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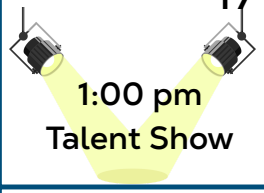
Recreation and Wellness Program
November 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1 Remember to change your clocks	2 1:30 p.m. Victoria Park Walk	3 1:30 p.m. Music Therapy	4 9:00 a.m. Fairview Mall Walk 10:30 a.m. Kitchener Breakfast	5 11:00 a.m. Queen St Commons 1:30 p.m. Massage Therapy	6 1:00 p.m. Guest Speaker Author	7
8	9 11:00 a.m. Calendar Meeting 1:30 p.m. Victoria Park Walk	10 1:30 p.m. Music Therapy	11 Rememberance Day	12 10:30 a.m. Pancake Drop In	13 1:00 p.m. Craft Afternoon	14
15	16 11:00 a.m. Thresholds Client Council Meeting 1:30 p.m. Victoria Park Walk	17  1:00 pm Talent Show	18 11:00 a.m. Conestoga Mall Walk 12:00 p.m. Conestoga Mall Lunch	19 1:00 p.m. Cambridge Ceramics	20 3:00 p.m. Sparkles St Jacobs	21
22	23 11:00 a.m. Make Ornaments and Decorate the Holiday Tree 1:30 p.m. Victoria Park Walk	24 1:30 p.m. Music Therapy	25 1:30 p.m. Guelph Ceramics	26 1:00 p.m. Kitchener Ceramics	27 1:00 p.m. Movie Afternoon	28
29 	30 11:00 a.m. Make Holiday Cards 1:30 p.m. Victoria Park Walk					

Please contact recreation@thresholdssupports.ca or 519-742-3191 ext 1400, to join in the fun!

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- **Kitchener Breakfast** - November 4th at 10:30 a.m. at Country Boy - 5 Manitou Rd. Everyone pays for their own breakfast.
- **Queens St Commons** - November 5th at 11:00 p.m. Join us for coffee/beverage, games and meet new friends.
- **Massage Therapy** - November 5th in the Programming Room. Sign up for an appointment time.
- **Guest Speaker** - November 6th at 1:00 p.m. in the Programming Room. Meet author and editor Ryan Jones.
- **Calendar Meeting** - November 9th at 11:00 a.m. Join us in the Programming Room to plan the Recreation Calendar for January.
- **Pancake Drop In** - November 12th at 10:30 a.m. in the Programming Room - 236 Victoria St N, Kitchener.
- **Craft Afternoon** – November 13th at 1:00 p.m. Advent Calendars in the Programming Room. Please RSVP by Nov 6th
- **Thresholds Client Council Meeting** - November 16th at 11:00 a.m. In person in the Programming Room and Virtual
- **Talent Show** - November 17th at 1:00 p.m. in the Theatre at Kitchener Public Library- 85 Queen St N
- **Mall Lunch/Social** - November 18th at 12:00 p.m. Conestoga Mall Food Court. You are welcome to bring or purchase your lunch.
- **Cambridge Ceramics** - November 19th at 1:00 p.m. at Crock A Doodle -600 Hespeler Rd, Cambridge
- **St Jacob's Sparkles** – November 20th at 3:00 p.m. Meet inside Conestoga Mall by the Bus Terminal to ride the bus together.
- **Make Ornaments and Decorate the Tree** - November 23rd at 11:00 a.m. in the Programming Room.
- **Guelph Ceramics** - November 25th at 1:30 p.m. at Crock A Doodle- 1398 Gordon St, Guelph
- **Kitchener Ceramics** - November 26th at 1:00 p.m. at Crock A Doodle- 245 The Boardwalk, Waterloo
- **Movie Afternoon** - November 27th at 1:00 p.m. in the Programming Room. Movie - **"The Sheep Detectives"**
- **Make Holiday Cards** - November 30th at 11:00 a.m. in the Programming Room
- **Music Therapy** - November 3rd, 10th and 24th at 1:30 p.m. Join Joey in the Programming Room.
- **Walks** - **Victoria Park (outdoors)** - November 2rd, 9th, 16th , 23rd and 30th at 1:30 p.m. Meet outside of the Boathouse.
  Fairview Mall Walk (indoors) - November 4th at 9:00 a.m. Meet by Food Court near Walmart.
  Conestoga Mall Walk (indoors) - November 19th at 11:00 a.m. Meet at the Food Court at Conestoga Mall.
- Reminder about the **YMCA** – there are passes available at no charge for anyone supported by Thresholds at any YMCA of Three Rivers (Kitchener, Waterloo, Cambridge, Guelph) – simply show up, state you are with Thresholds, show photo ID, then enjoy the services the YMCA offers.

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