




# Recreation and Wellness Program

## April 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			10:30 a.m. 1 Cambridge Breakfast 2:00 p.m. Waterloo Rec Walk	2 1:00 p.m Easter Egg Decorating	3 Good Friday Office Closed	3
5 	6 Easter Monday Office Closed	7 10:00 a.m. Victoria Park Walk	8 1:30 p.m. Billiards in Guelph	9 1:00 p.m. Learn to Hand Sew Part 2	10 1:00 p.m. Craft Afternoon	11
12	13 11:00 a.m. Calendar Meeting 1:00 p.m. Music Therapy	14 10:00 a.m. Victoria Park Walk 1:30 p.m. DBT Education "Getting Through the Moment"	15 10:00 a.m. Fairview Mall Walk 11:00 a.m. Fairview Mall Social	16	17  1:00 p.m Bingo	18
19	20 11:00 a.m. Thresholds Client Council Meeting 1:00 p.m. Music Therapy	21 10:00 a.m. Victoria Park Walk  2:00 p.m Drayton Theatre	22  11:00 a.m. Community Clean Up	23 1:00 p.m. Billiards in Cambridge	24  1:00 p.m. Movie Afternoon	25
26	27 1:00 p.m. Music Therapy	28 10:00 a.m. Victoria Park Walk 1:30 p.m. DBT Education "Creating Relief When Its Hard"	29 10:30 a.m. Pancake Drop In 2:00 p.m. Waterloo Rec Walk	30		

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!