



# 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

JUNE

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 AM Cards 12:00 PM Picnic in the Park! 1:00 PM Bingo	2
3	4 11:00 AM <b>MHG</b> 12:00 PM Lunch - Omelets 1:00 PM Scrabble	5 10:30 AM Watch TEDxTalk 12:00 PM Lunch - Chicken Wraps 1:00 PM Movie & Popcorn	6 10:30 AM Self Care Box 12:00 PM Lunch - Spaghetti & Meatballs 1:00 PM Baking	7 10:30 AM Wii Fit & Weigh In 12:00 PM Lunch - Chicken Caesar Salad 1:00 PM Seed Starters	8 10:30 AM Flower Picking 12:00 PM Lunch - Tuna Melts 1:00 PM Pressing Flowers	9
10	11 11:00 AM <b>MHG</b> 12:00 PM Lunch - Pancakes & Fruit 1:00 PM Painting	12 10:30 AM Beat the Heat 12:00 PM Lunch - Fish & Chips 1:00 PM Paper Lanterns	13 10:30 AM Self Esteem 12:00 PM Lunch - Shepherds Pie 1:00 PM Cards	14 10:30 AM Walking Group 12:00 PM Lunch - Perogies 1:00 PM Bingo	15 10:30 AM Coping with Stress 12:00 PM Lunch - BBQ Burgers & Garden Salad 1:00 PM Gardening	16
17	18 11:00 AM <b>MHG</b> 12:00 PM Lunch - Eggs, Sausages & Home Fries 1:00 PM Cards	19 10:30 AM Anxiety 12:00 PM Lunch - Soup & Sammies 1:00 PM Movie & Popcorn	20 10:30 AM Walking Group 12:00 PM Lunch - Chicken Wraps 1:00 PM Scrabble	21 10:30 AM Library Outing 12:00 PM Lunch - Kebabs & Salad 1:00 PM Reading Roundtable	22 10:30 AM Respect 12:00 PM Lunch - Tacos 1:00 PM Crafts	23
24	25 11:00 AM <b>MHG</b> 12:00 PM Lunch - Bagels & Fruit 1:00 PM Walking Group	26 10:30 AM Fabric Wreath 12:00 PM Lunch - Beef Nachos 1:00 PM Mason Jar Herbs	27 10:30 AM Wii Fit & Weigh In 12:00 PM Lunch - Fish & Chips 1:00 PM Scrabble	28 10:30 AM <b>WRAP</b> 12:00 PM Lunch - Chicken Fettuccine Alfredo 1:00 PM <b>WRAP</b>	29 10:30 AM <b>WRAP</b> 12:00 PM Lunch - BBQ Sausages & Potato Salad 1:00 PM <b>WRAP</b>	30