

Recreation and Wellness Program

October 2026

SUN	MON	TUE	WED	THU	FRI	SAT
				10:30 a.m. Cambridge Breakfast 1:30 p.m. Massage Therapy	1:00 p.m. Games Afternoon	
4	5 11:00 a.m. Calendar Meeting	6 10:30 a.m. Garden Group 1:30 p.m. Music Therapy	7  9:30 a.m. African Lion Safari	8 10:30 a.m. Guelph Breakfast	9 1:00 p.m. Craft Afternoon	10
11 	12 Thanksgiving Office Closed	13 10:30 a.m. Victoria Park Walk 1:30 p.m. Music Therapy	14 2:00 p.m. Waterloo Rec Walk	15	16 1:00 p.m. Travelogue	17
18 Trivia	19 11:00 a.m. Thresholds Client Council Meeting	20 10:30 a.m. Victoria Park Walk 1:30 p.m. Music Therapy 2:00 p.m. Drayton Theatre	21 11:00 Learn to make Soup	22 11:00 Hike to St. Jacob's Market	23  1:00 p.m. Bingo	24
25	26	27 10:00 a.m. Fairview Mall Walk 11:00 a.m. Fairview Mall Social 1:30 p.m. Music Therapy	28 1:00 p.m. Halloween Pumpkin Carving and Get Together	29 3:00-5:00 p.m. Halloween Bowling and Pizza Party	30  1:00 p.m. Movie Afternoon	31

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