

PHYSICAL  
WELLNESS


EMOTIONAL  
WELL-BEING

SPIRITUAL  
FULFILLMENT

INTELLECTUAL  
DISCOVERY

SOCIAL  
ENGAGEMENT

# Dec. 27 - Jan. 2

Monday, Dec. 27	Tuesday, Dec. 28	Wednesday, Dec. 29	Thursday, Dec. 30	Friday, Dec. 31	Saturday, Jan. 1	Sunday, Jan. 2		
<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 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 - 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>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 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 &amp; Core - IFC</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 - canceled</b></p> <p><b>11:00 Water Walking - Pool</b></p> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:00 Seated Tai Chi - EX</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 and Core - IFC</b></p> <p><b>2:30 Balance and 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 Scrabble - TL</b></p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 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 and 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 and Flex - EX</b></p> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p><b>"What's in My Body?" Support Group w/ Patty (Call Patty to sign up) 12:30 pm - TPDR</b></p> </div> <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> <p><b>2:00 Men's Billiards - BR</b></p> <p><b>3:00 Breton Readers - TPDR</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/RL</b></p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Ridge Resident Services Office - CLOSED</b></p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Terrace Resident Services Office - Closes at 3:00 pm</b></p> </div> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>8:30 Circuit Training - IFC</b></p> <div style="border: 2px solid green; padding: 5px; text-align: center;"> <p><b>Shopping Trip to Horrock's Bus pick-up: 9:15 am</b></p> </div> <p><b>9:30 Balance and Core - IFC</b></p> <p><b>10:00 - 12:00 Breton Market</b></p> <p><b>11:00 Water Walking - Pool</b></p> <p><b>11:00 Seated Tai Chi - VI</b></p> <p><b>1:00 - 3:00 Breton Market</b></p> <p><b>1:00 Men's Billiards - GR</b></p> <p><b>1:00 Line Dancing - EX (resident led)</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>	<p><b>Open Swim - Pool</b> 6:00 - 10:00 pm</p> <p><b>All Life Enrichment and Fitness Class are canceled today.</b></p> <p><b>All Offices are closed.</b></p> <p><b>Health Centre is closed.</b></p> <p><b>Woods Café &amp; Bistro are closed.</b></p> <p><b>No On-Campus Transportation</b></p> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>1:00 Men's Billiards - GR</b></p> <div style="border: 2px solid blue; padding: 5px; text-align: center;"> <p><b>New Year's Eve Celebrations</b></p> <p><b>Ridge Vineyard</b> 5:00 pm - social hour 6:00 pm - dinner (sign-up required)</p> <p><b>Terrace Woods Cafe</b> 7:00 pm (sign up)</p> </div> <p><b>7:00 Movie Night - canceled</b></p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <div style="text-align: center;">  <p><b>2022 Happy New Year!</b></p> </div> <p><b>8:00-10:00 Sunrise Social - BI &amp; WC</b></p> <p><b>10:00 Hymn Sing - canceled</b></p> <p><b>7:00 Movie Night - TT &amp; RT Movie: "Bright Star"</b></p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <div style="border: 2px solid purple; padding: 5px; text-align: center;"> <p><b>Breton Terrace Worship Service w/ Rev. Ruth Romeyn 6:00 pm - Centre Place</b></p> </div>		
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <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> </td> <td style="width: 50%; padding: 5px;"> <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> </td> </tr> </table>						<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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# January 3 - 9

Monday, Jan. 3	Tuesday, Jan. 4	Wednesday, Jan. 5	Thursday, Jan. 6	Friday, Jan. 7	Saturday, Jan. 8	Sunday, Jan. 9
<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>8:00-10:00</b> Sunrise Social - BI &amp; WC</p> <p><b>8:15</b> Stretch &amp; Flex - BS</p> <p><b>8:30</b> Aqua Fit &amp; Pool Volleyball - Pool</p> <p><b>9:15</b> Strength Training - BS</p> <p><b>9:30</b> Strength Training - IFC</p> <p><b>10:00 - 12:00</b> Breton Market</p> <p><b>10:00</b> Prayer Group - TPDR</p> <p><b>10:15</b> Heart Healthy Dance - VI</p> <p><b>11:00</b> Stretch &amp; Flex - EX</p> <p><b>1:00 - 3:00</b> Breton Market</p> <p><b>1:00</b> Men's Billiards - GR</p> <p><b>1:15</b> Strength Training - IFC</p> <p><b>"Making a Bucket List as a Senior" w/ Patty</b> 2:00 pm Centre Place</p> <p><b>6:30</b> Games - EX, TL, TB</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p><b>8:00-10:00</b> Sunrise Social - BI &amp; WC</p> <p><b>8:30</b> Circuit Training - IFC</p> <p><b>9:30</b> Balance &amp; Core - IFC</p> <p><b>10:00-4:00</b> Quilting - AS</p> <p><b>10:00</b> Ladies Billiards - GR</p> <p><b>10:30</b> Feldenkrais - BS</p> <p><b>ROMEO Men's Lunch at Wahlburgers</b> (sign up required) Bus pick-up: 11:00 am</p> <p><b>11:00</b> Water Walking - Pool</p> <p><b>1:00</b> Men's Billiards - GR</p> <p><b>1:00</b> Standing Tai Chi - EX</p> <p><b>2:00</b> Breton Readers - RI</p> <p><b>2:00</b> Knit Wits - BI</p> <p><b>2:00</b> Knitting/Crocheting - EX</p> <p><b>2:00</b> Seated Tai Chi - VI</p> <p><b>2:00</b> Balance &amp; Core - IFC</p> <p><b>2:30</b> Balance &amp; Core - BS</p> <p><b>Trivia Competition</b> 3:00 pm Centre Place</p> <p><b>3:00</b> Ladies Tea - TPDR &amp; BI</p> <p><b>3:00</b> Ladies Billiards - BR</p> <p><b>7:00</b> Scrabble - TL</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>6:30</b> St. Mary's Lab - RPDR</p> <p><b>7:00</b> St. Mary's Lab - HC</p> <p><b>8:00-10:00</b> Sunrise Social - BI &amp; WC</p> <p><b>8:15</b> Stretch &amp; Flex - BS</p> <p><b>8:30</b> Aqua Fit &amp; Pool Volleyball - Pool</p> <p><b>9:15</b> Strength Training - BS</p> <p><b>9:30</b> Strength Training - IFC</p> <p><b>10:15</b> Heart Healthy Dance - VI</p> <p><b>Galations 6:2 Ladies Fellowship Group w/ Patty</b> (Call Patty to sign up) 10:30 am - TPDR</p> <p><b>11:00</b> Stretch &amp; Flex - EX</p> <p><b>"What's in My Body - New Year - New You" Support Group w/ Patty</b> (Call Patty to sign up) 12:30 pm - TPDR</p> <p><b>12:30</b> Mah Jongg - TL</p> <p><b>1:00</b> Bus to Meijer - lobbies</p> <p><b>1:00</b> Men's Billiards - GR</p> <p><b>1:15</b> Strength Training - IFC</p> <p><b>2:00</b> Men's Billiards - BR</p> <p><b>4:00</b> Social Hour - BI</p> <p><b>6:45</b> Mah Jongg - RL</p> <p><b>6:45</b> Euchre - WC</p> <p><b>7:00</b> Dominos - TL &amp; WC</p> <p><b>7:00</b> Games - BI/RL</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p><b>8:00-10:00</b> Sunrise Social - BI &amp; WC</p> <p><b>8:30</b> Circuit Training - IFC</p> <p><b>9:30</b> Balance and Core - IFC</p> <p><b>9:30</b> Creative Writing - RPDR</p> <p><b>10:00 - 12:00</b> Breton Market</p> <p><b>Ladies Lunch at Bobcat Bonnie's</b> (sign up required) Bus pick-up: 11:00 am</p> <p><b>11:00</b> Water Walking - Pool</p> <p><b>11:00</b> Seated Tap Dance - VI</p> <p><b>Genealogy Group Terrace PDR - 1:00 pm</b></p> <p><b>1:00 - 3:00</b> Breton Market</p> <p><b>1:00</b> Men's Billiards - GR</p> <p><b>1:00</b> Line Dancing - EX</p> <p><b>2:00</b> Men's Billiards - BR</p> <p><b>2:00</b> Balance and Core - IFC</p> <p><b>2:30</b> Balance and Core - BS</p> <p><b>4:00</b> Social Hour - TPDR</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>8:00-10:00</b> Sunrise Social - BI &amp; WC</p> <p><b>8:15</b> Stretch &amp; Flex - BS</p> <p><b>8:30</b> Aqua Fit &amp; Pool Volleyball - Pool</p> <p><b>Shopping Trip to Aldi</b> Bus pick-up: 9:15 am</p> <p><b>9:15</b> Strength Training - BS</p> <p><b>9:30</b> Strength Training - IFC</p> <p><b>10:15</b> Heart Healthy Dance - VI</p> <p><b>11:00</b> Stretch &amp; Flex - EX</p> <p><b>1:00</b> Men's Billiards - GR</p> <p><b>1:15</b> Strength Training - IFC</p> <p><b>Breton Ridge Worship Service w/ Rev. Linda Lee</b> 3:00 pm - Vineyard</p> <p><b>7:00</b> Movie Night - TT /RT Movie: "A River Runs Through It"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p><b>8:00-10:00</b> Sunrise Social - BI &amp; WC</p> <p><b>10:00</b> Hymn Sing - CP</p> <p><b>1:00</b> Bingo - BI</p> <p><b>7:00</b> Movie Night - TT &amp; RT Movie: "Hairspray"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p><b>Breton Terrace Worship Service w/ Rev. Linda Lee</b> 6:00 pm - Centre Place</p>
					<p><b>LOCATION KEY</b></p> <p><b>Breton Terrace</b> 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 TME - Terrace Main Entrance TPDR - Terrace Private Dining Room TT - Terrace Theatre WC - Woods Café WCP - Woods Café Patio WS - Woodshop</p> <p><b>Breton Ridge</b> BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room GR - Game 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 - Vineyard <b>BRLC</b> - Breton Rehab &amp; Living Centre <b>BECC</b> - Breton Extended Care Centre <b>BECS</b> - Breton Extended Care South</p>	