



Belleville Peer Support Centre - Freedom Centre
Monday - Friday 10:00 AM - 3:00 PM, Saturday 9:00 AM - 2:00 PM
391 Front Street
613.969.1772
www.psseo.ca

September 2023

| S | Mon | Tue | Wed | Thu | Fri | Sat |
|----|--|--|---|--|---|--|
| | | | | | 1 10:00 AM : BINGO 12:00 PM : BBQ Day 1:00 PM : Movie & Popcorn | 2 9:00 AM : Java Club 11:00 AM : Waffles 12:00 PM: Baking |
| 3 | 4 <u>Labour Day</u> <u>Center</u> <u>Closed</u> | 5 10:00 AM : Music Club 12:00 PM : Tacos!! 1:00 PM : Java Club | 6 10 AM : Seasonal changes 12:00 PM : Wraps & Soup 1:00 PM : BINGO | 7 10:00 AM : Art/Coloring 12:00 PM : Shepard's Pie 1:00 PM : Games | 8 10:00 AM : Puzzles 12:00 PM : BBQ Day 1:00 PM : Movie & Popcorn | 9 9:00 AM : Java Club 11:00 AM : Egg Sandwich 12:00 PM: Baking |
| 10 | 11 10:00 AM : Card Games 12:00 PM : Spaghetti 1:00 PM : Anxiety Group | 12 10:00 AM : Music Club 12:00 PM : Tacos!! 1:00 PM : Java Club | 13 10:00AM : Problem Solving 12:00 PM : Fried Rice 1:00 PM : BINGO | 14 10:00 AM : Art/Coloring 12:00 PM : Casserole 1:00 PM : Games | 15 10:00 AM : BINGO 12:00 PM : BBQ Day 1:00 PM : Movie & Popcorn | 16 9:00 AM : Java Club 11:00 AM : French Toast 12:00 PM: Baking |
| 17 | 18 10:00 AM : Card Games 12:00 PM : Spaghetti 1:00 PM : Anxiety Group | 19 10:00 AM : Music Club 12:00 PM : Tacos!! 1:00 PM : Java Club | 20 10:15 AM : Stress Group 12:00 PM : Wraps & Soup 1:00 PM : BINGO | 21 10:00 AM : Art/Coloring 12:00 PM : Shepard's Pie 1:00 PM : Games | 22 10:00 AM : Puzzles 12:00 PM : BBQ Day 1:00 PM : Movie & Popcorn | 23 9:00 AM : Java Club 11:00 AM : Western 12:00 PM: Baking |
| 24 | 25 10:00 AM : Card Games 12:00 PM : Spaghetti 1:00 PM : Anxiety Group | 26 10:00 AM : Music Club 12:00 PM : Tacos!! 1:00 PM : Java Club | 27 10:15 AM : Self-Esteem 12:00 PM : Fried Rice 1:00 PM : BINGO | 28 10:00 AM : Art/Coloring 12:00 PM : Casserole 1:00 PM : Games | 29 10:00 AM : BINGO 12:00 PM : BBQ Day 1:00 PM : Movie & Popcorn | 30 9:00 AM : Java Club 11:00 AM : Pancakes 12:00 PM: Baking |