



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

APRIL

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 EASTER MONDAY CENTRE CLOSED	3 12:00 PM Lunch: Chicken Caesar Wraps 1:30 PM Peer Chat	4 12:00 PM Lunch: Cheese Casserole 1:30 PM What is Forgiveness ?	5 12:00 Lunch: Hamburger Soup 1:00PM Painting	6 12: 00 Lunch: Breakfast for Lunch 1:30: Bingo	7
8	9 12: 00 Lunch: Sandwiches & Salad 1:30: Cards	10 12:00 PM Lunch: Grilled Cheese and Soup 1:30 PM Reaching out for Support	11 12:00 PM Lunch: Spaghetti 1:30 PM Just for Fun	12 12:00 Lunch: Chicken Stew 1:00PM Blood Types	13 12: 00 Lunch: Chili & Dinner Roll 1:30: Peers' Choice	14
15	16 Closed for Staff Training	17 12:00 PM Lunch: Make Your Own Subs 1:00 PM Euchre Tournament	18 12:00 PM Lunch: Sausages & Cheese 1:30 PM Positive Self Talk	19 12:00 PM Lunch: Stir-fry 1:00 PM Grief	20 12: 00 Lunch: Chicken Casserole 1:30: Bingo	21
22	23 12: 00 Lunch: Sandwiches & Veggies 1:30: Creating Kindness	24 12:00 PM Lunch: Meat- ball Sub 12:30: Centre Mtg 2:00: Centre Closes for Staff Mtg	25 12:00 PM Lunch: Chicken Casserole 1:30 PM Peer Chat	26 12:00 PM Lunch: 7 Layer Casserole 1:00 PM Menopause	27 12: 00 Lunch: Sloppy Joes 1:30: Peers' Choice	28
29	30 12: 00 Lunch: Hot Dogs & Salad 1:30: Cards					