







Recreation and Wellness Program July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Office Closed Canada Day	2 11:00 a.m. Food Skills 1:30 p.m. Massage Therapy	3 10:30 a.m. Kitchener Breakfast 1:00 p.m. Games Afternoon	4 
5  TRIVIA WEEK	6 11:00 a.m. Calendar Meeting 1:00 p.m. Music Therapy	7 10:30 a.m. Kitchener Garden Group 1:00 p.m. Cambridge Min Golf	8  9:00 a.m. Donkey Sanctuary	9 11:00 a.m. Food Skills	10 1:00 p.m. Craft Afternoon	11
12	13 11:00 a.m. Thresholds Client Council Meeting 1:00 p.m. Music Therapy	14 10:00 a.m. Cambridge Lawn Bowling 10:30 a.m. Kitchener Garden Group	15 11:00 a.m. Conestoga Mall Social 1:00 p.m. Conestoga Mall Walk	16 11:00 a.m. Queen St Commons Social  1:00 p.m. Bingo	17  1:00 p.m. Movie Afternoon	18
19 	20 1:00 p.m. Music Therapy	21 10:30 a.m. Kitchener Garden Group	22	23	24	25
26	27 1:00 p.m. Music Therapy	28 10:30 a.m. Kitchener Garden Group	29	30		

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