



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

APRIL

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3 11 AM Anger Management 12 PM Lunch - Fish & Chips 1 PM Cards	4 11 AM Discussing Diversity 12 PM Lunch - Spaghetti & Meatballs 1 PM Monopoly	5 11 AM Walking Group 12 PM Lunch - curry 1 PM Skip - Bo	6 11 AM Spring Fever - How to Spring Clean 12 PM Lunch - Chicken Caesar Salad 1PM Cards	7
8	9 10 AM Wii Fit & Weigh-in 10:30 AM Naval Marine Tour 12 PM Lunch - Breakfast Wraps Closed @ 2 PM for Groceries	10 11 AM Anger Management 12 PM Pizza 1PM Painting	11 11 AM Discussing Blood Types 12 PM Chicken Fajitas 1 PM Bingo	12 11 AM Walking Group 12 PM Lunch - Soup & Sandwiches 1 PM Cards	13 11 AM Personal Hygiene 12 PM Lunch - Chicken Wraps 1 PM cards	14
15	16 CLOSED	17 11 AM Anger Management 12 PM Lunch - Tuna Melts 1 PM Cards	18 11 AM Canadian Blood Services presentation 12 PM Lunch - Chicken Wraps 1 PM Painting	19 11 AM Walking Group 12 PM Lunch - Taco Salad 1PM Cards	20 11 AM Goals for Spring/Summer 12 PM Lunch - Grilled Cheese & Soup 1PM Cards	21
22	23 10 AM Wii Fit & Weigh-in 11 AM Mental Health Group 12 PM Lunch - Bagels & Fruit 1 PM Cards	24 11 AM How to Talk with Toxic People 12 PM Lunch - Hamburgers 1 PM Closed	25 11 AM Coping Skills for Depression 12 PM Lunch - Meat Loaf 1 PM Art	26 11 AM Walking Group 12 PM Chicken Lasagna 1 PM Cards	27 11 AM Center Meeting 12 PM Lunch - Beef Stir Fry 1 PM Coping Skills for Anxiety	28
29	30 10 AM Wii Fit & Weigh-in 11 AM Mental Health Group 12 PM Lunch - Frittata Closed @ 2 PM for Groceries					