



# Kingston Peer Support Centre - Peers of the Round Table

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

60 Queen Street  
613.549.4964  
[www.psseo.ca](http://www.psseo.ca)

## SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>LABOUR DAY CENTRE CLOSED</b>	3 12pm — Chicken Burgers 1pm — Gratitude	4 12pm — Sandwiches 1pm — Mindfulness & Mandalas	5 12pm — Meatball Subs 1pm — Games	6 12pm — Chicken Fajitas 1pm — Wellness Chat	7 12pm — Hamburgers
8	9 12pm — Grilled Ham & Cheese <b>CLOSING AT 1:30pm</b>	10 12pm — Pizza 1pm — Bingo	11 12pm — Sloppy Joes 1pm — Baking	12 12pm — Hot Dogs 1pm — Mindfulness & Mandalas	13 12pm — Mac & Cheese 1pm — Music Appreciation	14 12pm — Frittata
15	16 12pm — Sandwiches	17 12pm — Hot Dogs 1pm — Bingo	18 12pm — Hamburgers 1pm — Trivia	19 12pm — Wraps 1pm — In the Kitchen	20 12pm — Chili 1pm — Wellness Chat	21 12pm — Frittata
22	23 12pm — Grilled Ham & Cheese <b>CLOSING AT 1:30pm</b>	24 12pm — Chicken Burgers 1pm — Bingo	25 12pm — Mac & Cheese <b>CLOSING AT 1:30pm</b>	26 12pm — Sloppy Joes 1pm — Crafts	27 12pm — Tuna Melts 1pm — Music Appreciation	28 12pm — Hot Dogs
29	30 12pm — Chicken Burgers					