



The Breton Buzz

May 2019

Holland Home's Resident Golf League starts May 7, 8:30 am, at Stormy Creek Golf Course. Men and women welcome - individuals, twosomes, and foursomes. Bring a friend! Cost is \$15 per person for nine holes with a cart.

Resident Planting Party at Koetsier's Greenhouse

Join us Wednesday, May 15, to pick from this year's resident "specials" or just do your own thing. Those who attend will receive a \$10 off coupon for May 15 only. Sign up for the morning, 9:30 - 11:00 am; or afternoon, 1:00 - 2:30 pm. RSVP to Marcia at 235-5118. (transportation is not provided)

Did You Know?

Volunteer Services is here to support Holland Home and the Breton Campus with a variety of unique opportunities. We would like to take the opportunity to spotlight a volunteer role that you may not be aware of and feature some of the many opportunities available for you to assist and encourage other residents on the Breton Campus.

Special events assistants are needed to assist residents in special events or activities at Breton Rehab and the Extended Care Campuses. Events or activities may include traveling to and from the activity/event on the Holland Home bus, helping set up and/or clean up the activity, pushing a wheelchair or walking alongside a resident, engaging and encouraging the resident to participate in the activity, socializing with the resident, helping serve snacks, and much more!

This is a great opportunity for those that do not want to have a regularly scheduled day and time to volunteer, but may prefer something more flexible. These fun events are great ways for you to bring joy and encouragement to another resident's life. If you would like to learn more about special events volunteering or other volunteer opportunities, stop by the Volunteer Office to see Robin or call her at 643-2725.

Terrace Salon:

The following services will increase in price as of May 1, 2019:

Shampoo & Style - \$24

Lady's Haircut with Shampoo - \$24

Gentleman's Haircut with Shampoo - \$19

Permanent with Haircut & Style - \$78

Pedicure without polish - \$26

Nail Trim - \$12

You're Invited: All Breton Woods residents are invited to celebrate the 90th birthday of Marilyn Keith on Sunday, May 5 from 2:00 - 4:00 pm in the Ridge Ristorante. Cake and refreshments will be served.

Share Your Holland Home Family History

Are you a 3rd, 4th + generation family member to live at Holland Home? If so, would you be willing to share your family's story? Please stop by either the Terrace or Ridge Resident Services Office and they will connect you with Gerilyn May, Development Specialist with Holland Home's Foundation. Thank You!

Holiday Market Crafter Show n' Tell

Come and show us what you are working on and see what we have been doing. This is a wonderful time to "swap" ideas!

Terrace: Tuesday, May 21 from 10:00 am - noon: Private Dining Room

Ridge: Wednesday, May 22 from 10:00 am - noon: Private Dining Room

Pictorial Pictures:

If you wish to have your picture added or retaken for the resident pictorial directory, see Sara or Amy in the Resident Service Office and we can snap a new picture. That picture will be published in the next printing of the directory.

Chaplain's Corner

Announcements

- Carolyn Cammenga will lead a weekly summer Bible Study Wednesday, June 26 - July 17 at 10:00 am in Centre Place. Topic will be considering Judaism, ancient Orthodox Christianity, and Islam.
- Breton Woods worship at 6:00 pm will begin a first Sunday of the month offering for special causes. May 5 will be for HH Faith Hospice; June 2 will be the HH Residence Assistant Fund; and July 7 will be Wedgewood Christian Services.
- To be granted permission to include you on our Prayer Concern sheet, we need a signed consent form from you. You may obtain and return one via myself, Amy Perin or Sara Wever.

Chaplain Gleanings

"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." [Micah 6:8]

This month, National Long Term Care Week (May 13 - 17) has the theme "Living Soulfully". We will emphasize doing acts of kindness as part of that. Mercy ought to be at the center of all we do.

Fitness Information

A Matter of Balance is an evidence-based program that helps reduce fear of falling and increase activity levels. Coaches Zack House and Alisha Van Epps will lead small group classes that consist of eight two-hour sessions. Participants are involved in group discussion, problem-solving, skill-building, assertiveness training, sharing practical solutions, and exercise training. Participants gain confidence by learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risk at home, and exercise to increase strength and balance. This program will take place on Mondays in May and June (May 6 - June 24) from 1:00 - 3:00 pm in the Terrace Private Dining Room. There is a one time cost of \$10 that will be added to participant's monthly bill. If you have questions or want to learn more, call Alisha at 643-2636. Sign up at either of the fitness centers, at the reception desk, or on the portal. (Class size is limited to 12.)

Vibrant Living Interns

Vibrant Living is excited to have new interns starting in May. They will be with us until the beginning of August. See the digital signage or look in the fitness centers for more information.

Move in May: Passport to Fitness

This is an exciting physical wellness program during May that encourages you to be active. Those who fill their passport by attending four or more Move in May events will be entered to win a Breton Woods dining gift certificate! Be sure to pick up your passport in the Fitness Center or Body Shop.

Please note that Friday fitness classes in the month of May will be replaced by the following opportunities:

Friday, May 3

9:00 am - Marching in Morocco - Body Shop

Marching in Morocco is a lower body circuit. This fitness class will work on strengthening our bodies from the hips on down. Strong hips and legs can keep you healthy and trim. This class will earn you a stamp in your passport from Morocco, so let's go march through the streets of Morocco!

10:00 am - Swim the Great Lakes - Pool

This aqua circuit class delivers a fun, low impact, full body workout. Circuit classes boast many benefits, including better cardiovascular health. We will use a variety of equipment including dumbbells, noodles, steps, and kickboards.

Friday, May 10

11:00 am - Zumba in New Zealand - Vineyard

This class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to dance, and prepare to leave empowered and feeling strong. You can participate seated or standing.

12:00 pm - Tastes from Around the World - Woods Cafe

Sample cuisine from different countries and mingle with friends from Raybrook.

1:15 pm - Pool Volleyball and Shuffleboard Tournament - Pool and Expressions

After we taste our way around the world, we can play pool volleyball, participate in a shuffleboard tournament, or cheer on our neighbors!

Friday, May 17

10:30 am - Tour De France Outdoor Bike Ride - Terrace West Entrance
Calling all cyclists! It's time to ride! We will meet at the main entrance of the Terrace. The course will take us throughout the campus and Stanaback Park. Be sure to wear a helmet!

OR

10:30 am - Indoor Cycling Class - Body Shop

Enjoy biking, but don't want to get any bugs stuck in your teeth? Come to the Body Shop for an indoor ride. This will be great aerobic exercise and you will use some of your largest muscles groups - quadriceps, hamstrings, legs, and glutes. Set your own pace as we pedal together.

Friday, May 24

9:00 am - Drumming in the Dominican - Israel's Fitness Centre

March to the beat of your own drum with one of the latest fitness trends. Cardio drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Cardio drumming will raise your heart rate and help strengthen many muscle groups, including your core.

3:00 pm - Tai Chi in China - Vineyard

Tai Chi is a gentle form of exercise that has been shown to improve muscular strength, flexibility and fitness. Research findings suggest that practicing Tai Chi may improve balance and stability in older adults. The movements can be adapted or practiced while walking, standing, or sitting.

Friday, May 31

11:30 am - Games and Grill in Ghana - Raybrook

Take a trip to Raybrook where we will sit in the courtyard and enjoy each others company, eat grilled food and play outside games such as bean bags. You will earn the last stamp on your passport and you can turn it in to any of the fitness team members. Sign up at the reception desk.

Life Enrichment

Patty Alexander, Life Enrichment Coordinator
643-2707, patricia.alexander@hollandhome.org
Resident Portal: www.mybretonwoods.org

When ***Sign up*** is noted, you must sign up at the Reception Desk or on the Resident Portal @ www.mybretonwoods.org

The abbreviation ***OCTA*** means **On-Campus Transportation is Available**. Call the Ridge receptionist at 643-2582 by **noon** to sign up for a ride.

Lion King the Broadway Musical is coming to DeVos Hall on Thursday, November 21 at 2:00 pm. First come, first get. Tickets are \$60. Sign-up and pay by Friday, May 10 at the Reception Desk only. Seating will be based on sign-up order.

Birthday Ice Cream Socials

Friday, May 3 - 1:30 pm in the Woods Café

Monday, May 20 - 2:15 pm in the Ridge Vineyard

Come celebrate May birthdays with cake and ice cream. FREE for those with May birthdays and \$1 for all others.

Wednesday, May 1 - Spring Fever Painting Flower Pots

We're painting flower pots for the patios! Come to the Art Studio at 10:00 am and be creative by designing a look for your patio pot. You don't have to be an artist: we'll have plenty of tools to help you to be successful. FREE. *Signup*

Wednesday, May 1 & Thursday, May 2

Annual Social Committee Re-Purpose Sale

The Terrace Social Committee will hold their Annual Re-Purpose Sale Thursday, May 2, from 10:00 am - 3:00 pm in Centre Place. If you would like to donate items for the sale, please bring them down Wednesday, May 1 to the Centre Place lobby between 10:00 am & 2:00 pm. There will be no pre-sales! Items that sell well are jewelry, scarves, purses, household items, games, and nostalgic items. Please note that the only clothing that is accepted is "like new, boutique style clothing" approved by Pat Faber. All items that go unsold are donated (unless picked up at 3:00 pm, Thursday May 2).

Thursday, May 2 - The Boy in Striped Pajamas

In recognition of Holocaust Remembrance Day, we will show the movie "The Boy In Striped Pajamas" in the Ridge and Terrace Theatres at 10:00 am.

Thursday, May 2 - National Day of Prayer

A bulletin board will be placed in the main lobbies with post-it notes for you to write something or someone you'd like people to pray for on this day. Names are not required. Share a prayer circle/square with someone needing prayers.

Thursday, May 2 - Quilted Placemat Bag (three week class)

Would you like to learn how to make a quilted placemat bag? It's lots of fun and super easy. At 1:30 pm, join us in Centre Place to view a tutorial on how to make the bag, followed by a group discussion on materials needed. Classes will be held May 9 and 16 in the Art Studio at the Terrace. Assistance and instructions on making the bag will be available. Questions? Call Jean Deckert at 843-5923 or Shirley Lindquist at 827-8553.

Monday, May 6 - Terrace Social Committee Meeting

Any resident who would like to help coordinate the Memorial and Labor Day resident parties, is invited to a planning meeting at 11:00 am in the Terrace Private Dining Room. Call Pat Faber at 942-7097 if you have any questions. This is a great way to provide input and have an opportunity to volunteer for these two events.

Tuesday, May 7 - Tulip Time

A special 90th Anniversary Tulip Time trip on a coach bus. Scattered throughout downtown Holland, we will see a special collection of wooden shoes made by local artists, have a beautiful lunch, a concert with Ah! Men!, and see hundreds of thousands of tulips. Your cost of \$55 includes coach bus, lunch, concert, and MORE! Be in the lobby at 9:30 am.

Wednesday, May 8 - Euchre Tournament

Come join the fun in the Woods Cafe! Play or just watch. The tournament begins at 7:00 pm, but you must sign in at 6:45 pm if you want to play.

Wednesday, May 8 by noon

Passport to Adventure Group Ticket New/Renewal DEADLINE

To order tickets for the next season, fill out the form located by the USPS mailboxes. Write a check for \$25/person to Calvin College and put it in the Black Box at the Receptionist by May 8 at noon. If you need special ADA seating, please note it on the form. Topics next year: Wonders of the World, Shasta Dam: California's Empire Builder, China: Beyond the Great Wall, On Assignment: Alaska, and The Road to Namibia. If you purchased your own seats, write a note and place it in the Black Box to let Patty know to add you to the bus list.

Wednesday, May 8 - FREE Grand Rapids Symphony

A FREE Grand Rapids Symphony Concert for residents at the Kroc Center. Be in the lobby by 1:00 pm to take the bus. First come, first get to go. *Sign-up*

Tuesday, May 14 - Book Fair

The Terrace will have a Book Fair to support the Library. Books will be for sale for \$.25 for paperback and \$.50 for hardcover. The sale runs 10:00 am - 2:00 pm. If you have books you'd like to donate, please drop them off to the library by Tuesday, May 7.

Life Enrichment continued...

Monday, May 20 - ROMEO Mens' Lunch

The ROMEO Men's Lunch will be heading to Buddy's Pizza at 11:00 am. The iconic pizza chain (since 1946) is known for its square pizza slices, soups, and other Italian & fast fare. Don't miss out! *Sign-up*

Tuesday, May 21 - Ladies' Lunch

The Ladies Lunch this month is at the Greenwell at 11:00 am. A fresh, unique menu, they pride themselves on bringing the best to you. *Sign-up*

Wednesday, May 22: Opera in the Woods - 6:30 pm

"L'Elisir d'Amore" (The Elixir of Love) - G. Donizetti. This opera is a comedy from beginning to end. There are many crazy turns of events. Mistakes and blunders are widely believed and outcomes are fruitless. Don't worry, everything comes out right in the end. Starring Luciano Pavarotti.

Thursday, May 30 - Veterans' Memorial Service

Join us at 7:00 pm in Centre Place as we honor the veterans we have lost during the past year at Breton Woods. We will also update our walls with new veteran pictures and introduce them. Families of veterans are welcome. A bus will shuttle veterans from the Ridge. Sign-up for the bus by May 28 by calling the Ridge receptionist at 643-2582.

Long Term Care Week Activities

"Live Soulfully"

This week make an extra effort to do a Random Act of Kindness for someone at Breton Woods. Visit, share a meal, be kind.

Monday, May 13: Wear BRIGHT Colors

2:00 pm: Kick-Off with FREE Banana Splits - Ridge Vineyard

Tuesday, May 14: Dress in Your Favorite Decade

11:00 am: Pamela Alderman Art Unveiling - Terrace Lobby
11:00 am - 1:00 pm: Campus Cookout - Woods Café & Patio

Wednesday, May 15: Sunglasses & Shorts; Floral Theme

10:00 am: Soulfully Gardening - Terrace Courtyard
5:00 pm: Hawaiian Party with Chris Sloan; slushie drinks and grill out - Ridge Patio

Thursday, May 16: Dress Your BEST

1:00 pm: "Pawty" in the Terrace Courtyard - All small & medium dogs are welcome. We'll parade them over to BRLC/EC at 1:30 pm.

3:00 pm: Fashion Show - BRLC Main Dining Room
ALL are welcome to participate.

4:00 pm: Cheese & Wine Pairing - Terrace Lobby & Woods Cafe
7:00 pm: Sam's Swing Band concert - Terrace Lobby

Friday, May 17: Work-Out Wear

10:30 am: Tour de France - Terrace west entrance.
1:30 pm: Sentimental Journey Social & Root Beer Floats - Woods Café
5:00 pm: International Buffet - Woods Café



Take me out to the Ball Park!

West Michigan Whitecaps vs Quad City



Wednesday, July 10, 2019

Game Time: 7:05 p.m.

Free Bobble Head Night and Fireworks!



Raybrook and Breton Woods residents will be on the Pioneer State Mutual Insurance deck for an evening of baseball, giveaways, games, and more! The ticket into the game is FREE for residents; your meal/drink plan will be charged to your account (\$15.00 each). Family members are welcome to sign-up for a ticket and meal/drink plan for a charge of \$29.00 (make check to Holland Home and pay when signing up family members). We encourage residents to carpool with their family members to free up busing. Sign-up on the Resident Portal or in the Life Enrichment Book at the Reception Desk by May 31 to secure your ticket. First come, first get for FREE tickets. If you have questions, call Patty Alexander at 643-2707.

Bingo at the Ridge

Saturday, May 11, 1:00 - 3:00 pm

All Breton Woods residents are invited to play Bingo in the Ridge Bistro. Donation of \$1.00 per Bingo card (4 card limit) is requested. Snacks, coffee and water are provided.



BRETON READERS

Get a copy of the book by calling Carol Berghage (Ridge) at 827-1306 or Delores DeKok (Terrace) at 455-2415.

May: *Fahrenheit 451* by Ray Bradbury

May 7 @ 2:00 pm - Ristorante

May 29 @ 3:00 pm - Terrace Private Dining Room