

# Recreation and Wellness Program

## March 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 1:00 p.m. Music Therapy	3 10:00 a.m. Victoria Park Walk 1:00 p.m. Bowling in Cambridge	4	5 9:00 a.m. Fairview Mall Walk 10:30 a.m. Kitchener Breakfast	6 1:00 p.m. Games Afternoon	7
8 	9 11:00 a.m. Calendar Meeting 1:00 p.m. Music Therapy	10 10:00 a.m. Victoria Park Walk 1:30 p.m. DBT Education "Distress Tolerance Foundation"	11 10:30 a.m. Guelph Breakfast	12 1:00 p.m. Social in Cambridge	13 1:00 p.m. Craft Afternoon	14
15	16 11:00 a.m. Thresholds Client Council Meeting 1:00 p.m. Music Therapy	17  1:00 p.m. St Patty's Day 7:00 p.m. Kitchener OHL Game	18  18 Medieval Times Trip	19 10:30 a.m. Pancake Drop In	20  20 1:00 p.m. Minute to Win It Games	21
22  Trivia Week	23 1:00 p.m. Music Therapy	24 10:00 a.m. Victoria Park Walk 1:30 p.m. DBT Education "Making it through the storm"	25 11:00 a.m. Conestoga Mall Social 1:00 p.m. Conestoga Mall Walk	26 1:00 p.m. Library Tour Kitchener	27  27 1:00 p.m. Movie Afternoon	28 
29	30 1:00 p.m. Music Therapy	31 10:00 a.m. Victoria Park Walk				

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!