



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

FEBRUARY 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Dinner Night 2PM-7PM	4 10:30AM Meditation 12:00PM Spaghetti 1:00PM Cards	5 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Chair Yoga	6 10:30AM Movie 12:00PM Meatball Subs 1:00 PM Self Care	7 10:30AM Coffee Connection 12:00PM Taco Salad 1:00PM Bingo	8
9	10 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Character Day	11 10:30AM Coloring 12:00PM Monte Cristo & Veggies 1:00PM Crazy Sweater Day	12 10:30AM Meditation 12:00PM Mac & Cheese 1:00PM Crazy Hair Day	13 10:30AM Coffee Connection 12:00PM Pizza 1:00PM Throwback Day	14 10:30AM Anxiety Discussion 12:00PM Chili 1:00PM Dress in Green Day	15
16	17 Family Day Centre Closed	18 10:30AM Meditation 12:00PM Spaghetti 1:00PM Movie	19 10:30AM Coffee Connection 12:00PM Tacos 1:00PM Baking	20 10:30AM Coloring 12:00PM Meatball Subs 1:00PM Self Care	21 10:30AM Coffee Connection 12:00PM Taco Salad 1:00PM Bingo	22
23	24 10:30AM Coffee Connection 12:00PM Meatloaf & Potatoes 1:00PM Baking	25 10:30AM Puzzles 12:00PM Monte Cristo & Veggies 1:00PM Depression Discussion	26 10:30AM Coffee Connection 12:00 PM Mac & Cheese 1:00 PM Nutrition	27 10:30 AM Gratitude Discussion 12:00 PM Pizza 1:00 PM Movies	28 10:30 AM Physical Health 12:00 PM Chili 1:00 PM Bingo	