



# 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

OCTOBER

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 10:00 AM Morning Cafe <b>11:00 AM MHG</b> 12:00 PM Lunch BLT'S 1:00 PM Pictionary	<i>2</i> <b>10:00 AM Goal Setting</b> 12:00 PM Lunch Fish & Chips 1:00 PM Slime	<i>3</i> 10:00 AM Walking Group 12:00 PM Lunch Mac & Cheese 1:00 PM Chair Yoga	<i>4</i> <b>10:00 AM Organizing</b> 12:00 PM Lunch Pizza 1:00 PM Paper Plate Spiders	<i>5</i> <b>10:00 AM Early Warning Signs</b> 12:00 PM Lunch Thanksgiving Dinner 1:00 PM Haunted Figurines	<i>6</i>
<i>7</i>	<i>8</i> <b>CLOSED</b>	<i>9</i> <b>10:00 AM CBT</b> 12:00 PM Lunch Chicken Wings & Fries 1:00 PM Spooky Luminares	<i>10</i> 10:00 AM Walking Group 12:00 PM Lunch Pizza 1:00 PM Orchard	<i>11</i> <b>10:00 AM Community Involvement</b> 12:00 PM Lunch Chicken Alfredo 1:00 PM Pictionary	<i>12</i> <b>10:00 AM When Things Are Breaking Down</b> 12:00 PM Lunch BBQ Burgers 1:30 PM Humane Society	<i>13</i>
<i>14</i>	<i>15</i> 10:00 AM Morning Café <b>11:00 AM MHG</b> 12:00 PM Lunch Scrambled Eggs, Bacons & Toast 1:00 PM Spooky Crafts	<i>16</i> <b>10:00 AM Dementia</b> 12:00 PM Lunch Chili 1:00 PM Scrabble	<i>17</i> 10:00 AM Walking Group 12:00 PM Lunch Nacho's & Salad 1:00 PM Halloween Toilet Paper Art	<i>18</i> <b>10:00 AM Hoarding</b> 12:00 PM Lunch Meatloaf & Taters 1:00 PM Decorating	<i>19</i> <b>10:00 AM Crisis Planning</b> 12:00 PM Lunch Tacos 1:00 PM Halloween Crafts & Baking	<i>20</i>
<i>21</i>	<i>22</i> 10:00 AM Morning Cafe <b>11:00 AM MHG</b> 12:00 PM Lunch Breakfast Wraps 1:00 PM Cards	<i>23</i> <b>10:00 AM Self Esteem</b> 12:00 PM Lunch Spaghetti & Meatballs 1:00 PM Ghost Jars	<i>24</i> 10:00 AM Walking Group 12:00 PM Lunch Soup & Sandwiches 1:00 PM Pumpkin Patch	<i>25</i> <b>10:00 AM Election Info</b> 12:00 PM Lunch Pizza 1:00 PM Popsicle Webs & Baking	<i>26</i> <b>10:00 AM Post Crisis Planning</b> 12:00 PM Lunch Soup & Sandwiches 1:00 PM Chair Yoga	<i>27</i>
<i>28</i>	<i>29</i> 10:00 AM Morning Cafe <b>11:00 AM MHG</b> 12:00 PM Lunch French Toast 1:00 PM Scrabble	<i>30</i> <b>10:00 AM Time Management</b> 12:00 PM Lunch Shepherds Pie 1:00 PM Pictionary	<i>31</i> <b>10:00 HALLOWEEN PARTY</b> 12:00 PM Lunch Finger Foods 1:00 PM Pumpkin Carving			