




June 28 - July 4

Monday, June 28	Tuesday, June 29	Wednesday, June 30	Thursday, July 1	Friday, July 2	Saturday, July 3	Sunday, July 4
<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 Volleyball - 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>Ladies Lunch & Shop at the Downtown Market (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>Musical Monday "Fiddler on the Roof" 1:00 pm Terrace Theatre</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 8:30 Stretch & Flex - TC 9:30 Balance & Core - TC 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 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 Volleyball - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Stretch and Flex - EX 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) 1:30 pm - Ridge Ristorante</p> <p>2:00 Cardio Express - IFC 2:00 Men's Billiards - BR 3:00 Breton Readers - TPDR 4:00 Social Hour - BI 6:45 Mah Jongg - RL 6:45 Euchre - WC 7:00 Dominos - TL & WC 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>!!! Breton Market !!! Open: 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>REAL National Geographic DVDs 10:00 am "Secret Life of Predators"- TT "30 Years of NG Specials"- RT</p> <p>11:00 Water Walking - Pool</p> <p>Patriotic Picnic & Games 12:00 pm Woods Café & Patio</p> <p>Genealogy Terrace Lobby - 1:00 pm</p> <p>1:00 Men's Billiards - GR 1:00 Seated Tai Chi - VI</p> <p>REAL "Streaming 101" w/ Jessie Riley 2:00 pm CP & Live Stream</p> <p>2:00 Men's Billiards - BR 2:00 Balance and Core - IFC 2:30 Balance and Core - BS 4:00 Social Hour - WCP</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 Volleyball - 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>Shopping Trip to VanderVeen's Dutch Store Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:00 Men's Billiards - GR 1:15 Strength Training - IFC</p> <p>Breton Ridge Worship Service w/ Pastor Bob Zoerman 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "Enola Holmes"</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: "The Boy Who Harnessed the Wind"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p></p> <p>Breton Terrace Worship Service w/ Rev. Ruth Romeyn 6:00 pm - Centre Place</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>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>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>	

PHYSICAL
WELLNESS

EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

July 5 - 11

Monday, July 5	Tuesday, July 6	Wednesday, July 7	Thursday, July 8	Friday, July 9	Saturday, July 10	Sunday, July 11
<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 10:00 Prayer Group - TPDR 1:00 Men's Billiards - GR 6:30 Games - EX, TL, TB</p> <p>In observance of the 4th of July holiday, the following are canceled or closed: ~Fitness classes ~Resident Services Offices ~Health Centre ~Woods Café ~Bistro ~Breton Market</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 & Core - TC 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 2:00 Breton Readers - RI 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 Volleyball - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Stretch & Flex - EX 11:45 Walking Club - RL 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 2:00 Cardio Express - IFC 2:00 Men's Billiards - BR</p> <p>3:00 Breton Readers - EX 4:00 Social Hour - RP 6:45 Mah Jongg - RL 6:45 Euchre - WC 7:00 Dominos - TL & WC 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 & 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 "Last Stand of the Great Bear"- TT "Lewis & Clark: Great Journey West"- RT</p> <p>10:15 Library Committee Meeting - BI 11:00 Water Walking - Pool 1:00 REAL Board Meeting - TPDR 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - VI</p> <p>2:00 Men's Billiards - BR 2:00 Balance & Core - IFC 2:30 Balance & Core - BS 4:00 Social Hour - WCP</p> <p>Patriotic Picnic & Music w/ John Nowak 5:00 pm - Ridge Patio</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 Volleyball - Pool 9:15 Strength Training - RP 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - RP 11:00 Stretch & Flex - EX 1:00 Men's Billiards - GR</p> <p>Shopping Trip to Forest Hills Foods 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>Path Reviews Expressions 2:00 - 3:00 pm</p> <p>Breton Ridge Worship Service w/ Rev. Frank Guter 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "Fatherhood"</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: "I Am Sam"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Terrace Worship Service w/ Rev. Frank Guter 6:00 pm - Centre Place</p>

LOCATION KEY

Breton Terrace
AS - Art Studio
BR - Billiard Room
CP - Centre Place
EX - Expressions
HC - Health Centre
IFC - Israel's 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
WCP - Woods Café Patio
WS - Woodshop

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

BRLC - Breton Rehab & Living Centre
BECC - Breton Extended Care Centre
BECS - Breton Extended Care South