



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

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30AM Coffee Connection 12:00PM Chili 1:00PM Bingo	2
3	4 Labour Day Holiday	5 10:30AM Meditation 12:00PM Spaghetti 1:00PM Cards	6 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Chair Yoga	7 10:30AM Movie 12:00PM Chicken Caesar Salad 1:00 PM Mel's Wellness	8 10:30AM Coffee Connection 12:00PM Chicken Fried Rice 1:00PM Bingo	9
10	11 10:30AM Coffee Connection 12:00PM Soup & Sandwich 1:00PM Movie	12 10:30AM Coloring 12:00PM Tuna Melts & Salad 1:00PM Puzzles	13 10:30AM Meditation 12:00PM Mac & Cheese 1:00PM Conflict Resolution	14 10:30AM Coloring 12:00PM Pizza 1:00PM Mel's Wellness	15 10:30AM Coffee Connection 12:00PM Chilli 1:00PM Bingo	16
17	18 10:30AM Puzzles 12:00PM Chicken Stew 1:00PM Crafts	19 10:30AM Meditation 12:00PM Spaghetti 1:00PM Movie	20 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Baking	21 10:30AM Coloring 12:00PM Chicken Caesar Salad 1:00PM Mel's Wellness	22 10:30AM Coffee Connection 12:00PM Chicken Fried Rice 1:00PM Bingo	23
24	25 Dinner Night 2:00PM-7:00PM	26 10:30AM Puzzles 12:00PM Tuna Melts & Salad 1:00PM Depression Discussion	27 10:30AM Coffee Connection 12:00AM Mac & Cheese 1:00PM Chair Aerobics	28 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Mel's Wellness	29 10:30AM Meditation 12:00PM Chili 1:00PM Bingo	30