



**Lifehouse - Bancroft Support Centre**  
**Monday - Friday 10AM - 3PM**  
**23 Bridge Street West**  
**Bancroft, ON K0L 1C0**  
**(613)332 - 4056/bsc@psseo.ca**

## SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Centre Closed Labour Day</b>	3 12:00 PM Lunch-Sausage on a bun <b>12:30 PM BINGO</b> <b>2:00 PM Centre Closed</b>	4 12:00 PM Lunch-Chicken Caesar salad <b>12:30 PM Self Esteem Talk</b>	5 12:00 PM Lunch-Pad Thai <b>1:00 PM Nail Painting</b>	6 <b>Centre Closed Staff Training</b>	7
8	9 10:00 AM Craft Wind Chimes 12:00 PM Lunch-Wraps with salad <b>2:00 PM Centre Closed</b>	10 12:00 PM Lunch-Peameal bacon sandwich <b>1:00 PM BINGO</b>	11 12:00 PM Lunch-Greek salad <b>12:30 PM Self Esteem Talk</b>	12 <b>11:30 AM Diabetes Talk with Caroline</b> 12:00 PM Lunch-Egg salad sandwich	13 <b>Fruit To Go</b> 10:30 AM Centre Mtg 12:00 PM Lunch-Chicken burger with veggies <b>12:30 PM Community Kitchen (cost \$2.00)</b>	14
15	16 12:00 PM Lunch-Cold cuts with salad <b>2:00 PM Centre Closed</b>	17 12:00 PM Lunch-Wings with veggies <b>1:00 PM BINGO</b>	18 12:00 PM Lunch-Strawberry salad <b>1:00 PM Craft Table centre piece for Thanksgiving</b>	19 12:00 PM Lunch-Beef and veggies with rice <b>1:00 PM Mindful Meditation</b>	20 12:00pm Lunch-Fish & chips <b>1:00 PM Mandela-Calm Colouring</b>	21
22	23 12:00 PM Lunch-Grilled Cheese with beans <b>2:00 PM Centre Closed</b>	24 12:00 PM Lunch-Soft tacos <b>1:00 PM BINGO</b>	25 <b>10:00 AM Lemon Raspberry Cake</b> 12:00 PM Lunch-Eggs & ham	26 12:00 PM Lunch-Chicken with rice	27 <b>Fruit To Go</b> 12:00pm Lunch-Nan bread Pizza with salad <b>12:30 PM Community Kitchen (cost \$2.00)</b>	28
29	30 12:00 PM Lunch-Julienne Salad <b>2:00 PM Centre Closed</b>					