

PHYSICAL  
WELLNESS

EMOTIONAL  
WELL-BEING

SPIRITUAL  
FULFILLMENT

INTELLECTUAL  
DISCOVERY

SOCIAL  
ENGAGEMENT

# February 21-27

Monday, Feb. 21	Tuesday, Feb. 22	Wednesday, Feb. 23	Thursday, Feb. 24	Friday, Feb. 25	Saturday, Feb. 26	Sunday, Feb. 27
<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p><b>President's Day</b> No Mail delivery. Post Offices are closed. Most banks are closed.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:15 Stretch &amp; Flex - BS</p> <p>8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:00-12:00 Breton Market</p> <p>10:00 Prayer Group - TPDR</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>1:00 Ladies Bible Study: "Joshua" - RI (class filled)</p> <p>1:00-3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p>3:00 Resident Advisory Council Meeting - VI</p> <p>6:30 Games - EX, TL, TB</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Chaplain's Monthly Video: "Origin of Salvation Army"</b> 7:00 pm - RT</p> </div>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:30 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - RI &amp; WC</p> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance &amp; Core - IFC</p> <p>10:00 Ladies Bible Study: "Joshua" - TPDR (class filled)</p> <p>10:00-4:00 Quilting - AS</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <p>11:00 Water Walking - Pool</p> <p>1:00 Ladies Bible Study: "Joshua" - RI (class filled)</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Tai Chi - EX</p> <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;"> <p><b>Workout with Wearable Tech</b> (sign up required) 1:15 pm - IFC</p> </div> <p>2:00 Knit Wits - BI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00 Balance and Core - IFC</p> <p>2:30 Balance and Core - BS</p> <p>3:00 Ladies Tea - TPDR &amp; BI</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 "The Parables of Jesus" Bible Study w/ Gerrit Koedoot - RI</p> <p>7:00 Scrabble - TL</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p>6:30 St. Mary's Lab - RPDR</p> <p>7:00 St. Mary's Lab - HC</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:15 Stretch and Flex - BS</p> <p>8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:00 "The Holy Spirit" Bible Study w/ Bill Schotanus - CP</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <p>11:35 Speed Walking - RL</p> <p>12:30 "What's in My Body?" Support Group w/ Patty - TPDR</p> <p>1:00 Bus to Meijer - lobbies</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p>2:00 Men's Billiards - BR</p> <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;"> <p><b>Pool Volleyball</b> 2:15 pm - Pool</p> </div> <p>3:00 Breton Readers - TPDR</p> <p>4:00 Social Hour - BI</p> <p>6:45 Mah Jongg - RL</p> <p>6:45 Euchre - WC</p> <p>7:00 Dominos - TL &amp; WC</p> <p>7:00 Games - BI &amp; RL</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:30 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>Donuts w/ the HH Development Team</b> 8:30 - 10:00 am - WC</p> </div> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance and Core - IFC</p> <p>10:00-12:00 Breton Market</p> <p>11:00 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> <p><b>R.E.A.L</b> "Diabetes - How Low Can You Go?" 12:00 pm - CP</p> </div> <p>1:00-3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Line Dancing - EX</p> <p>2:00 Men's Billiards - BR</p> <p>2:00 Balance and Core - IFC</p> <p>2:30 Balance and Core - BS</p> <p>4:00 Social Hour - TPDR</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p>All Ridge Fitness classes are cancelled except Strength Training</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Chaplain's Monthly Video: "Origin of Salvation Army"</b> 10:00 am - TT</p> </div> <p>11:00 Stretch &amp; Flex - EX</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Breton Ridge Worship Service w/ Rev. Ruth Romeyn</b> 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT &amp; RT Movie: "As Good As It Gets"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>10:00 Hymn Sing - CP</p> <p>7:00 Movie Night - TT &amp; RT Movie: "Faith, Hope &amp; Love"</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Breton Terrace Worship Service w/ Rev. Ruth Romeyn</b> 6:00 pm - Centre Place</p> </div>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p>
<p><b>Reception Desk</b> Terrace: 643-2717 Ridge: 643-2582</p> <p><b>Resident Service Office</b> Mon-Fri 9:00 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p><b>Postage Stamps (Ridge) &amp; Notary Services</b> Resident Service Offices</p> <p><b>Woods Café - 643-2716</b> <b>Bistro - 643-2598</b> Monday - Thursday 12:00 - 5:00 pm Friday 12:00 - 2:00 pm (B) 12:00 - 5:00 pm (WC)</p> <p><b>Sales Department</b> 643-2730</p> <p><b>Salon - 643-2714</b> Tuesday-Friday by appt.</p> <p><b>Resident Portal:</b> mybretonwoods.org</p>						<p><b>Facility Services</b> 235-2787</p> <p><b>Health Centre</b> Open Monday - Friday 7:00 am - 5:00 pm 5:00 - 7:00 pm by appt. <b>643-2712</b></p> <p><b>After Hours Nurse</b> Mon-Thurs: 11:00 pm - 7:00 am 7:00 pm Fri - 7:00 am Mon <b>485-7435</b></p> <p><b>Breton Market</b> <b>643-2628</b> Open Mon. and Thurs. 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p><b>On-Campus Rides</b> M-F, 9:00 am - 3:45 pm Schedule a ride no later than 10:00 am the day of the ride. <b>643-2627</b></p> <p><b>Breton Woods Vine and Care Concerns</b> mspweb1@gmail.com</p>

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# February 28 - March 6

Monday, Feb. 28	Tuesday, March 1	Wednesday, March 2	Thursday, March 3	Friday, March 4	Saturday, March 5	Sunday, March 6		
<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>8:15 Stretch &amp; Flex - BS</b></p> <p><b>8:30 Aqua Fit &amp; Pool Volleyball - Pool</b></p> <p><b>9:15 Strength Training - BS</b></p> <p><b>9:30 Strength Training - IFC</b></p> <p><b>10:00-12:00 Breton Market</b></p> <p><b>10:00 Prayer Group - TPDR</b></p> <p><b>10:15 Heart Healthy Dance - VI</b></p> <p><b>11:00 Stretch &amp; Flex - EX</b></p> <p><b>1:00 Ladies Bible Study: "Joshua" - RI (class filled)</b></p> <p><b>1:00-3:00 Breton Market</b></p> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:15 Strength Training - IFC</b></p> <p><b>6:30 Games - EX, TL, TB</b></p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;">  <p><b>Breton Woods Ridge Memorial Service</b> 7:00 pm Vineyard</p> </div>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:30 - 10:00 pm</p> <p><b>8:00-10:00 Sunrise Social - RI &amp; WC</b></p> <p><b>8:30 Circuit Training - IFC</b></p> <p><b>9:30 Balance &amp; Core - IFC</b></p> <p><b>10:00 Ladies Bible Study: "Joshua" - TPDR (class filled)</b></p> <p><b>10:00-4:00 Quilting - AS</b></p> <p><b>10:00 Ladies Billiards - GR</b></p> <p><b>10:30 Feldenkrais - BS</b></p> <p><b>11:00 Water Walking - Pool</b></p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Terrace 9-Ball Billiards Tournament</b> 1:00 pm Terrace Billiards Room</p> </div> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:00 Tai Chi - EX</b></p> <p><b>2:00 Dining Service Forum - CP</b></p> <p><b>2:00 Breton Readers - RI</b></p> <p><b>2:00 Knit Wits - BI</b></p> <p><b>2:00 Knitting/Crocheting - EX</b></p> <p><b>2:00 Balance &amp; Core - IFC</b></p> <p><b>2:30 Balance &amp; Core - BS</b></p> <p><b>3:00 Ladies Tea - TPDR &amp; BI</b></p> <p><b>3:00 Ladies Billiards - BR</b></p> <p><b>7:00 "The Parables of Jesus" Bible Study w/ Gerrit Koedoot - RI</b></p> <p><b>7:00 Scrabble - TL</b></p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p><b>6:30 St. Mary's Lab - RPDR</b></p> <p><b>7:00 St. Mary's Lab - HC</b></p> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>8:15 Stretch &amp; Flex - BS</b></p> <p><b>8:30 Aqua Fit &amp; Pool Volleyball - Pool</b></p> <p><b>9:15 Strength Training - BS</b></p> <p><b>9:30 Strength Training - IFC</b></p> <p><b>10:00 "The Holy Spirit" Bible Study w/ Bill Schotanus - CP</b></p> <p><b>10:15 Heart Healthy Dance - VI</b></p> <p><b>11:00 Stretch &amp; Flex - EX</b></p> <p><b>11:35 Speed Walking - RL</b></p> <p><b>12:30 "What's in My Body?" Support Group w/ Patty - TPDR</b></p> <p><b>12:30 Mah Jongg - TL</b></p> <p><b>1:00 Bus to Meijer - lobbies</b></p> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:15 Strength Training - IFC</b></p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p><b>REAL</b> "Growing Together with Hydroponics and Spring Planting" 2:00 pm Vineyard</p> </div> <p><b>2:00 Men's Billiards - BR</b></p> <p><b>4:00 Social Hour - BI</b></p> <p><b>6:45 Mah Jongg - RL</b></p> <p><b>6:45 Euchre - WC</b></p> <p><b>7:00 Dominos - TL &amp; WC</b></p> <p><b>7:00 Games - BI &amp; RL</b></p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:30 - 10:00 pm</p> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>8:30 Circuit Training - IFC</b></p> <p><b>9:30 Balance and Core - IFC</b></p> <p><b>9:30 Creative Writing - RPDR</b></p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p><b>REAL</b> National Parks DVDs "The Scripture of Nature (1851 - 1890)" 10:00 am Vineyard</p> </div> <p><b>10:00-12:00 Breton Market</b></p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Genealogy Group</b> Terrace PDR - 1:00 pm</p> </div> <p><b>1:00-3:00 Breton Market</b></p> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:00 Line Dancing - EX</b></p> <p><b>2:00 Men's Billiards - BR</b></p> <p><b>2:00 Balance and Core - IFC</b></p> <p><b>2:30 Balance and Core - BS</b></p> <p><b>4:00 Social Hour - TPDR</b></p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;">  <p><b>Breton Woods Terrace Memorial Service</b> 7:00 pm Centre Place</p> </div>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>8:15 Stretch &amp; Flex - BS</b></p> <p><b>8:30 Aqua Fit &amp; Pool Volleyball - Pool</b></p> <p><b>9:15 Strength Training - BS</b></p> <p><b>9:30 Strength Training - IFC</b></p> <p><b>10:15 Heart Healthy Dance - VI</b></p> <p><b>11:00 Stretch &amp; Flex - EX</b></p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p><b>Workout with Wearable Tech</b> (sign up required) 11:35 am - Body Shop</p> </div> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:15 Strength Training - IFC</b></p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Breton Ridge Worship Service w/ Rev. Linda Lee</b> 3:00 pm - Vineyard</p> </div> <p><b>7:00 Movie Night - TT &amp; RT</b> Movie: "Patsy &amp; Loretta"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>10:00 Hymn Sing - CP</b></p> <p><b>7:00 Movie Night - TT &amp; RT</b> Movie: "The Last Days"</p>	<div style="border: 1px solid purple; padding: 5px; margin-bottom: 10px;"> <p><b>Breton Terrace Worship Service w/ Rev. Linda Lee</b> 6:00 pm - Centre Place</p> </div> <div style="border: 1px solid green; padding: 5px;"> <p><b>LOCATION KEY</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Breton Terrace</b></p> <p>AS - Art Studio</p> <p>BR - Billiard Room</p> <p>CA - Cambridge</p> <p>CP - Centre Place</p> <p>EX - Expressions</p> <p>HC - Health Centre</p> <p>IFC - Israels Fitness Centre</p> <p>TB - Terrace Balcony</p> <p>TL - Terrace Lobby</p> <p>TC - Terrace Courtyard</p> <p>TLL - Terrace Lower Level</p> <p>TLI - Terrace Library</p> <p>TME - Terrace Main Entrance</p> <p>TPDR - Terrace Private Dining Room</p> <p>TT - Terrace Theatre</p> <p>WC - Woods Café</p> <p>WCP - Woods Café Patio</p> <p>WS - Woodshop</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Breton Ridge</b></p> <p>BI - Bistro</p> <p>BP - Breton Park</p> <p>BS - Body Shop</p> <p>CR - Craft Room</p> <p>GR - Game Room</p> <p>RI - Ristorante</p> <p>RL - Ridge Lobby</p> <p>RLI - Ridge Library</p> <p>RME - Ridge Main Entrance</p> <p>RP - Ridge Patio</p> <p>RPDR - Ridge Private Dining Room</p> <p>RT - Ridge Theatre</p> <p>VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre</p> <p><b>BECC</b> - Breton Extended Care Centre</p> <p><b>BECS</b> - Breton Extended Care South</p> </td> </tr> </table> </div>	<p><b>Breton Terrace</b></p> <p>AS - Art Studio</p> <p>BR - Billiard Room</p> <p>CA - Cambridge</p> <p>CP - Centre Place</p> <p>EX - Expressions</p> <p>HC - Health Centre</p> <p>IFC - Israels Fitness Centre</p> <p>TB - Terrace Balcony</p> <p>TL - Terrace Lobby</p> <p>TC - Terrace Courtyard</p> <p>TLL - Terrace Lower Level</p> <p>TLI - Terrace Library</p> <p>TME - Terrace Main Entrance</p> <p>TPDR - Terrace Private Dining Room</p> <p>TT - Terrace Theatre</p> <p>WC - Woods Café</p> <p>WCP - Woods Café Patio</p> <p>WS - Woodshop</p>	<p><b>Breton Ridge</b></p> <p>BI - Bistro</p> <p>BP - Breton Park</p> <p>BS - Body Shop</p> <p>CR - Craft Room</p> <p>GR - Game Room</p> <p>RI - Ristorante</p> <p>RL - Ridge Lobby</p> <p>RLI - Ridge Library</p> <p>RME - Ridge Main Entrance</p> <p>RP - Ridge Patio</p> <p>RPDR - Ridge Private Dining Room</p> <p>RT - Ridge Theatre</p> <p>VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre</p> <p><b>BECC</b> - Breton Extended Care Centre</p> <p><b>BECS</b> - Breton Extended Care South</p>
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