

KINGSTON PEER SUPPORT CENTRE CALENDAR

119 Barrack Street, Kingston 613-549-4964

Hours - Monday - 10:00am to 1:30pm, Tuesday to Saturday - 10:00am - 3:00pm

Lunch Daily @ 12:00pm - Sign-up by 11:15am



September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LUNCH: Hamburgers PM: Bingo	2 LUNCH: Wraps PM: Gratitude	3 LUNCH: Hot Dogs PM: Music Appreciation	4 LUNCH: Sloppy Joes	5 LUNCH: Frittata
7 CLOSED for Labour Day	8 Open at 11:15am LUNCH: Pizza Close at 2:00pm	9 LUNCH: Sandwiches PM: Gratitude	10 LUNCH: Meatball Subs PM: Music Appreciation Close at 1:45pm	11 LUNCH: Wraps PM: Funny Cats	12 LUNCH: Chicken Burgers
14 LUNCH: Grilled Ham & Cheese Close at 1:30pm	15 LUNCH: Hamburgers PM: Bingo	16 LUNCH: Wraps PM: Gratitude	17 LUNCH Mac & Cheese PM: Music Appreciation PM: ID Clinic	18 LUNCH: Goulash	19 LUNCH: Sandwiches
21 LUNCH: Chicken Burgers Close at 1:30pm	22 LUNCH: Pizza PM: Bingo	23 LUNCH: Sandwiches PM: Gratitude	24 LUNCH: Meatball Subs PM: Music Appreciation Close at 2:00pm	25 LUNCH: Hot Dogs PM: Funny Cats	26 LUNCH: Chicken Wraps
28 LUNCH: Grilled Ham & Cheese Close at 1:30pm	29 AM: Therapy Dog Visit LUNCH: Hamburgers PM: Bingo	30 LUNCH: Wraps PM: Gratitude			