

September 2 – 8, 2024

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

Monday 2

6:00 Open Swim (6:00 am -10:00 pm) (POOL)

8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)

10:00 Prayer Fellowship (TPDR)

1:00 Men's Billiards (RBR)

1:00 Dog "Paw-ty" * (TC)

5:30 Labor Day Potluck at the Ridge (5:30 - Bring food down; 5:30 appetizers/beverages social hour; 6:00 - Dinner) (VI)

6:30 Games (EX)



HAPPY LABOR DAY !!!

Closed/Canceled Today:

- ~ Terrace Cafe
- ~ Ridge Bistro
- ~ Resident Services Offices
- ~ Health Centre
- ~ Fitness classes
- ~ Breton Market
- ~ On-Campus Transportation

Tuesday 3

- 6:00 Open Swim (6:00 10:45 am) (POOL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 8:15 Total Body (TFC)
- 8:45 Resident Golf League at the Pines (OCO)
- 9:30 Balance & Core Stability (TFC)
- 10:00 Ladies Billiards (RBR)
- 10:00 Quilting (10:00 am 4:00 pm) (AS)
- 10:30 Balance & Core Stability (BS)
- 11:00 Water Walking (POOL)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:15 Balance & Core Stability (TFC)
- 2:00 Breton Readers (RI)
- 2:00 Yarntastics (EX)
- 2:00 Balance & Core Stability (BS)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX) (BI)

Terrace Cafe is closed for lunch. Dinner hours are 4:00 - 6:30 pm.

Wednesday 4

- 6:00 Open Swim (6:00 8:15 am) (POOL)
- 7:00 St. Mary's Lab by appointment only (RPDR)
- 7:30 St. Mary's Lab by appointment only (HC)
- 8:00 Sunrise Social (8:00 10:00 am) (EX) (BI)
- 8:30 Agua Fit (POOL)
- 9:00 Blood Pressure Clinic (9:00 -10:00 am) (HC)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Open Swim (10:00 am 10:00 pm) (POOL)
- 10:00 Catholic Communion (TPDR)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Mah Jongg (TB)
- 1:00 Bus to Gaines Township Meijer (OCO)
- 1:00 Men's Billiards (RBR)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:00 Total Body (BS)
- 1:00 Pickleball * (resident led) (PC)
- 1:15 Strength Training (TFC)
- 2:00 Men's Billiards (TBR)
- 4:00 Social Hour at the Ridge (RPDR)
- 6:00 Games (BI) (RL)
- 6:45 Mah Jongg (RL)
- 6:45 Euchre (TL)
- 7:00 Dominos (EX)

Thursday 5

- 6:00 Open Swim (6:00 10:45 am) (POOL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 8:15 Total Body (TFC)
- 9:30 Balance & Core Stability (TFC)
- 10:00 Ladies Laughing and Learning to Play Pool (TBR)
- 10:15 ROMEO Men's Lunch @ Westside Social (sign up required) (OCO)
- 10:30 Balance & Core Stability (BS)
- 11:00 Water Walking (POOL)
- 11:00 Genealogy Group (TPDR)
- 11:30 Balance & Core Stability
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:00 Ping Pong w/ Kristen (VI)
- 1:15 Balance & Core Stability (TFC)
- 2:00 Men's Billiards (TBR)
- 2:00 Knit Wits (BI)
- 2:00 Balance & Core Stability (BS)
- 3:00 Shuffleboard * (resident led) (BP)
- 3:30 Social Hour at the Terrace (TPDR)

Friday 6 Saturday 7

- 6:00 Open Swim (6:00 8:15 am) (POOL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 8:30 Agua Fit (POOL)
- 9:00 Pickleball * (resident led) (PC)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Open Swim (10:00 am -10:00 pm) (POOL)
- 10:00 Breton Market (10:00 am -12:00 pm) (TLL)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex Video (EX)
- 11:15 Heart Healthy Dance (VI)
- 1:00 Men's Billiards (RBR)
- 1:15 Strength Training (TFC)
- 2:00 5 Crowns (TL)
- 2:00 BW Choir Rehearsal (CP)
- 5:30 Men's Social Supper (5:30 -7:00 pm) (EX)
- 7:00 Terrace Movie: "Jane Eyre" (TT)
- 7:00 Ridge Movie: "Killers of the Flower Moon" (RT)

6:00 Open Swim (6:00 am -10:00 pm) (POOL)

- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 10:00 Breton Market (10:00 am -12:00 pm) (TLL)
- 2:00 Stinky Feet (EX)
- 7:00 Terrace Movie: "Killers of the Flower Moon" (TT)
- 7:00 Ridge Movie: "Jane Eyre" (RT)

Sunday 8

- 6:00 Open Swim (6:00 am -10:00 pm) (POOL)
- 10:45 Calvary Church Livestream (TPDR)
- 6:00 Breton Woods Worship Service at the Ridge w/ Rev. Lamarr Gibson (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (CP)

Location Key

Breton Terrace

- AS Art Studio
- Cafe Terrace Café CP - Centre Place
- EL Employee Lounge
- **EX Expressions**
- HC Health Centre TB - Terrace Balcony
- TBR Terrace Billiard Room
- TCP Terrace Café Patio TC - Terrace Courtvard
- TFC Terrace Fitness Centre TL - Terrace Lobby
- TLI Terrace Library TLL - Terrace Lower Level
- TME Terrace Main Entrance
- **TPDR Terrace Private Dining Room**
- TSP Terrace South Patio TT - Terrace Theatre WS - Woodshop
 - *Weather permitting.

Breton Ridge

- BI Bistro BP - Breton Park
- BS Body Shop CR - Craft Room
- PC Pickleball Courts
- RBR Ridge Billiard Room RI - Ristorante
- RL Ridge Lobby
- RLI Ridge Library
- RME Ridge Main
- Entrance RP - Ridge Patio
- RPDR Ridge Private
- Dining Room
- RT Ridge Theatre VI- Vinevard
- BRLC- Breton Rehab & Living Centre
- **BECC Breton Extended** Care Centre
- BECS Breton Extended Care South
- OCO Off Campus Outing



September 9 – 15, 2024

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

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Monday 9	Tuesday 1
6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 (POOL)
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10: (EX) (BI)
8:30 Aqua Fit (POOL)	8:15 Total Body (TFC)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

10:00 Open Swim (10:00 am -

10:00 pm) (POOL)

10:00 Breton Market (10:00 am -

10:00 Prayer Fellowship (TPDR)

10:30 JULIET Lunch @ Sheshco

11:15 Heart Healthy Dance (VI)

1:00 Men's Billiards (RBR)

1:00 Dog "Paw-ty" * (TC)

led) (BP)

6:30 Games (EX)

1:15 Strength Training (TFC)

3:00 Shuffleboard * (resident

Blankespoor (VI)

(sign up required) (OCO)

10:15 Strength Training (BS)

11:00 Stretch & Flex (EX)

12:00 pm) (TLL)

0 15 am) 0:00 am) 8:30 Donuts w/ the HH Development

Team (8:30 - 10:00 am) (BI) 8:45 Resident Golf League at the Pines (OCO)

9:30 Balance & Core Stability (TFC)

10:00 Ladies Billiards (RBR)

- 10:00 Quilting (10:00 am 4:00 pm) (AS)
- 10:30 Balance & Core Stability (BS)
- 11:00 Water Walking (POOL)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:15 Balance & Core Stability (TFC)
- 2:00 Yarntastics (EX)
- 2:00 Balance & Core Stability (BS)
- 2:00 "Where in Michigan Am I?" Part 6 - Travelogue with Kyle Schippa
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX) (BI)
- 3:30 Caregiver Support Group (RPDR)
- 7:00 "Tell Us Your Story" w/ Ed 6:15 Calvin University - CALL Passport Film Series (bus pick-up is at 6:15 pm) (pre-ticketed event) (OCO)

Wednesday 11 Thursday 12

- 6:00 Open Swim (6:00 8:15 am) (POOL) 7:00 St. Mary's Lab - by appointment only
- 7:30 St. Mary's Lab by appointment only
- 8:00 Sunrise Social (8:00 10:00 am) (EX)
- 8:30 Aqua Fit (POOL)
- 9:00 Blood Pressure Clinic (9:00 10:00 am) (RPDR)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Open Swim (10:00 am 10:00 pm) (POOL)
- 10:00 Catholic Communion (TPDR)
- 10:00 KDL Book Mobile (RME)
- 10:15 Strength Training (BS)
- 10:15 "The Israel Story" Bible Study (CP)
- 11:00 Stretch & Flex (EX)
- 11:00 KDL Book Mobile (TME)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Mah Jongg (TB)
- 1:00 Bus to Cascade Township Meijer (OCO)
- 1:00 Men's Billiards (RBR)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:00 Total Body (BS)
- 1:00 Pickleball * (resident led) (PC)
- 1:15 Strength Training (TFC)
- 2:00 Men's Billiards (TBR)
- 4:00 Social Hour at the Ridge (RPDR)
- 4:30 Patio Picnic at the Ridge ~ Steak Dinner 4:30 - 6:00 pm (sign up required) (transportation available) (RP)
- 6:00 Games (BI) (RL)
- 6:45 Mah Jongg (RL)
- 6:45 Euchre (TL)
- 7:00 Dominos (EX)

6:00 Open Swim (6:00 - 10:45 am)

- 8:00 Sunrise Social (8:00 10:00
- 8:15 Total Body (TFC)

am) (EX) (BI)

(POOL)

- 9:30 Balance & Core Stability (TFC)
- 10:00 Ladies Laughing and Learning to Play Pool (TBR)
- 10:15 Library Committee Meeting (RPDR)
- 10:30 Balance & Core Stability (BS)
- 11:00 Water Walking (POOL)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:00 Ping Pong w/ Kristen (VI)
- 1:00 9-Ball Billiards Tournament at the Ridge (sign up) (RBR)
- 1:00 NEW! Scrapbooking and Card Making Club (1:00 - 3:00 pm) (AS)
- 1:15 Balance & Core Stability (TFC)
- 2:00 Men's Billiards (TBR)
- 2:00 Knit Wits (BI)
- 2:00 Balance & Core Stability (BS)
- 2:00 Dining Services Open Forum Meeting (CP)
- 3:00 Shuffleboard * (resident led) (BP)
- 3:30 Social Hour at the Terrace (TPDR)

Friday 13

- 6:00 Open Swim (6:00 8:15 am) (POOL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 8:30 Agua Fit (POOL)
- 9:00 Pickleball * (resident led) (PC)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Open Swim (10:00 am -10:00 pm) (POOL)
- 10:00 Breton Market (10:00 am -12:00 pm) (TLL)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 1:00 Men's Billiards (RBR)
- 1:00 "The Footprints of God" video series (TT)
- 1:15 Strength Training (TFC)
- 2:00 5 Crowns (TL)
- 2:00 BW Choir Rehearsal (CP)
- 5:30 Men's Social Supper (5:30 -7:00 pm) (EX)
- 7:00 Terrace Movie: "Nights in Rodanthe" (TT)
- 7:00 Ridge Movie: "The Pelican Brief" (RT)

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)

Saturday 14

- 8:00 Sunrise Social (8:00 10:00 am) (EX) (BI)
- 10:00 Breton Market (10:00 am 12:00 pm) (TLL)
- 10:00 Hymn Sing (Cafe)
- 12:00 Soup Lunch at the Terrace (sign up required by 9-8-24) (resident
- 1:00 Bingo at the Ridge (resident led)
- 2:00 Stinky Feet (EX)
- 7:00 Terrace Movie: "The Pelican Brief"
- 7:00 Ridge Movie: "Nights in Rodanthe"

Sunday 15

- 6:00 Open Swim (6:00 am -10:00 pm) (POOL)
- 10:45 Calvary Church Livestream (TPDR)
- 6:00 Breton Woods Worship Service and Choir at the Terrace w/ Rev. Les Wiseman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
- 7:00 Refreshments and Fellowship (EX)

Location Key

Breton Terrace AS - Art Studio Cafe - Terrace Café

- CP Centre Place EL - Employee Lounge
- **EX Expressions** HC - Health Centre
- TB Terrace Balcony TBR - Terrace Billiard Room
- TCP Terrace Café Patio TC - Terrace Courtyard
- TFC Terrace Fitness Centre
- TL Terrace Lobby TLI - Terrace Library
- TLL Terrace Lower Level TME - Terrace Main
- Entrance **TPDR - Terrace Private**
- Dining Room TSP - Terrace South Patio
- TT Terrace Theatre WS - Woodshop
 - *Weather permitting.

Breton Ridge

- BI Bistro
- BP Breton Park BS - Body Shop
- CR Craft Room
- PC Pickleball Courts
- RBR Ridge Billiard Room
- RI Ristorante
- RL Ridge Lobby RLI - Ridge Library
- RME Ridge Main
- Entrance RP - Ridge Patio
- RPDR Ridge Private Dining Room
- RT Ridge Theatre VI- Vinevard

- BRLC- Breton Rehab & Living Centre **BECC - Breton Extended**
- Care Centre BECS - Breton Extended
- Care South
- OCO Off Campus Outing