



The Breton Buzz

May 24, 2018



100th Birthday Celebration!

Everybody is invited to celebrate Donn Palmer's 100th birthday on Wednesday, June 6 at 2:00pm in the Woods Cafe'. Cake, ice cream and punch will be served. What a special occasion!

Thanks: We would like to express our thanks to the Breton Woods community for all the support during these difficult months of illness and the death of Henry. Your prayers, cards, words of encouragement and visits were greatly appreciated. We truly felt God's love and peace through all of you. ~ Sincerely, Marjean Tjoelker & family

Health & Fitness Information



Vibrant Living Class of the Month - Grip Strength: Did you know that grip strength can be an important indicator of overall health? Studies have found that a stronger grip is associated with a lower risk of heart attack and stroke. Join Katarina, Vibrant Living Intern, for Grip Strength, Friday, June 22, at 2:30pm in Israel's Fitness Centre.

Outdoor Fitness Series: During the month of June, we will feature four outdoor classes/events (*weather dependent*).

Thursday, June 7 @ 12:45pm -

Outdoor Stretch and Flex 12:45 PM - meet in the Terrace Lobby

Friday, June 15 @ 2:30pm -

Outdoor Functional Circuits - meet in Israel's Fitness Centre.

Thursday, June 21 @ 12:45pm -

Walking Club - meet in the Ridge Lobby.

Friday, June 29 @ 1:00pm -

Bean Bag Tournament 1:00 PM - meet in the Ridge Lobby.

New Six Week Seasonal Classes: Core Strength

Let's build core strength! This class targets the core in order to help improve posture, balance, and strength. Join Kristen on Wednesdays at 1:00pm in the Body Shop beginning on June 6.

Balance Circuits: This balance training class focuses mainly on core strength and balance in a circuit format. Join Alisha on Mondays at 2:00pm in the Israel's Fitness Centre beginning on June 4.

Tai Chi: Tai Chi utilizes breathing and movements to work the mind & body. It has been shown to reduce fall risk and improve overall health. Try this new 12 week class offered on Tuesdays in the Vineyard at 1:00pm beginning on June 26 (ends September 11). It will be taught by certified instructor, Denise Karen.

Chaplain's Corner

Frank Guter, 643-2536, frank.guter@hollandhome.org

Announcements: If there is a special need or something you would like to discuss with the Chaplain, do not hesitate to call or stop in!

Chaplain Gleanings: "If you can't fly, then run, If you can't run, then walk, If you can't walk, then crawl, but whatever you do, you have to keep moving forward." Martin Luther King Jr.

"Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." Colossians 2:6-7

Memorial Day Potlucks

Monday, May 28

Breton Ridge Vineyard:

Social Hour begins at 5:00pm followed by dinner at 6:00pm. Bring your favorite dish to share; tableware and beverages are provided. *Donations to help cover expenses are appreciated.*

Breton Terrace Woods Cafe:

Begins at 5:00pm, hotdogs & potato salad provided.

Last name: A-L - please bring a salad

Last name: M-Z - please bring a dessert

Sign up at Reception or on the Resident Portal.

Clean Up: Please respect your neighbors when using common areas with family and friends by returning the space to its original state. If you move furniture, please move it back. If you have food, please wipe down surfaces, vacuum, and throw away the trash.



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

We invite YOU to play euchre on Wednesday evenings at 6:45pm in the Woods Café. Whether a regular player, or a newbie, we would love to have you join in. If you are new to the game, the seasoned players would be happy to teach you.



You're invited: Senior Expert Series - Fraud and Scams

Thursday, May 31 at 7:00pm - Breton Terrace Centre Place

You're being targeted! Michigan State Trooper Martin Miller will be speaking on how older adults are being targeted for financial scams, fraud and identity theft. Learn how to protect yourself and avoid these scams. Don't miss this important presentation.

Grocery Delivery: Family Fare delivery for residents at Breton Terrace only resumes on Tuesday, May 29. Orders must be submitted by 11:00am on Tuesdays; you will be called with a total on Wednesdays between 10:00-11:00am. If you have any questions, call Beverly Benoit, Terrace resident, at 827-1048. Please note that this service is fully resident run. If you reside in the Homes or Ridge and would like to volunteer to arrange and manage this for your building/location, call Family Fare at 281-5300 and ask to speak with Ernie.



BRETON READERS

Get a copy of the book by calling Carol Berhage (Ridge) at 827-1306 or Jean Feringa (Terrace) at 281-5138.

May Book: *A Woman's Place* by Lynn N. Austin
May 30 @ 3:00pm - Terrace Private Dining Room

June Book: *Grayson* by Lynne Cox
June 5 @ 3:00pm - Ridge Ristorante
June 27 @ 3:00pm - Terrace Private Dining Room

Life Enrichment

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

Veterans' Memorial Service

Wednesday, May 30 - 7:00pm, Centre Place

We will remember the veterans on the campus who we lost in the past year. We will dedicate their Veteran picture to their family and have a Memorial Service. Call the Ridge Receptionist at 643-2582 by noon to schedule on-campus transportation.

Monday, June 4: Patriotic Card Making Class

Come to the Ristorante at 10:00am to make Patriotic Cards for our upcoming events. Card kits will be ready to be assembled. Sign up at Reception or on the Resident Portal.

Tuesday, June 5: Fulton Street Farmer's Market

We will head to the market for fresh produce, flowers, herbs, cheese, and much more. After the market, we will grab a bite to eat. Sign up at Reception or on the Resident Portal. Meet in the lobby by 10:00am.

Wednesday, June 13: 4 One Quartet

At 5:00pm we will open the Patio at the Ridge with a BBQ Dinner of Ribs and Chicken. Following dinner at 6:45pm, we will enjoy a beautiful concert featuring 4 One Quartet in the Vineyard. 4 One Quartet is an all male southern gospel group, with their name deriving from 4 men who sing for ONE God. Their mission is to encourage, uplift and serve. A free-will offering will be available and CD's and Merchandise will be on display.

Thursday, June 14:

Breton Woods Car Show & Concert with the Vagle Brothers

Check out the Breton Woods Classic Car Show at 3:00pm in the west Terrace parking lot and vote for the Best in Show! There will be a dinner in the Woods Café & patio at 5:00pm. Menu: BBQ Ribs -or- BBQ Chicken, Baked Beans, Potato Salad Corn on the Cob, Fresh Fruit, Dessert, Beverage; cost is \$15.00 a person. Following dinner is a concert by the Vagle Brothers in the Terrace lobby at 7:00 pm. The Vagle Brothers quartet's approach to gospel music is not limited to traditional southern gospel, but takes full advantage of their relationship as brothers in the distinct blends and harmonies unique to family. A free-will offering will be available. CD's will also be available for purchase.

Saturday, June 16: "Bretonaires Annual Spring Concert"

Join the band for music & fellowship on Saturday, June 16, at 7:00pm Woods Cafe'. If you are willing, please bring a snack to share (*not required in order to attend*). Hope to see you there!

Tuesday, June 19: ROMEO Lunch at Founders

The ROMEO Men's Lunch will go to Founders at 11:00am. Sign up at Reception or on the Resident Portal.

Thursday, June 21: Ladies Lunch at Six.One.Six

The Ladies will enjoy lunch out at Six.One.Six and a walk by the river. A local favorite with freshly prepared items. Sign up at Reception or on the Resident Portal. Be in the lobby by 11:00am.

Wednesday, June 27: 36th Street Band Concert - Ridge

Thursday, June 28: 36th Street Band Concert - Terrace

The 36th Street Band will be performing at 7:00pm at the Ridge and the Terrace on the dates listed above. Enjoy dinner in the dining room and a concert of 30's and 40's music.

Birthday Ice Cream Socials

Terrace: June 15 at 1:30pm & Ridge: June 18 at 2:00pm.

Summer Trips & Outings

Deadline extended to June 8!

FLOWER & ROCK GARDEN TOUR & BUFFET LUNCH AT FLO'S

Friday, June 8, from 11:30 - 4:00pm. Bus cost will be charged to your account. Please bring \$15 cash for buffet lunch to expedite payment.

WHITECAPS BASEBALL

Monday, June 11, at 5:30pm. Cost is \$20 for game ticket and a food voucher. These are excellent seats by the 3rd base side, top row for ease of getting in & out. Bus cost will be charged to your account.



SAUGATUCK & WEST COAST LAKESHORE TRIP

Monday, June 18, from 9:00am - 5:00pm. Cost is \$40 and includes coach bus, lunch & snacks. We will travel to Saugatuck for lunch, shopping, touring some historical locations, and visiting the lakeshore.

BOULDER RIDGE ZOO & PICNIC AT THE PARK

Thursday, June 28, from 10:00am - 3:00pm. Cost is \$22 and includes admission and lunch. Enjoy the zoo and a picnic lunch with ice cream for dessert. This zoo, located in Alto has flat terrain and includes a bus tour of some exotic animals. Bus cost will be charged to your account.



PICNIC POPS (CLASSIC MUSIC) & FIREWORKS AT CANNONBURG

Thursday, July 12, at 5:45pm. Cost is \$30; includes a ticket with special white chair seating and picnic. Bus cost is charged to your account.

CHERRY POINT FARM, LAVENDER LABYRINTH, DALE & GAIL SHOW

Tuesday, July 31, from 8:30am - 5:30pm. Cost is \$63 for lunch, show, coach bus & snacks. We will enjoy a scenic route to the Cherry Point Farm where we'll experience a fish boil. We will then see the stunning Lavender Labyrinth in peak blossom. Lastly, we will go to the newly remodeled Hart Theatre for the Dale & Gail Show.



Patio Picnic at the Ridge

Wednesday, June 13 from 5:00 - 6:30pm

MENU:

BBQ Ribs -or- BBQ Chicken, Baked Beans, Potato Salad, Corn on the Cob, Fresh Fruit, Dessert & Beverage - **\$15.00/person**

Mission Moments: Do you want to recognize a staff member for their dedication to the Holland Home mission? Tell them "I noticed" by filling out a Mission Moment. These half sheets of paper can be found in the Ridge Resident Service Office and the mailroom, and in the Terrace Resident Service Office. Once filled out, the Mission Moments are given to the employee's boss and a copy is placed in their employee file. The original is given back to the employee and can be redeemed for gifts.

Terrace Woods Café

Open Monday - Thursday: 11:30 am - 6:30 pm
Soup & Salad every Wednesday: 11:30 am - 6:30 pm

Breton Ridge Bistro

Open Tuesday, Thursday and Friday: 11:30 am - 1:30 pm
Wednesdays: 5:00 pm - 6:30 pm
Soup & Salad every Friday: 11:30 am - 1:30 pm