

KINGSTON PEER SUPPORT CENTRE CALENDAR

119 Barrack Street, Kingston 613-549-4964

Hours - Monday to Saturday - 10:00am - 3:00pm

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

Weekday Lunches from Lunch by George



October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 LUNCH: Chicken Burgers PM: Music Appreciation	2 LUNCH: Sloppy Joes PM: Peer Community Meeting Close at 2:00pm	3 LUNCH: Frittata PM: Laughter Group
5 LUNCH: T.B.A.	6 LUNCH: T.B.A.	7 LUNCH: T.B.A. Close at 2:00pm	8 Centre Closed – Staff Training	9 Centre Closed – Staff Training	10 LUNCH: Pizza
12 Centre Closed for Thanksgiving	13 LUNCH: T.B.A.	14 LUNCH: T.B.A. PM: Gratitude	15 LUNCH: T.B.A. PM: ID Clinic PM: Music Appreciation	16 LUNCH: T.B.A. Close at 2:00pm	17 LUNCH: Mac & Cheese PM: Laughter Group
19 LUNCH: T.B.A.	20 LUNCH: T.B.A.	21 LUNCH: T.B.A. PM: Gratitude	22 LUNCH: T.B.A. PM: Music Appreciation Close at 2:00pm	23 LUNCH: T.B.A. PM: Laughter Group	24 LUNCH: Chili
26 LUNCH: T.B.A.	27 AM: Therapy Dog Visit LUNCH: T.B.A.	28 LUNCH: T.B.A. PM: Gratitude	29 LUNCH: T.B.A. PM: Music Appreciation Close at 2:00pm	30 Centre Closed – Staff Event	31 LUNCH: Chicken Burgers PM: Laughter Group