



**Trenton Peer Support Centre - New Beginnings**  
**Monday - Friday 10:00AM - 3:00PM**  
**76 Dundas Street West**  
**613.394.3449**  
**[www.psseo.ca](http://www.psseo.ca)**

**JULY 2024**

**Sun Mon Tue Wed Thu Fri Sat**

	1 <b>Happy Canada Day! Centre Closed</b>	2 10:30AM Word Search 12:00 PM Spaghetti 1:00 PM Anxiety Discussion	3 10:30AM Meditation 12:00PM Tacos 1:00PM Baking	4 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Self Care	5 10:30AM Music Circle 12:00PM Chilli 1:00PM Bingo	6
7	8 10:30AM Puzzles 12:00PM Mixed Salads 1:00PM Crafts	9 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM 80's Day! (dress up!)	10 10:30AM Coffee Connection 12:00PM Taco Salad 1:00PM Chair Yoga	11 10:30AM Movie 12:00PM Monte Cristo & Veggies 1:00 PM Self Care	12 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Bingo	13
14	15 10:30AM Coffee Connection 12:00PM Cold Plate 1:00PM Movie	16 10:30AM Puzzles 12:00PM Spaghetti 1:00PM Baking	17 10:30AM Meditation 12:00PM Tacos 1:00PM Depression Group	18 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Self Care	19 10:30AM Music Circle 12:00PM Chilli 1:00PM Bingo	20
21	22 10:30AM Coffee Connection 12:00PM Mixed Salads 1:00PM Crafts	23 10:30AM Meditation 12:00PM Shepherds Pie 1:00PM Movie	24 10:30AM Coffee Connection 12:00PM Taco Salad 1:00PM Baking	25 10:30AM Coloring 12:00PM Monte Cristo & Veggies 1:00PM Self Care	26 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Bingo	27
28	29 <b>Dinner Night 2:00pm-7:00pm</b>	30 10:30AM Puzzles 12:00PM Spaghetti 1:00PM My Story	31 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Trivia			