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

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 12pm: Lunch by George	3 12pm: Lunch by George PM: Anti-Stigma Group	4 12pm: Lunch by George PM: Gratitude **Close at 2:00pm**	5 12pm: Lunch by George PM: Music Appreciation	6 12pm: Lunch by George PM: Funny Videos	7 12pm: Burgers
9 12pm: Lunch by George PM: Substance Use Health	10 12pm: Lunch by George PM: Anti-Stigma Group	11 12pm: Lunch by George PM: Gratitude **Close at 2:00pm**	12 12pm: Lunch by George PM: Music Appreciation	13 12pm: Lunch by George	14 12pm: Frittata PM: Funny Videos
16 12pm: Lunch by George PM: Substance Use Health	17 12pm: Lunch by George PM: Anti-Stigma Group	18 12pm: Lunch by George PM: Gratitude **Close at 2:00pm**	19 12pm: Lunch by George 1pm: ID Clinic PM: Music Appreciation	20 12pm: Lunch by George PM: Funny Videos	21 12pm: Goulash
23 12pm: Lunch by George PM: Substance Use Health	24 11am: Therapy Dog 12pm: Lunch by George PM: Anti-Stigma Group	25 12pm: Lunch by George PM: Gratitude **Close at 2:00pm**	26 12pm: Lunch by George PM: Music Appreciation	27 12pm: Lunch by George	28 12pm: Mac & Cheese PM: Funny Videos
30 12pm: Lunch by George PM: Substance Use Health					