



**Kingston Peer Support Centre - Peers of the Round Table**  
**Monday - Saturday 9:00 AM - 3:00 PM**  
**60 Queen Street**  
**613.549.4964**  
**www.psseo.ca**

September 2023

S	Mon	Tue	Wed	Thu	Fri	Sat
	Centre is open Monday to Saturday 10:00am to 2:30pm unless otherwise noted. Lunches served at 12:00 pm				1 12pm — Mac & Cheese	2 12pm — Chicken Burgers
3	4 <b>CLOSED for Labour Day</b>	5 12pm — Pizza 1pm — Music Appreciation	6 10:30am — Coffee Chat 12pm — Grilled Ham & Cheese	7 12pm — Wraps 1pm — Writing/Journaling	8 10:30am — Word Games 12pm — Taco Salad	9 12pm — Frittata
10	11 10:30am — Word Games 12pm — Chicken Burgers <b>CLOSE 1:30 PM</b>	12 10:30am — Coffee Chat 12pm — Meatball Subs	13 12pm — Sandwiches	14 12pm — Chicken Fajitas 1pm — Gratitude	15 12pm — Grilled Ham & Cheese 1pm — Knitting/Crochet	16 12pm — Hot Dogs
17	18 10:30am — Word Games 12pm — Chicken Burgers	19 12pm — Wraps 1pm — Music Appreciation	20 10:30am — Coffee Chat 12pm — Grilled Ham & Cheese	21 12pm — Pizza 1pm — Self Care	22 12pm — Chili	23 12pm — Frittata
24	25 10:30am — Word Games 12pm — Sandwiches <b>CLOSE 1:30 PM</b>	26 10:30am — Coffee Chat 12pm — Hamburgers	27 12pm — Hot Dogs	28 12pm — Mac & Cheese 1pm — Gratitude	29 12pm — Sloppy Joes 1pm — Writing/Journaling	30 12pm — Chicken Burgers