

Ptbo VegWeek - SEPT 14-20

MONDAY 14

Virtual Meet & Greet
w/Queen Street Cats
3pm on FB Live

Food Not Bombs
Delivery Dinner
(orders in advance)

Vegan Chocolate
Heaven with Anne
7pm on Zoom

TUESDAY 15

Virtual Veg Lunch Club
12pm on Zoom

Virtual Farm to Table
Tour from OPRIG, Trent
Vegetable Gardens, and
The Seasoned Spoon
3pm on IG

Vegan for the long haul
- a Q&A with two
longstanding vegans
7pm on Zoom

WEDNESDAY 16

Doug McNish cooks
Almond Cheeze, from
his new book "The
Classics Veganized"
3pm on FB

VegWeek
Trivia Night at
Nature's Plate!
6:30pm

THURSDAY 17

Q & A with Dr. Pamela,
Registered Dietician
3pm- FB Live

Free VegWeek Yoga
Class w/ Kiersten from
Peterborough Yoga
6:30pm
James Stevenson Park
(in East City)

FRIDAY 18

Lunchtime Menu ideas
with Miss Mo!
FB Live at 12pm

VegWeek Music Jam
with Pete
6:30pm Del Crary Park

SATURDAY 19

Kawartha Vegan
Bikepackers - Pedal &
Lunch
9:30am @ Jackson Park

Promised Land Farm
Sanctuary
Virtual Open House
1pm on FB Live

Virtual VegWeek Drinks
9pm on Zoom

SUNDAY 20

Hungry Herbivores
Family Picnic!
4pm - Beavermead

Take the 7 Day
Vegan Challenge
during VegWeek!

