



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

JULY

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED	3 10:30 AM Job Search Skills 12:00 PM Lunch BBQ Burgers and Salad 1:00 PM Cards	4 10:30 AM Healthy Relationships 12:00 PM Lunch Chicken Caesar Salad 1:00 PM Scrabble	5 10:30 AM Social Anxiety 12:00 PM Lunch BBQ Sausages and Salad 1:00 PM Squirt Gun Painting	6 10:30 AM Importance of Self Care 12:00 PM Lunch Tuna Melts 1:00 PM Bingo	7
8	9 11:00 AM MHG 12:00 PM Lunch Egg and Bacon Wraps 1:00 PM Bird Feeders	10 10:30 AM Job Search Skills 12:00 PM Lunch Shepherds Pie 1:00 PM Garden Rocks	11 10:30 AM Boundaries 12:00 PM Lunch Beef Nachos 1:00 PM Movie and Popcorn	12 10:30 AM Being Alone 12:00 PM Lunch Kebabs and Salad 1:00 PM Scrabble	13 10:30 AM Natural Remedies 12:00 PM Lunch Hot Dogs and Fries 1:00 PM Walking Group	14
15	16 11:00 AM MHG 12:00 PM Pancakes 1:00 PM Cards	17 10:30 AM Walking Group 12:00 PM Lunch BBQ Burgers and Salad 1:00 PM Movie and Popcorn	18 11:00 AM Centre Meeting 12:00 PM Lunch Soup and Sandwiches 1:00 PM Monopoly	19 10:30 AM Wii Fit 12:00 PM Lunch Beef Nachos 1:00 PM Crafts	20 10:30 AM Peer Chat 12:00 PM Lunch BBQ Sausages and Salad 1:00 PM Bingo	21
22	23 11:00 AM MHG 12:00 PM Lunch French Toast 1:00 PM Walking Group	24 10:30 AM Wii Fit 12:00 PM Lunch Beef Nachos 1:00 PM Cards	25 10:30 AM Being Inclusive 12:00 PM Lunch Soup and Sandwiches 1:00 PM Movie and Popcorn	26 10:30 AM Walking Group 12:00 PM Lunch Chicken Caesar Salad 1:00 PM Scrabble	27 10:30 AM Bingo 12:00 PM Lunch Hot Dogs and Fries 1:00 PM Monopoly	28
29	30 11:00 AM MHG 12:00 PM Lunch Homemade Egg Muffins 1:00 PM Movie and Popcorn	31 10:30 AM Job Search Skills 12:00 PM Lunch Kebabs and Salad 1:00 PM Scrabble				