



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

OCTOBER

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i> 12:00 PM Lunch : Chicken Salad	<i>2</i> Lunch 12:00 PM Hot Dogs and Coleslaw 1:00 PM Day of Wellness Discussion	<i>3</i> 12:00 Lunch– Casserole 10:30 AM CALC Email/Phone Scams	<i>4</i> Lunch 12:00 PM Chili & Buns 1:00 PM Collages	<i>5</i> 12:00 Lunch Breakfast for Lunch 1:30 Peer Chat	<i>6</i>
<i>7</i>	<i>8</i> 12:00 PM Lunch— Crispy Chicken Salad Wraps 1:30 PM Peer Chat	<i>9</i> Lunch 12:00 PM Breakfast For Lunch 1:00 PM Euchre Tournament	<i>10</i> 12:00 Lunch – Macaroni Soup & Bun 1:00 Pictionary	<i>11</i> Lunch 12:00 PM Grilled Cheese & Veggies 1:00 PM Paper Plate Spiders	<i>12</i> 12:00 Lunch Hot Dogs & Salad 1:00 <i>Bingo</i>	<i>13</i>
<i>14</i>	<i>15</i> 12:00 PM Lunch— Sausages & Salad 1:30 Peer Chat	<i>16</i> Lunch 12:00 PM Chicken Caesar Wraps 10:30 AM Diabetic Dietician	<i>17</i> 12:00 Lunch <i>Ham on a Pita & Veggies</i> 1:00 PM Scrabble	<i>18</i> 12:00 PM Lunch Spaghetti & Garlic Bread 1:00 PM Scrabble	<i>19</i> 12:00 Lunch Breakfast For Lunch 1:00 PTSD & You	<i>20</i>
<i>21</i>	<i>22</i> 12:00PM Lunch Grilled Cheese & Veggies 1:00 PM Anxiety	<i>23</i> Lunch 12:00 PM Sandwiches 1:30 PM Reaching Out For Support	<i>24</i> 12:00 Lunch Sausages Pickles & cheese 1:30 Down Memory Lane	<i>25</i> 12:00 PM Lunch Omelet, Sausages & Buns 1:00 PM TP Roll Bats & Cats	<i>26</i> 12:00 Lunch Sloppy Joes 1:00 Bingo	<i>27</i>
<i>28</i>	<i>29</i> 12:00 PM Lunch Chicken Salad 1:30 PM Halloween Craft	<i>30</i> Lunch 12:00 PM Hot Dogs and Coleslaw 11:00 AM Making cupcakes	<i>31</i> 12:00 PM Lunch 1:30 PM How Can You Use WRAP in Your Life?			