



The Breton Buzz

April 2021

From the Fitness Department

Personal Training Resumes April 5

Team up with a Certified Personal Trainer to achieve and maintain your health and fitness goals. Certified Personal Trainers work with you to create an exercise program that is safe and specific to your needs; whether you are seeking to keep up progress after physical therapy, improve cardiovascular health, or increase strength. Contact Madye Martin or Alisha VanEpps to learn more or to sign up for a complimentary consultation.

~Madye Martin: 643-2584

~Alisha Van Epps: 643-2636

National Walking Day is April 7

National Walking Day is a day to kick off a commitment to healthy living. The Fitness Team invites you to join them for a walk to celebrate. Let's walk our way to fitness!

~Join Madye at 11:00 am on Wednesday, April 7 at the main entrance of the Ridge.

~Join Liz at 2:15 pm on Wednesday, April 7 at the main entrance of the Terrace.

Seated Tai Chi

Beginning Tuesday, April 6, Denise Karsen will be offering a Seated Tai Chi class on Tuesdays and Thursdays.

~ Tuesdays at 1:00 PM in Expressions

~ Thursdays at 1:00 PM in the Vineyard (Please note on April 15 this class will be offered in the Ridge Private Dining Room)

Fitness Centers

- Israel's Fitness Center and the Body Shop are open. Appointments are not required, but please sign in at the fitness desk before using the equipment and adhere to the posted max capacity numbers. Masks are required, please practice safe social distancing (at least 6 feet between each occupied workout station) and clean the equipment before and after use.

- Walking into a fitness center, with its many types of equipment, can be intimidating. The Fitness Team is here to help! Call Liz or Madye, to request an equipment orientation. During the orientation you will learn how to use the cardiovascular and/or strength equipment to increase your health and well-being. You will leave this appointment more comfortable and confident in the use of the fitness center.

~Liz Norry: 643-2718 (Israel's Fitness Centre)

~Madye Martin: 643-2584 (Ridge Body Shop)

Group Fitness Classes

In-person group fitness classes have resumed. No sign-up required. Please wear your mask.

Wondering what classes are right for you? Call Liz or Madye today!

Move in May: Holland Home Summer Games

Move in May is an exciting physical wellness program that encourages you to be active. During the month of May, we will offer Olympic-themed classes and events including karate, table tennis, cycling, and more. Look for more details in the next Breton Buzz!

Sales Department Information

Resident Recruitment: Wouldn't it be great to have some of your best friends become your neighbors? We currently have 1-bedroom apartments available at Raybrook Estates I & III, and 1-, 2- and 3-bedroom apartments at Breton Woods.

Help spread the word that Holland Home is a great place to live! Our "refer-a-friend" program can earn you up to a \$1,000 credit on your next monthly statement when your friend signs a Continuing Care Agreement and moves to Holland Home. It's simple – just request a resident recruitment form from the Sales & Information Centre at 643-2726 and we take care of the rest. If your friend isn't already in our system and they mention your referral at move-in, you receive the referral bonus!

Announcements/Information

Annual Pool and Maintenance Shutdown

The pool and spa will be closed for annual maintenance Monday, April 19 - Friday, April 30. Open Swim will be cancelled during this time.

Resident Planting Parties – are back!

The Holland Home Development team will be hosting our 6th annual Resident Planting Parties at Koetsier's Bloom Studio on Tuesday, May 18. Whether you plan to fill patio pots, flower boxes, or just want to come and create something fun, we would love to have you join us! You can create on your own, or take advantage of the guidance provided by their talented staff.

Watch your mailbox, bulletin boards and digital signage for more information regarding times and this year's featured specials. Each group will be limited to 15. Sign up will be required due to limited spaces. Transportation is not provided.

To sign up, or if you have any questions, contact Marcia T. at 235-5118.

Off Campus Transportation - is back!

Holland Home will gas up the buses and be on the road again with outings to Meijer beginning on Wednesday, April 7! Trips to Meijer will be every Wednesday and Friday. We will look at adding in other store options as we move forward. Please sign up at the front desk.

What can you expect?

- These bus trips will be limited to **12 people** at a time to start. Please distance as much as you are able while on the bus and keep a row in between you and your neighbor.
- Masks are required to be worn.
- The bus will be cleaned between each trip.
- Remember: If you can't make it, please remove your name from the list. Our previous policy requiring 24 hour cancellation notice is back in place or you will still be charged for the trip.
- These outings are for residents only.

Salon Information

The following price increases are effective May 1, 2021:

- Ladies Haircut w/ Shampoo: \$25
- Gentlemen's Haircut w/ Shampoo: \$20
- Haircut w/ Style: \$47

Pet Guideline Reminders

- Dogs or cats must be on a leash or in a pet carrier when outside the apartment/home.
- The pet is not allowed to visit in any common areas of the building such as lobbies, game rooms, libraries, restaurants, Terrace courtyard, or Terrace and Ridge common patio space.
- When bringing pets outside for any reason, the pet must be on a leash and must be led directly outside. Upon returning to the building, pets must be led directly back to the apartment. The most direct route should always be taken to exit and enter the building.
- Dog owners and visitors are required to walk their dog beyond the porticos of the buildings when taking them out to relieve themselves.
- Pet waste must be cleaned up immediately, double-bagged, tied securely and disposed of properly.

Spiritual Care

Pastor Frank Guter, Breton Woods Chaplain
643-2536, frank.guter@hollandhome.org

Announcements

- Weekly Bible studies have resumed at the Ridge and the Terrace; however, they are filled to maximum capacity. Please let Pastor Frank know that you are interested in joining a Bible study, and he will see if there is a place for you or put you on a waiting list for when capacity limits increase.
- Devotional books are available on the counter by the chaplain's office at the Terrace, in the mailroom at the Ridge, or by calling or emailing Pastor Frank to have one put in your mailbox.

Chaplain Gleanings

- "This virus is creating new ways for everyone to think of how to keep your family and friends safe. We are in uncharted territory and we will all learn together. At one time I did not know how much time our family would have together. So I have gratitude now for every day that we get to be together." ~Christin Gigstad
- "I know without a doubt that our country and world will survive this pandemic. And just like our broken family, this broken world will be way more beautiful." ~Vicky Bunke

Scripture for Thought

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead. ~1 Peter 1:3

**Breton Terrace Woods Café
and Breton Ridge Bistro**

Monday - Friday

12:00 - 4:30 pm

Life Enrichment

Patty Alexander, Life Enrichment Coordinator
643-2707, patricia.alexander@hollandhome.org

We're OPEN! We are adding back in most games, socials, classes, and much MORE! Please adhere to the maximum capacity guidelines, wear your masks, maintain a safe distance and sanitize your hands.

REAL Board and Library Committee will resume!

Check with your committee chairman for dates and times.

Men's and Ladies Billiards have resumed!

Please adhere to capacity guidelines and wear your mask. Check the calendar for days and times.

Ice Cream Socials

Mondays at 2:15 pm - Ridge Vineyard

Thursdays at 1:30 pm - Terrace Woods Café

Join us for ice cream and toppings weekly. It's a great way to get to know people and socialize. The new pricing is \$2.25/ice cream and toppings, and \$1.25 for coffee. These charges will be applied to your monthly bill. No cash will be accepted.

Games, Games, Games! Euchre, Mexican Train, Dominos, and more!

Game nights are returning beginning Monday April 5. Check the calendar for days and times. Please adhere to the maximum capacity guidelines, wear your masks, social distance responsibly, sanitize your hand before and after. If you move tables and chairs, please return them to where you found them.

Knitting & Crocheting Groups are meeting!

Tuesdays - Terrace Knitting Group at 2:00 pm - Expressions

Thursdays - Knit Wits at 3:00 pm - Bistro

Work on your own projects or assist with group projects.

Ladies Tea on Tuesdays at 3:00 pm

Each Tuesday we will have a ladies tea in Expressions at the Terrace and the Bistro at the Ridge. Tea is provided. Snacks cannot be shared at this time.

Social Hours on Wednesdays at 4:00 pm

Join us for Social Hour on Wednesdays in the Terrace Expressions Room or Ridge Ristorante. Please bring your own beverage. Dining Services will sell some wine/beer options. Please adhere to the guidelines and wear your mask when standing up and maintain a safe distance. Snacks cannot be shared at this time.

Movie Nights on Friday and Saturday at 7:00 pm

Join us in the Theatres on Fridays and Saturdays. See the calendar for the movies that will be playing. Please note that capacity will be limited to the current restrictions. First Come, First In, and seats may NOT be saved earlier in the day.

Thursday, April 1 - Opening Day for Baseball

We're opening the season for baseball with food, drinks and giveaways in the Bistro and Woods Café from 12:00 - 4:00 pm. Order your special Opening Day meal of hotdogs, the fixings and more for \$10 per person. and be eligible for some fun baseball prizes. Watch the Detroit Tigers Season Opener at 1:00 pm in the Ridge Bistro and Terrace Theatre.

Sunrise Social begins Monday, April 5!

Monday through Saturday from 8:00 - 10:00 am, bring your own beverage, sign in, wear your mask when not seated, return tables and chairs to how you found them, and best of all enjoy social time in the Bistro and Woods Café.

Get Artistic and Use Your Right Brain!

Come join Patty to create fun projects! Sign up on the Resident Portal or at the Reception Desk.

Tuesday, April 6: "Greeting Cards" - Terrace Art Studio at 1:00 pm

Wednesday, April 7: "Shadow Box Memory Art" - Terrace Art Studio at 2:00 pm. Bring 4-5 mementos to place in your memory box. Box is provided.

Tuesday, April 13: "Greeting Cards" - Terrace Art Studio at 1:00 pm

Wednesday, April 14: "Butterflies" with Grace Garlid - Ridge Ristorante at 2:00 pm. Supplies provided.

Wednesday, April 21: "Hawaiian Paper Flowers" - Terrace Art Studio at 2:00 pm. Supplies provided.

Tuesday, April 27: "Greeting Cards" - Bistro at 1:00 pm

Wednesday, April 28: "Succulent and Fairy Gardens" (2 class times)

~11:00 am - Ridge Ristorante

~2:00 pm - Terrace Art Studio

Cost is \$15-30 depending on what type of succulents and garden you design. Please bring cash or check.

B I N G O - In-Person!

Thursday, April 8 at 3:30 pm - Ristorante

Thursday, April 15 at 3:30 pm - Expressions

Join us for Bingo and prizes!

April Birthdays at Ice Cream Socials

Monday, April 12 at 2:15 pm - Ridge Bistro

Thursday, April 15 at 1:30 pm - Terrace Woods Café

Those celebrating birthdays in April will have their ice cream and cake FREE at the Ice Cream Socials.

(Life Enrichment continued)

Donuts with the Holland Home Development Team

Tuesday, April 13, 8:30 - 10:00 am - Ridge Bistro

Thursday, April 22, 8:30 - 10:00 am - Woods Café

Tuesday, April 13 at 1:00 pm: Sing-a-Long with Pete and Jane

Join us for a sing-a-long in Centre Place at the Terrace. Limited to 25 people. First come, first in and seats may not be saved earlier in the day. Please adhere to all current guidelines and wear your mask.

Wednesday, April 14 at 6:30 pm: Salvation Army Red Shield Event with John O'Leary's Story - Centre Place and Livestream on the Resident Portal

Hear testimonials and learn about the Salvation Army's many programs and how they have grown and changed during the pandemic. Internationally acclaimed speaker and best selling author, John O'Leary will share with us about Pivoting Through Diversity.

Thursday, April 15: World Art Day

It's World Art Day and we're showcasing our artists in the lobbies! If you'd like to display woodwork, paintings, sculptures, or any other type of art, contact Patty by Monday, April 12. Each person can submit up to 3 items. Artists: Please pick your art up from the lobbies on Monday, April 19.

Friday, April 16 at 10:00 am: Butterflies are Blooming

Meet me at Fredrick Meijer Gardens ticket counter for a free ticket to see the butterflies. Busing is not available at this time. Sign up on the Resident Portal or at the Reception Desk.

Monday, April 26 - Friday April 30: Hawaiian Week

Join us at various socials for some 'fun in the sun' Hawaiian style. Ice cream socials, social hours, fitness events, and more. Events will be noted on the calendar with a flower.

Breton Readers

Call Pat Keyser (Ridge) at 608-6258 or Kathy VandeWeert (Terrace) at 608-6899 to reserve a book and/or for updates.

Ridge: Book discussion on Tuesday, April 6 at 2:00 in the Ristorante - "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer. In 1946, writer Juliet Ashton finds inspiration for her next book in her correspondence with a native of Guernsey, who tells her about the book club born as an alibi during the German occupation.

Terrace: Book discussion on Wednesday, April 28 at 3:00 pm in Expressions. "Educated: A Memoir" by Tara Westover. Tara was seventeen the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho there was no one to ensure the children received an education. As a way out, Tara began to educate herself, learning enough mathematics and grammar to be admitted to Brigham Young University. Her quest for knowledge would transform her, taking her over oceans and across continents, to Harvard and to Cambridge.

Coming to the Ridge on May 4: "News of the World" by Paulette Jiles. In the aftermath of the Civil War, Captain Jefferson Kyle Kidd, an elderly widower and itinerant news reader, is offered fifty dollars to bring an orphan girl, who was kidnapped and raised by Kiowa raiders, from Wichita Falls back to her family in San Antonio. This book was recently made into a film.

Volunteer Services

Robin Lambert, Volunteer Coordinator
643-2725, robin.lambert@hollandhome.org

April is a great month! Winter is gone (hopefully) and spring flowers are breaking out and blooming. This spring we have much to be thankful for, we survived an entire year of the Covid-19 pandemic, we've been blessed to receive the 2 Covid vaccines, and most importantly, Easter is upon us and He Lives! It is great to be a part of Holland Home where we can get Covid Vaccines and celebrate the true meaning of Easter.

Michigan Covid restrictions continue to change, unfortunately they haven't affected volunteering. We are hopeful that we will be able to slowly open some areas to volunteers in the near future. Just like the events that Life Enrichment & Fitness have been opening up and scheduling, volunteer positions will also be run differently due to the covid restrictions. With everyone's help we will be able to work together to get our volunteers back to helping again. Stay tuned for more information on restriction changes and volunteer openings. Thanks for your patience!

"Volunteering is at the very core of being human. No one has made it through life without someone else's help." ~Heather French Henry

To find out more about volunteering on the Breton Woods Campus, contact Robin.

On Campus Transportation: Take advantage of free HH van rides to all Breton buildings that are open to visitors. Rides are available Monday through Thursday from 9:00 am - 1:45 pm. Rides must be scheduled by calling 643-2627 before 12:00 noon the day prior.