



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

September 2023

Su	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30 AM Bingo 12:00 PM Pizza 1:00 PM Movie	2
3	4 Labour Day Centre Closed	5 10:00 AM Self-care/Nutrition 12:00 PM Chili & Toast 1:00 PM Movie	6 10:30-12:00 Woman's craft group 12:00 PM Chicken Wraps 1:00 PM Meditation	7 10:00 AM Peer Social 12:00 PM Egg Salad & Soup 1:00 PM Creative writing	8 3:00 PM Bingo 5:00 PM Beef Stroganoff 5:30 PM Movie	9
10	11 10:00 Vision Boards 12:00 PM Pancakes & fruit 1:00 PM Creative writing	12 10:00 AM Self-care/Nutrition 12:00 PM Chicken Fajitas 1:00 PM Movie	13 9:00-10:00 Team meeting 10:00-11 Peer meeting 10:30-12:00 Woman's craft group 12:00 PM Macaroni & Cheese 1:00 PM Meditation	14 10:00 AM Peer Social 12:00 PM Grilled Cheese 1:00 PM Creative writing	15 10:30 AM Bingo 12:00 PM Spaghetti 1:00 PM Movie	16
17	18 10:00 AM Vision Boards 12:00 PM Hot dogs & Salad 1:00 PM Creative writing	19 10:00 AM Self-care/Nutrition 12:00 PM Tuna melt & Fries 1:00 PM Movie	20 10:30-12:00 Woman's craft group 12:00 PM Chicken Alfredo 1:00 PM Meditation	21 10:00 Peer Social 12:00 PM Turkey & Cheese 1:00 PM Creative writing	22 10:30 AM Bingo 12:00 PM Meatballs & Rice 1:00 PM Movie	23
24	25 10:00 AM Vision Boards 12:00 PM Perogies & Rice 1:00 PM Creative writing	26 10:00 AM Self-Care/Nutrition 12:00 PM Chicken Salad 1:00 PM Movie	27 10:30-12:00 Woman's craft group 12:00 PM Taco Salad 1:00 PM Meditation	28 10:00 Peer Social 12:00 PM Roast Beef & Cheese 1:00 PM Creative writing	29 10:30 AM Bingo 12:00 PM Breakfast wraps 1:00 PM Movie	30