



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

MAY 2024

Sun Mon Tue Wed Thu Fri Sat

			1 10:30AM Meditation 12:00PM Cold Plate 1:00PM Baking	2 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Self Care	3 10:30AM Music Circle 12:00PM Nacho Tacos 1:00PM Bingo	4
5	6 10:30AM Anger Management 12:00PM Burgers & Onion Rings	7 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Cards	8 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Chair Yoga	9 10:30AM Movie 12:00PM French Toast & Sausage	10 10:30AM Coffee Connection 12:00PM Chicken Caesar Wrap	11
12	13 10:30AM Coffee Connection 12:00PM Subs	14 10:30AM Crafts 12:00PM Pasta Bake 1:00PM Coloring	15 10:30AM Meditation 12:00PM Cold Plate 1:00PM Baking	16 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Self Care	17 10:30AM Music Circle 12:00PM Nacho Tacos 1:00PM Bingo	18
19	20 Victoria Day Centre Closed	21 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Movie	22 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Baking	23 10:30AM Coloring 12:00PM French Toast & Sausage	24 Dinner Night 2:00PM-7:00PM	25
26	27 10:30AM Coffee Connection 12:00PM Subs	28 10:30AM Movie 12:00PM Pasta Bake 1:00PM	29 10:30AM Coffee Connection 12:00PM Cold Plate 1:00PM Games	30 10:30AM Movie 12:00 PM Pizza 1:00PM Self Care	31 10:30 AM My Story 12:00 PM Nacho Tacos 1:00 PM Bingo	