






Recreation and Wellness Program May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1 1:00 p.m. Games Afternoon	2 
3	4	5 10:00 a.m. Victoria Park Walk 1:30 p.m. DBT Education "Accepting What Is"	6 9:00 a.m. Fairview Mall Walk 10:30 a.m. Kitchener Breakfast	7 11:00 a.m. Food Skills	8 1:00 p.m. Craft Afternoon	9
10 	11 11:00 a.m. Calendar Meeting 1:00 p.m. Music Therapy	12 10:00 a.m. Victoria Park Walk 1:00 p.m. Cambridge Coffee Social	13 1:30 p.m. Guelph Walk and Ice Cream	14 11:00 a.m. Conestoga Mall Social 1:00 p.m. Conestoga Mall Walk	15 1:00 p.m. Travelogue	16
17	18 Victoria Day Office Closed	19 10:00 a.m. Victoria Park Walk 1:30 p.m. DBT Education "Radical Acceptance"	20	21	22 1:00 p.m. Plant Shopping for the Garden	23 
24	25 11:00 a.m. Thresholds Client Council Meeting 1:00 p.m. Music Therapy	26  10:30 a.m. Garden Group	27 10:30 a.m. Pancake Drop In 2:00 p.m. Waterloo Rec Walk	28 11:00 a.m. Food Skills	29  1:00 p.m. Movie Afternoon	30

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