



Napanee Peer Support Centre - Peer 17
Monday - Friday 10:00 AM - 3:00 PM
58 Dundas Street East
613.354.1690
www.psseo.ca

February 2023

Su	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:30-12:00 Woman's craft group 12:00 PM Meatballs & Rice	2 10:00 AM Peer Chat 12:00 PM Pizza	3 10:30 AM Bingo 12:00 PM Chicken Wrap	4
5	6 10:00 AM Vision Boards 12:00 PM Burgers & fries 1:00 PM Creative writing	7 10:00 AM Selfcare/Nutrition 12:00 PM Ham & Cheese 1:00 PM Movie	8 10:30-12:00 Woman's craft group 12:00 PM Chili & Toast 1:00 PM Meditation	9 10:00 AM Peer Chat 12:00 PM Poutine 1:00 PM Creative writing	10 10:30 AM Bingo 12:00 PM Tacos & Rice 1:00 PM Movie	11
12	13 10:00 Vision Boards 12:00 PM Pancakes & fruit 1:00 PM Creative writing	14 10:00 AM Selfcare/Nutrition 12:00 PM Egg Salad & Soup 1:00 PM Movie	15 10:30-12:00 Woman's craft group 12:00 PM Taco Salad 1:00 PM Meditation	16 10:00 AM Peer Chat 12:00 PM Sloppy Joes 1:00 PM Creative writing	17 10:30 AM Bingo 12:00 PM Julienne Salad 1:00 PM Movie	18
19	20 10:00 AM Vision Boards 12:00 PM Perogies & Rice 1:00 PM Creative writing	21 10:00 AM Selfcare/Nutrition 12:00 PM Grilled Cheese 1:00 PM Movie	22 10:30-12:00 Woman's craft group 12:00 PM Chicken Alfredo 1:00 PM Meditation	23 10:00 Peer Chat 12:00 PM Spaghetti 1:00 PM Creative writing	24 10:30 AM Bingo 12:00 PM Tuna melt & Fries 1:00 PM Movie	25
26	27 10:00 AM Vision Boards 12:00 PM Hot dogs & Fries 1:00 Creative writing	28 10:00 AM Selfcare/Nutrition 12:00 PM Turkey & Cheese 1:00 PM Movie				