetti & Garlic Bread 1:30 PM Birthdays!	22 12:00 PM Lunch - Chicken Stew 1:00 PM Healthy Sexual Relationships	23 12:00 PM Lunch - Chili & Dinner Roll 1:30 PM Bingo	24
25	26 12:00 PM Lunch - Hot Dogs, Salsa & Chips 1:30 PM Being Honest with Yourself	27 12:00 PM Lunch - Grilled Cheese & Soup 1:30 PM Peer Chat	28 12:00 PM Lunch - Sausages, Pickles & Cheese 1:30 PM Cards	29 12:00 PM Lunch - Stir Fry 1:00 PM Sexually Transmitted Infections	30 CLOSED	31