



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

OCTOBER 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|--|---|---|---|-----------------------------|
| | | 1 12pm — Wraps 1pm — Bingo | 2 12pm — Sandwiches | 3 10:30am — Diamond Painting 12pm — Chicken Fajitas | 4 12pm — Meatball Subs 1:15pm — Wellness Chat | 5 12pm — Frittata |
| 6 | 7 12pm — Grilled Ham & Cheese CLOSING AT 1:30pm | 8 12pm — Pizza 1pm — Bingo | 9 12pm — Hot Dogs 1pm — Music Appreciation | 10 12pm — Mac & Cheese 1:15pm — Thanksgiving Craft | 11 12pm — Sloppy Joes | 12 12pm — Chicken Burger |
| 13 | 14 THANKSGIVING CENTRE CLOSED | 15 12pm — Hot Dogs 1pm — Bingo | 16 12pm — Hamburgers | 17 10:30am — Colouring 12pm — Wraps | 18 12pm — Chili 1:15pm — Wellness Chat | 19 12pm — Frittata |
| 20 | 21 12pm — Grilled Ham & Cheese CLOSING AT 1:30pm | 22 12pm — Chicken Burgers 1pm — Bingo | 23 12pm — Sandwiches 1pm — Music Appreciation | 24 12pm — Wraps 1:15pm — Fall Self-Care | 25 12pm — Mac & Cheese | 26 12pm — Hot Dogs |
| 27 | 28 12pm — Pizza | 29 12pm — Chicken Burgers 1pm — Creativity Group | 30 12pm — Meatball Subs | 31 12pm — Sandwiches Hallowe'en Activities All Day | | |