

# Recreation and Wellness Program

## January 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				 1 New Years Day Office Closed	2	3
4	5 1:30 p.m. Kitchener Park Walk	6 1:00 p.m. Cambridge Coffee Social	7 9:00 a.m. Kitchener Mall Walk 10:30 a.m. Kitchener Breakfast	8 1:00 p.m. Billiards	9 11:00 a.m. "Winter Blues" with Sea 1:00 p.m. Craft Afternoon	10
11	12 11:00 a.m. Calendar Meeting 1:30 p.m. Kitchener Park Walk	13 1:30 p.m. Guelph Bowling	14 10:30 a.m. Pancake Drop In 2:00 p.m. Waterloo Indoor Walk	15	16 1:00 p.m. Art Therapy	17
18 	19 11:00 a.m. Thresholds Client Council Meeting 1:00 p.m. Music Therapy	20 Kitchener Movie Outing	21 11:00 a.m. Waterloo Mall Social 1:00 p.m. Waterloo Mall Walk	22 1:00 p.m. Kitchener Public Library Tour	23  1:00 p.m. Bingo	24 
25	26 1:00 p.m. Music Therapy	27 Cambridge Movie Outing	28 10:00 a.m. Kitchener Mall Walk 2:00 p.m. Waterloo Indoor Walk	29 1:00 p.m. Learn to Sew	30  1:00 p.m. Movie Afternoon	31

Please contact your worker or Tammy, at [tbaker@thresholdssupports.ca](mailto:tbaker@thresholdssupports.ca)  
or 519-742-3191 ext 1252, to join in the fun!