

January 2026

Trinity Village Terraces

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|-----------|
|  | | | | NO EXERCISES 1 | 2 | 3 |
| 4 | 9:30 Mall Walk 5 (meet by KFC) | 9:30 Gentle Exercises 6 (Chapel) 10:30 RC Mass (Gathering Place) | 7 | 9:30 Gentle Exercises 8 (Chapel) 10:30 Inter. Worship (Gathering Place) | 3:00 Terraces Coffee Social 9 (Gathering Place) | 10 |
| 11  | Call Ev, 519-576-5665, by noon to order lunch for next week 12 2:00 Crafter's Corner (Chapel) | 7:00 Garbage Pick Up 13 9:30 Gentle Exercises (Chapel) 10:30 RC Mass (Gathering Place) |  14 | KPL Visiting Library (Care Centre) 15 9:30 Gentle Exercises (Chapel) 10:30 Inter. Worship (Gathering Place) 3:15 Meditation (Unit 58) | 16 | 17 |
| 18 | 9:30 Mall Walk 19 (meet by KFC) 10:00 Terraces Resident Photos (Chapel) | 9:30 Gentle Exercises 20 (Chapel) 10:30 RC Mass (Gathering Place) 10:30 Terraces Resident Photos (Chapel) | 11:30 Terraces Lunch 21 (Chapel) | 9:30 Gentle Exercises 22 (Chapel) 10:30 Inter. Worship (Gathering Place) | 23 | 24 |
| 25  | 26 | 7:00 Garbage Pick Up 27 9:30 Gentle Exercises (Chapel) 10:30 RC Mass (Gathering Place) | 28 | 9:30 Gentle Exercises 29 (Chapel) 10:30 Inter. Worship (Gathering Place) | 9:30 DrumFit 30 (Chapel)  | 31 |