

BROCKVILLE PEER SUPPORT CALENDAR

189 King St West. 613-341-9851

Monday – Friday 9:00am – 5:00pm



Mon	Tue	Wed	Thu	Fri
October 2026			1 AM: Micro-Engagement LUNCH: Chicken Burgers PM: Looking In	2 AM: Art LUNCH: Naan Pizza PM: BINGO
5 AM: Motivation Monday LUNCH: Hot Dogs PM: Minute to Win It	6 AM: Mindfulness LUNCH: Pasta PM: Peer Social	7 AM: Chair Yoga LUNCH: Sandwiches PM: Wonder Wednesday	8 AM: Micro-Engagement LUNCH: Chicken Burgers PM: Looking In	9 Thanksgiving Activities and Turkey Dinner
12 Thanksgiving Day CLOSED	13 AM: Mindfulness LUNCH: Pasta PM: Peer Social	14 AM: Chair Yoga LUNCH: Sandwiches PM: Wonder Wednesday	15 AM: Micro-Engagement LUNCH: Chicken Burgers PM: Looking In	16 AM: Art LUNCH: Naan Pizza PM: BINGO
19 AM: Motivation Monday LUNCH: Hot Dogs PM: Minute to Win It	20 AM: Mindfulness LUNCH: Pasta PM: Peer Social	21 AM: Chair Yoga LUNCH: Sandwiches PM: Wonder Wednesday	22 AM: Micro-Engagement LUNCH: Chicken Burgers PM: Looking In	23 AM: Art LUNCH: Naan Pizza PM: BINGO
26 AM: Motivation Monday LUNCH: Hot Dogs PM: Minute to Win It	27 AM: Mindfulness LUNCH: Pasta PM: Peer Social	28 AM: Chair Yoga LUNCH: Sandwiches PM: Wonder Wednesday	29 AM: Micro-Engagement LUNCH: Chicken Burgers PM: Looking In	30 Centre closed for Staff Event