



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

MAY 2018

Su	Mon	Tue	Wed	Thu	Fri	Sat
		<p><i>1</i> 12:00 PM Lunch Meatball Subs</p> <p>1:30 PM Peer Chat your choice</p>	<p><i>2</i> 12:00PM Lunch Cheese Casserole</p> <p>1:30 Things That Can Sink Your Mood</p>	<p><i>3</i> 12:00PM Lunch - Hamburger Soup</p> <p>1:00PM Healthy Relationships (support & evaluation)</p>	<p><i>4</i> 12:00 Lunch Breakfast for Lunch</p> <p>1:30 Bingo</p>	<i>5</i>
<i>6</i>	<p><i>7</i> 12:00 Lunch Sandwiches & Veggies</p> <p>1:30 Calming Jars</p>	<p><i>8</i> 12:00PM Lunch Chicken Caesar Wraps</p> <p>1:30 PM Wellness Tools Group</p>	<p><i>9</i> 12:00 PM Lunch Spaghetti</p> <p>1:00 PM Craft</p>	<p><i>10</i> 12:00PM Lunch - Chicken Stew</p> <p>1:00PM Healthy Relationships (recognizing abuse & abuse cycle)</p>	<p><i>11</i> 12:00 Lunch Chili & Dinner Roll</p> <p>1:30 Peers' Choice</p>	<i>12</i>
<i>13</i>	<p><i>14</i> 12:00 Lunch Hot Dogs & Salad</p> <p>1:30 Creating Kindness 2</p>	<p><i>15</i> 12:00PM Lunch Breakfast</p> <p>1:00 PM Euchre Tournament</p>	<p><i>16</i> 12:00 PM Lunch Sausages</p> <p>1:30 PM 5 Ways To Get To Know Yourself Better</p>	<p><i>17</i> 12:00PM Lunch - Stir-fry</p> <p>1:00PM Healthy Relationships (Ending a relationship/ dealing with breakup)</p>	<p><i>18</i> 12:00 Lunch Chicken Casserole</p> <p>1:30 Bingo</p>	<i>19</i>
<i>20</i>	<p><i>21</i> CLOSED</p>	<p><i>22</i> 12:00 PM Lunch Hot Dogs & Salad</p> <p>1:30 PM Birthday Celebration</p>	<p><i>23</i> 12:00 PM Lunch Chicken Casserole</p> <p>1:30 PM "A True Friend is" Banner</p>	<p><i>24</i> 12:00PM Lunch - 7 Layer Casserole</p> <p>1:00PM Healthy Relationships</p>	<p><i>25</i> 12:00 Lunch Sloppy Joes</p> <p>1:30 Peers' Choice</p>	<i>26</i>
<i>27</i>	<p><i>28</i> 12:00 Lunch Hot Dogs, Salsa & Chips</p> <p>1:30 Cards</p>	<p><i>29</i> 12:00 PM Lunch Sandwiches</p> <p>1:30 PM Games of Things</p>	<p><i>30</i> 12:00 PM Lunch Cheese Casserole</p> <p>1:30 PM Make Your Own Sundae</p>	<p><i>31</i> 12:00 PM Lunch - Hamburger Soup</p> <p>1:00PM Painting</p>		