

Recreation and Wellness Program

SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
30	10:30 a.m. 31 Kitchener Garden Group 1:30 p.m. Victoria Park Walk	1 11:00 a.m. St. Jacobs Market	9:00 a.m. 2 Fairview Mall Walk 10:30 a.m. Kitchener Breakfast	3 1:30 p.m. Massage Therapy	11:30 a.m. 4 Calendar Meeting 1:00 p.m. Games Afternoon	5 
6	7 Labour Day Office Closed	8	9 10:30 a.m. Kitchener Garden Group	 10 10:00 a.m. Grand Bend	11	12
13	14 1:30 p.m. Victoria Park Walk	15 11:00 a.m. Guelph Frisbee Golf and Pizza	 16 12:30 p.m. Blue Jays Trip	17	10:30 a.m. 18 Kitchener Garden Group  1:00 p.m. Bingo	19
 20	11:00 a.m. 21 Thresholds Client Council Meeting 1:00 p.m. Music Therapy	10:30 a.m. 22 Kitchener Garden Group 1:00 p.m. Learn to Make Apple Turnovers	11:00 a.m. 23 Conestoga Mall Social 1:00 p.m. Conestoga Mall Walk	24	 25 1:00 p.m. Movie Afternoon	26
27	28 1:00 p.m. Music Therapy	10:30 a.m. 29 Kitchener Garden Group 1:00 p.m. CambridgeMini Golf	 30 Truth and Reconciliation Walk			

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