

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Prayer Group (TPDR)</p> <p>10:00 "Judges" Ladies Bible Study (EX)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 "Judges" Ladies Bible Study (RI)</p> <p>1:15 Strength Training (IFC)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>3:00 RAC Meeting (CP)</p> <p>6:30 Games (EX) (TL) (TB)</p> <p>Remaining Lost & Found items are available to anyone until Friday, when they will be donated to charity.</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (RI)</p> <p>8:15 Total Body (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:30 Feldenkrais (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:45 "Judges" Ladies Bible Study (RI)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Tai Chi (EX)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:30 Balance & Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>7:00 "Deuteronomy" Bible Study w/ Gerrit Koedoot (RI)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>7:00 St. Mary's Lab - by appointment only (RPDR)</p> <p>7:30 St. Mary's Lab - by appointment only (HC)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>10:15 "The Sermon On the Mount" Bible Study w/ Bill Schotanus (CP)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:35 Speed Walking (RL)</p> <p>12:30 Mah Jongg (TL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Dog Pawty (TC)</p> <p>1:00 Bus to Gaines Township Meijer (OCO)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Building & Grounds Open Forum Meeting (CP)</p> <p>2:00 Reminiscing Social - Ridge Vineyard (VI)</p> <p>2:15 Total Body (BS)</p> <p>4:00 Ridge Social Hour (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p>6:45 Mah Jongg (RL)</p> <p>6:45 Euchre (WC)</p> <p>7:00 Dominos (TL) (WC)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Total Body (IFC)</p> <p>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (WC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Line Dancing Basics (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Line Dancing (EX)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:30 Balance & Core (BS)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>4:00 Terrace Social Hour (TPDR)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>8:30 "Coffee Classics" (pre-ticketed event) (OCO)</p> <p>9:00 Pickleball (resident led) (BP)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Movement & Mobility (BS)</p> <p>1:15 Strength Training (IFC)</p> <p>3:00 Ridge Worship Service w/ Rev. Jerry DeVries (VI)</p> <p>7:00 Movie Night - "Miss Congeniality" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>1:15 Grand Rapids Polo Club Game (sign-up required) (OCO)</p> <p>5:30 Singles Potluck (sign up required) Plz: note time the one-time time change. (WC)</p> <p>7:00 Movie Night - "Chosen by Love" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Jerry DeVries (CP)</p>
					<h3>Location Key</h3> <p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israel's Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard Room TC - Terrace Courtyard 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 WC - Woods Café WCP - Woods Café Patio WS - Woodshop</p>	<p>Breton Ridge</p> <p>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 - Vineyard</p> <p>*****</p> <p>BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</p>
<p>"Active Aging Week" - See the AAW special event calendar for all the fun activities!</p>						

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 1	Sunday 2
<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>9:30 Caroline Cook Bus Tour - Art Prize BUS TOUR (sign up required) (OCO)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Prayer Group (TPDR)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 "Judges" Ladies Bible Study (RI)</p> <p>1:15 Strength Training (IFC)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>6:30 Games (EX) (TL) (TB)</p> <p>7:00 Good Medicine Band (VI)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (RI)</p> <p>8:15 Total Body (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 "Judges" Ladies Bible Study (TPDR)</p> <p>10:30 Feldenkrais (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:45 "Judges" Ladies Bible Study (RI)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Tai Chi - canceled today (EX)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Knit Wits (BI)</p> <p>2:30 Balance & Core (BS)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>7:00 "Deuteronomy" Bible Study w/ Gerrit Koedoot (RI)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>7:00 St. Mary's Lab - by appointment only (RPDR)</p> <p>7:30 St. Mary's Lab - by appointment only (HC)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:15 "The Sermon On the Mount" Bible Study w/ Bill Schotanus (CP)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:35 Speed Walking (RL)</p> <p>12:30 Mah Jongg (TL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Bus to Cascade Township Meijer (OCO)</p> <p>1:00 Dog Pawty (TC)</p> <p>1:00 "Nostalgic Trivia" w/ Doug & Elizabeth Howe (VI)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:15 Total Body (BS)</p> <p>3:00 Breton Readers (TPDR)</p> <p>4:00 Ridge Social Hour (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p>6:45 Euchre (WC)</p> <p>6:45 Mah Jongg (RL)</p> <p>7:00 Dominos (TL) (WC)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Total Body (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>9:30 Caroline Cook Bus Tour - Art Prize WALKING TOUR & Lunch (sign up required) (OCO)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 REAL - "Community Engagement" w/ Volunteer Services (CP)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Line Dancing Basics (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Line Dancing (EX)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 REAL - "iPad Basics" w/ Jessie Riley (TPDR)</p> <p>2:30 Balance & Core (BS)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>4:00 Terrace Social Hour (TPDR)</p> <p>7:00 REAL - "District 80 House Candidate Forum" w/ Phil Skaggs (D) and Jeffrey Johnson (R) (Transportation available by calling 1-616-643-2627 by 10:00 am) (CP)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>9:00 Pickleball (resident led) (BP)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Movement & Mobility (BS)</p> <p>1:15 Strength Training (IFC)</p> <p>3:00 Ridge Worship Service w/ Rev. Carolyn Cammenga (VI)</p> <p>7:00 Movie Night - "Won't You be My Neighbor?" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>10:00 Hymn Sing (TL)</p> <p>7:00 Movie Night - "Sunrise in Heaven" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Carolyn Cammenga (CP)</p>
					<h3>Location Key</h3> <p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israel's Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard Room TC - Terrace Courtyard 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 WC - Woods Café WCP - Woods Café Patio WS - Woodshop</p>	<p>Breton Ridge</p> <p>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 - Vineyard</p> <p>*****</p> <p>BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</p>