



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

MARCH 2025

Sun Mon Tue Wed Thu Fri Sat

						1
2	3 10:30 Coffee connection 12:00 Pizza 1:00 Meditation	4 10:30 Movie 12:00 Fajitas 1:00 Crafts	5 10:30 Coffee connection 12:00 Spaghetti & Meatballs 1:00 Wellness Check-in	6 10:00 A Day in My Life 12:00 Monte Cristo 1:00 Greif Discussion	7 10:30 Tea Talk 12:00 Hamburgers and salad 1:00 Bingo	8
9	10 10:30 Chair yoga 12:00 Monte Cristo 1:00 Coloring	11 10:30 Tea Talk 12:00 Shepherds pie 1:00 Word Games	12 10:30 Name that song 12:00 Hot dogs and salad 1:00 Baking	13 10:30 Coffee connection 12:00 Breakfast Wraps/plate 1:00 Self-care Check-in	14 10:30 Movie 12:00 Chicken and veg salad 1:00 Bingo	15
16	17 Dinner Night 2pm-7pm	18 10:30 Word scramble 12:00 Fajitas 1:00 Crafts	19 10:30 Coffee connection 12:00 Spaghetti & Meatballs 1:00 Journaling	20 10:30 A Day in My Life 12:00 Monte Cristo 1:00 Self-care	21 10:30 Tea Talk 12:00 Hamburgers and salad 1:00 Bingo	22
23	24 10:30 Cards 12:00 Monte Cristo 1:00 Meditation	25 10:30 Tea Talk 12:00 Shepherds Pie 1:00 Baking	26 10:30 Trivia 12:00 Hot dogs & Salad 1:00 Movie	7 10:30 Coffee connection 12:00 Breakfast wraps/plate 1:00 Goal Setting	28 10:30 Movie 12:00 Chicken and veg salad 1:00 Bingo	29
30	31					