



Trenton Peer Support Centre - New Beginnings

Monday - Friday 10:00AM - 3:00PM

76 Dundas Street West

613.394.3449

www.psseo.ca

DECEMBER 2024

Sun Mon Tue Wed Thu Fri Sat

| | | | | | | |
|----|---|---|--|---|--|----|
| 1 | 2 12:00 : Chicken Stir Fry Activity: Cards Topic OTD: Sleep hygiene | 3 12:00 Tuna melt or casserole Activity: Music Trivia Topic OTD: Stress management | 4 12:00 Hamburger and Fries Activity: Bingo Topic OTD: Food on a budget | 5 12:00 Monte Crisco Activity: Crafts Topic OTD: Hygiene | 6 12:00 Pancakes and sausages Activity: Movie or games Topic OTD: Hobbies | 7 |
| 8 | 9 Dinner Night Christmas Dinner 2:00—7:00 Activity: Cards Topic OTD: winter blues | 10 12:00 Spaghetti Activity: Music activity Topic OTD: Family | 11 12:00 taco or quesadilla Activity: Bingo Topic OTD: Online scams | 12 12:00 Soup and sandwich Activity: Crafts Topic OTD: Peer Pressure | 13 12:00 Chicken strips and fries Activity: Movie or games Topic OTD: self care | 14 |
| 15 | 16 12:00 Chili Activity: Cards Topic OTD: exercise | 17 12:00 chicken stir Fry Activity: Music Trivia Topic OTD: Anxiety | 18 12:00 tuna melt Activity: Bingo Topic OTD: substance use | 19 12:00 hotdog and fries Activity: Crafts Topic OTD: respect | 20 12:00 monte Crisco Activity: Movie or games Topic OTD: Happy | 21 |
| 22 | 23 12:00 Pancakes and sausage Activity: Cards Topic OTD: sports | 24 CHRISTMAS EVE CENTRE CLOSED | 25 CHRISTMAS CENTRE CLOSED | 26 BOXING DAY CENTRE CLOSED | 27 12:00 Tuna melt or casserole Activity: Movie or games Topic OTD: Interests | 28 |
| 29 | 30 12:00 Something Yummy New Years Party Activity: Music Trivia Topic OTD: Gratitude | 31 NEW YEARS EVE CENTRE CLOSED | | | | |