

Recreation and Wellness Program

February 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 	2  1:00 p.m. Music Therapy	3	4	5	6 	7
8	9 11:00 a.m. Calendar Meeting 1:00 p.m. Music Therapy	10 10:00 a.m. Victoria Park Walk 1:00 p.m. Valentine Cards and Chocolate	11 10:30 a.m. Cambridge Breakfast 2:00 p.m. Waterloo Rec Walk	12 1:00 p.m. Mobility Plus Education	13 1:00 p.m. Craft Afternoon	14 HAPPY VALENTINE'S DAY 
15	16 Family Day Office Closed	17 RAMADAN 10:00 a.m. Victoria Park Walk 1:00 p.m. Pancake Day	18 10:00 a.m. Fairview Mall Walk 11:00 a.m. Fairview Mall Social	19 1:00 p.m. Billiards in Cambridge	20  1:00 p.m. Bingo	21
22	23 11:00 a.m. Thresholds Client Council Meeting 1:00 p.m. Music Therapy	24  9:30 a.m. Camp Ki-Wa-Y 	25 10:30 a.m. Pancake Drop In 6:30 p.m. Guelph OHL Game	26	27  1:00 p.m. Movie Afternoon	28
						

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