



New Beginnings Trenton Support Centre
Monday to Friday 10:00am to 3:00pm
76 Dundas Street West, Trenton
613.394.3449

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CLOSED HAPPY HOLIDAYS!	2 10:30 AM Crocheting with Erin 12:00 PM Lunch Breakfast Warps 1:00 PM My Story	3 10:30 AM Movie Trivia 12:00 PM Lunch Tuna Melts 1:00 PM Bingo	4
5	6 Open 11:00 AM 12:00 PM Lunch Soup and Sandwiches 1:00 PM Meditation with Amy	7 10:30 AM Peer Chat 12:00 PM Lunch Spaghetti 1:00 PM Healthy Living Group with Erin	8 10:30 AM Mental Health and Addiction Discussion 12:00 PM Lunch Tacos 1:00 PM Movie	9 10:30 AM Crafts 12:00 PM Lunch Grilled Cheese and Soup 1:00 PM My Story	10 10:30 AM Peer Chat 12:00 PM Lunch Pizza 1:00 PM Movie	11
12	13 Open 11:00 AM 12:00 PM Lunch Breakfast Sandwiches 1:00 PM Meditation with Amy	14 10:30 AM Music Trivia 12:00 PM Lunch Nachos 1:00 PM Healthy Living Group with Erin	15 10:30 AM Addiction Services Discussion 12:00 PM Lunch Beef Stew 1:00 PM Baking	16 10:30 AM Crocheting with Erin 12:00 PM Lunch Meatballs and Rice 1:00 PM My Story	17 10:30 AM Wellness Jeopardy 12:00 PM Lunch Fajitas 1:00 PM Bingo	18
19	20 Open 11:00 AM 12:00 PM Pizza Bagels 1:00 PM Meditation with Amy	21 10:30 AM Pictionary 12:00 PM Lunch Hot Dogs and Salad 1:00 PM Healthy Living Group with Erin	22 10:30 AM Awareness and Stigma Discussion 12:00 PM Lunch Sloppy Joes 1:00 PM Movie	23 10:30 AM Crocheting with Erin 12:00 PM Bagels and Fruit Salad 1:00 PM My Story	24 10:30 AM Paint Party! 12:00 PM Lunch Chicken Wraps 1:00 PM Movie	25
26	27 Open 11:00 AM 12:00 PM Hot Dogs and Fries 1:00 PM Meditation with Amy	28 10:30 AM Charades 12:00 PM Lunch Chili 1:00 PM Healthy Living Group with Erin	29 10:30 AM Harm Reduction Discussion 12:00 PM Lunch Goulash 1:00 PM Baking	30 10:30 AM Crocheting with Erin 12:00 PM Chicken Wraps 1:00 PM My Story	31 10:30 AM Peer Chat 12:00 PM Lunch Soup and Sandwiches 1:00 PM Bingo	



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February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Open 11:00 AM 12:00 PM Lunch Soup and Sandwiches 12:30 PM Site Meeting 2:00 PM Staff Meeting	4 10:30 AM Peer Chat 12:00 PM Lunch Hot Dogs and Salad 1:00 PM Healthy Living Group	5 10:30 AM Crafts 12:00 PM Lunch Stew 1:00 Codependency Discussion	6 10:30 AM Crocheting 12:00 PM Lunch Fajitas 1:00 PM My Story	7 10:30 AM Boundaries Group 12:00 PM Lunch Tuna Melts and Soup 1:00 PM Movie	8
9	10 Open 11:00 AM 12:00 PM Lunch Bagels and Fruit 1:00 PM Meditation	11 10:30 AM Self Awareness Discussion 12:00 PM Lunch Burgers and Fries 1:00 PM Cards	12 10:30 AM Peer Chat 12:00 PM Lunch Spaghetti 1:00 PM Movie	13 10:30 AM Crafts 12:00 PM Lunch Bacon and Egg Sandwiches 1:00 PM My Story	14 10:30 AM Self Esteem Group 12:00 PM Lunch Fajitas 1:00 PM Bingo	15
16	17 Open 11:00 AM 12:00 PM Lunch Egg Sandwiches and Veggies 1:00 PM Meditation	18 10:30 AM Peer Chat 12:00 PM Lunch Tex Mex Casserole 1:00 PM Healthy Living Group	19 10:30 AM Peer Chat 12:00 PM Lunch Soup and Sandwiches 1:00 PM 10:30 AM Self Awareness Discussion	20 10:30 AM Crocheting 12:00 PM Lunch Pizza 1:00 PM My Story	21 10:30 AM Memory Bracelets 12:00 PM Lunch Hot Dogs and Salad 1:00 PM Movie	22
23	24 Open 11:00 AM 12:00 PM Lunch Egg Sandwiches and Veggies 1:00 PM Meditation	25 10:30 AM Crafts 12:00 PM Lunch Monte Cristos 1:00 PM Healthy Living Group	26 10:30 AM Peer Chat 12:00 PM Lunch Chicken Caesar Salad 1:00 PM Movie	27 10:30 AM Pictionary 12:00 PM Lunch Tacos 1:00 PM My Story	28 10:30 AM What is WRAP? 12:00 PM Lunch Meatballs and Rice 1:00 PM Bingo	29



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March 2020

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1	2 Open 11:00 AM 12:00 PM Lunch Soup and Sandwiches 1:00 PM WRAP Group	3 10:30 AM Peer Chat 12:00 PM Lunch Chicken Caesar Salad 1:00 PM Movie	4 10:30 AM Baking 12:00 PM Lunch Alfredo Pasta 1:00 WRAP Group	5 10:30 AM Crocheting 12:00 PM Lunch Quiche 1:00 PM My Story	6 10:30 AM Trivia 12:00 PM Lunch Fajitas 1:00 PM WRAP Group	7
8	9 Open 11:00 AM 12:00 PM Lunch Meatballs and Rice 1:00 PM Meditation	10 10:30 AM Pictionary 12:00 PM Lunch Grilled Cheese and Soup 1:00 PM Healthy Living Group	11 10:30 AM Peer Chat 12:00 PM Lunch Spaghetti 1:00 PM Origami	12 10:30 AM Movie 12:00 PM Lunch Bagels and Fruit 1:00 PM My Story	13 10:30 AM Relapse Recovery Group 12:00 PM Lunch Sloppy Joes 1:00 PM Bingo	14
15	16 Open 11:00 AM 12:00 PM Lunch Sandwiches and Veggies 1:00 PM Meditation	17 10:30 AM Peer Chat 12:00 PM Lunch Healthy Pizza 1:00 PM Healthy Living Group	18 10:30 AM Baking 12:00 PM Lunch Break-fast Sandwiches 1:00 PM Easy Exercises Group	19 10:30 AM Crocheting 12:00 PM Lunch Stir Fry and Rice 1:00 PM My Story	20 10:30 AM Additions and Mental Health 12:00 PM Lunch Hot Dogs and Salad 1:00 PM Movie	21
22	23 Open 11:00 AM 12:00 PM Lunch Pizza 1:00 PM Meditation	24 10:30 AM Play doe 12:00 PM Lunch Omelets and fruit 1:00 PM Healthy Living Group	25 10:30 AM Peer Chat 12:00 PM Lunch Garden Salad and Gnocchi 1:00 PM Drug Information Group	26 10:30 AM Puffy Painting 12:00 PM Lunch Tacos 1:00 PM My Story	27 10:30 AM Hoarding 12:00 PM Lunch Goulash 1:00 PM Bingo	28
29	30 Open 11:00 AM 12:00 PM Lunch Hot Dogs and Salad 1:00 PM Meditation	31 10:30 AM Peer Chat 12:00 PM Lunch Turkey Tacos 1:00 PM Healthy Living Group				



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April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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May 2020

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June 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
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July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
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August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
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September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<i>1</i>	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i>	<i>20</i>	<i>21</i>	<i>22</i>	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>	<i>30</i>	<i>31</i>



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November 2020

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
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22	23	24	25	26	27	28
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December 2020

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		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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