



Trenton Peer Support Centre - New Beginnings
Monday - Friday 10:00AM - 3:00PM
76 Dundas Street West
613.394.3449
www.psseo.ca

MARCH 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30AM Coffee Connection 12:00PM Chilli 1:00PM Bingo	2
3	4 10:30AM Coffee Connection 12:00PM Chicken Stew 1:00 PM Baking	5 10:30AM Meditation 12:00PM Spaghetti 1:00PM Cards	6 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Chair Yoga	7 10:30AM Movie 12:00PM Meatball Subs 1:00 PM Self Care	8 10:30AM Coffee Connection 12:00PM Taco Salad 1:00PM Bingo	9
10	11 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Character Day	12 10:30AM Coloring 12:00PM Monte Cristo & Veggies 1:00PM Crazy Sweater Day	13 10:30AM Meditation 12:00PM Mac & Cheese 1:00PM Crazy Hair Day	14 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Throwback Day	15 10:30AM Coffee Connection 12:00PM Chilli 1:00PM Dress in Green Day	16
17	18 10:30AM Puzzles 12:00PM Chicken Stew 1:00PM Crafts	19 10:30AM Meditation 12:00PM Spaghetti 1:00PM Movie	20 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Baking	21 10:30AM Coloring 12:00PM Meatball Subs 1:00PM Self Care	22 10:30AM Coffee Connection 12:00PM Taco Salad 1:00PM Bingo	23
24	25 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Baking	26 10:30AM Puzzles 12:00PM Monte Cristo & Veggies 1:00PM Depression Discussion	27 Dinner Night 2pm-7pm Easter Dinner & Easter Egg Hunt	28 Centre Closed Staff Wellness Day	29 Good Friday Centre Closed	30
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