

PHYSICAL
WELLNESS


EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

June 14 - 20

Monday, June 14	Tuesday, June 15	Wednesday, June 16	Thursday, June 17	Friday, June 18	Saturday, June 19	Sunday, June 20
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch & Flex - RP 8:30 Aqua Fit - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC</p> <p>!!! Breton Market !!! Open: 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>10:00 Prayer Group- TPDR 10:15 Heart Healthy Dance - RP 11:00 Stretch & Flex - EX</p> <p>Men's Lunch at Cascade Roadhouse (sign up required) Bus pick-up: 11:30 am</p> <p>1:00 Men's Billiards - GR 1:15 Strength Training - IFC 1:30 Open Gym - BS</p> <p>Learn How To Use the Vibrant Living App 2:00 - 3:00 pm Ridge PDR</p> <p>Ridge Ice Cream Social 2:00 pm - Bistro (\$2.25/dish & \$1.25/drink)</p> <p>6:30 Games - EX, TL, TB</p> 	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>Stretch & Flex 8:30 am Terrace Courtyard (If bad weather - TPDR)</p> <p>Balance & Core 9:30 am Terrace Courtyard (If bad weather - IFC)</p> <p>10:00-4:00 Quilting - AS 10:00 Ladies Billiards 10:30 Feldenkrais - BS 11:00 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - EX</p> <p>REAL "All About DNR/DPOA and Living Wills" 2:00 pm Centre Place and Live Stream</p> <p>2:00 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Balance and Core - IFC 2:30 Balance and Core - BS 2:30 Bretonaires Practice - EX 3:00 Ladies Tea - TPDR & BI 3:00 Ladies Billiards - BR 7:00 Scrabble - TL</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - RP 8:30 Aqua Fit - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Stretch and Flex - EX</p> <p>REAL "Beauty From Under the Sea We Seldom See" with Gerrit Koedoot 11:00 am Vineyard</p> <p>12:30 Mah Jongg - TL 1:00 Dog Party - TC 1:00 Men's Billiards - GR</p> <p>Grocery Shopping to Meijer Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:15 Strength Training - IFC 1:30 Open Gym - BS</p> <p>Wednesday Art "Wine Bottle Windchimes" (sign up required) 2:00 pm - Ridge Ristorante</p> <p>2:00 Men's Billiards - BR 4:00 Social Hour - BI 6:45 Mah Jongg - RL 6:45 Euchre - TB 7:00 Dominos - TL, RL 7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:30 Stretch & Flex - TC 9:30 Balance and Core - TC 9:30 Creative Writing - RPDR</p> <p>REAL National Geographic DVDs 10:00 am "Journey to Shark Eden"- TT "Sea Monsters"- RT</p> <p>!!! Breton Market !!! Open: 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>11:00 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - VI</p> <p>Terrace Ice Cream Social 1:30 pm - Woods Café (\$2.25/dish & \$1.25/drink)</p> <p>2:00 Men's Billiards - BR 2:00 Balance and Core - IFC 2:30 Balance and Core - BS 4:00 Social Hour - TPDR</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - RP 8:30 Aqua Fit - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Cardio Express - EX</p> <p>Meijer Gardens - Tram & Children's Garden (sign up required) Bus pick-up: 12:00 pm</p> <p>1:00 Men's Billiards - GR</p> <p>Shopping Trip to Fresh Thyme Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:15 Strength Training - IFC 1:30 Open Gym - BS</p> <p>Breton Ridge Worship Service w/ Rev. Jerry DeVries 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "What's Eating Gilbert Grape?"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 7:00 Movie Night - TT/RT Movie: "Yes Day"</p> <p>Reception Desk Terrace: 643-2717 Ridge: 643-2582</p> <p>Resident Service Office Mon-Fri 9:00 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p>Postage Stamps & Notary Services Resident Service Offices</p> <p>Woods Café - 643-2716 Bistro - 643-2598 Monday-Friday 12:00 - 4:30 pm</p> <p>Sales Department 643-2730</p> <p>Salon - 643-2714 Tuesday-Friday by appt.</p> <p>Resident Portal: mybretonwoods.org</p>	<p>Breton Terrace Worship Service w/ Rev. Jerry DeVries 6:00 pm - Centre Place</p> <p>Happy Father's Day</p> <p>Facility Services 235-2787</p> <p>Health Centre Open Monday - Friday 7:00 am - 5:00 pm 5:00 - 7:00 pm by appt. 643-2712</p> <p>After Hours Nurse Mon-Thurs: 11:00 pm - 7:00 am 7:00 pm Fri - 7:00 am Mon 485-7435</p> <p>Breton Market 643-2725 Open Mon. and Thurs. 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>On-Campus Rides M-Th, 9:00 am - 1:45 pm Call by noon the day prior to when you need a ride. 643-2627</p> <p>Breton Woods Vine mspweb1@gmail.com</p>



June 21 - 27

Monday, June 21	Tuesday, June 22	Wednesday, June 23	Thursday, June 24	Friday, June 25	Saturday, June 26	Sunday, June 27
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch & Flex - RP 8:30 Aqua Fit - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC</p> <p>!!! Breton Market !!! Open: 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>10:00 Prayer Group - TPDR 10:15 Heart Healthy Dance - RP 11:00 Stretch & Flex - EX</p> <p>Father's Day Lunch (sign up required) 12:00 pm Ridge Patio</p> <p>Musical Monday "My Fair Lady" 1:00 pm Terrace Theatre</p> <p>1:00 Men's Billiards - GR 1:15 Strength Training - IFC 1:30 Open Gym - BS</p> <p>Learn How To Use the Vibrant Living App 2:00 - 3:00 pm Terrace Expressions</p> <p>3:00 Resident Advisory Council Meeting - CP 6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>Stretch & Flex 8:30 am Terrace Courtyard (If bad weather - TPDR)</p> <p>Balance & Core 9:30 am Terrace Courtyard (If bad weather - IFC)</p> <p>10:00-4:00 Quilting - AS 10:00 Ladies Billiards 10:30 Feldenkrais - BS</p> <p>REAL "Comcast/Xfinity - Tips & Tricks" 11:00 am Centre Place and Live Stream</p> <p>11:00 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - canceled 2:00 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Balance & Core - IFC 2:30 Balance & Core - BS 3:00 Ladies Tea - WC & BI 3:00 Ladies Billiards - BR 7:00 Scrabble - TL</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch & Flex - RP 8:30 Aqua Fit - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Stretch & Flex - EX 12:30 Mah Jongg - TL</p> <p>Grocery Shopping to Meijer Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:00 Dog Party - TC 1:00 Men's Billiards - GR 1:15 Strength Training - IFC 1:30 Open Gym - BS</p> <p>Wednesday Art "Hydroponic Garden in Decorated Bottle" (sign up required) 2:00 pm Terrace Art Studio</p> <p>2:00 Men's Billiards - BR 3:00 Breton Readers - EX 4:00 Social Hour - BI 6:45 Mah Jongg - RL 6:45 Euchre - TB 7:00 Dominos - TL, RL 7:00 Games - BI/RL</p> <p>REAL "Stop. Think. Connect." 1:00 pm Centre Place and Live Stream</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>Donuts w/ the HH Development Team 8:30 - 10:00 am Woods Cafe</p> <p>8:30 Stretch & Flex - TC 9:30 Balance & Core - TC</p> <p>!!! Breton Market !!! Open: 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>REAL National Geographic DVDs 10:00 am "Dolphins - The Wild Side"- TT "Blue Whale"- RT</p> <p>11:00 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - canceled 2:00 Men's Billiards - BR 2:00 Balance & Core - IFC 2:30 Balance & Core - BS</p> <p>Root Beer Floats & Bingo 3:00 pm Ridge Patio</p> <p>4:00 Social Hour - TPDR</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - RP 8:30 Aqua Fit - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Cardio Express - EX 1:00 Men's Billiards - GR</p> <p>Shopping Trip to Trader Joe's Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:15 Strength Training - IFC 1:30 Open Gym - BS</p> <p>Breton Ridge Worship Service w/ Rev. Safiyah Fosua 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "Soul Surfer"</p> <p>Terrace Resident Services Office - CLOSED</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 7:00 Movie Night - TT /RT Movie: "Black or White"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Terrace Worship Service w/ Rev. Safiyah Fosua 6:00 pm - Centre Place</p>
					<p>LOCATION KEY</p> <p>Breton Terrace AS - Art Studio BR - Billiard Room CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness Centre TB - Terrace Balcony TL - Terrace Lobby TC - Terrace Courtyard TLL - Terrace Lower Level TLI - Terrace Library TPDR - Terrace Private Dining Room TT - Terrace Theatre WC - Woods Café WS - Woodshop</p> <p>Breton Ridge BI - Bistro BS - Body Shop CR - Craft Room GR - Game Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RP - Ridge Patio RPDR - Ridge Private Dining Room RT - Ridge Theatre VI - Vineyard</p> <p>BRLC - Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South</p>	