




Spiritual, Intellectual, Physical, Social


# OCTOBER 1 - 7

Monday, Oct. 1	Tuesday, Oct. 2	Wednesday, Oct. 3	Thursday, Oct. 4	Friday, Oct. 5	Saturday, Oct. 6	Sunday, Oct. 7		
<p>6 - 11:15 am, 1:45 - 10 pm Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:00 Men's Circuit - IFC</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:40 Women's Circuit - IFC</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>ArtPrize and Wolfgangs</b> Lobby 9:00 am</p>  </div> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:00 Prayer Meeting - TPDR</p> <p>10:00 Men's Circuit - IFC</p> <p>10:20 Heart Healthy Dance - VI</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Water Fusion - Pool</p> <p>1:00 Women's Bible Study - RI</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:15 Birthday Ice Cream Social - VI</p> <p>2:30 Wii Bowling - EX</p> <p>2:30 Wii Bowling - VI</p> <p>3:00 Ladies Tea - TPDR</p> <p>6:30 Games - EX</p> <p>7:00 Bridge - WC</p>	<p>6 - 9 am, 10:45 am - 10 pm Open Swim - Pool</p> <p>8-10:00 Coffee - WC, RI</p> <p>9:00 Water Blast - Pool</p> <p>10:00 Water Fitness - Pool</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <p>11:15 Balance &amp; Core - IFC</p> <p>1:00 Tai Chi - VI</p> <p>1:00 Ping Pong - IFC</p> <p>1:00 Pinochle - TB</p> <p>1:30 Pinochle - BI</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00 Breton Readers - RI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance &amp; Core - BS</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TF</p> <p>7:00 Square Dancing - EX</p>	<p>6 - 11:15 am, 12 - 10 pm Open Swim - Pool</p> <p>8:00 Men's Circuit - IFC</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:40 Women's Circuit - IFC</p> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:30 Bible Study - CP</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Podiatrist - HC</p> <p>1:00 Bus Pick-up for Meijer</p> <p>1:00-2:00 Drop-in Blood Pressure Checks - RPDR</p> <p>1:30 Quilting - AS</p> <p>2:00 Coffee Break Bible Study - RPDR</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <p>3:00 Wii Bowling - EX, VI</p> <p>4:30 Social Hour - RPDR</p> <p>6:45 Euchre - WC</p> <p>7:00 Dominos - TL, RL</p> <p>7:00 Games/Bridge/MahJong - BI</p>	<p>6 - 9 am, 10:45 am - 10 pm Open Swim - Pool</p> <p>6:30 St. Mary's Lab - RPDR</p> <p>7:00 St. Mary's Lab - HC</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>9:00 Water Blast - Pool</p> <p>9:30 Creative Writing - RPDR</p> <p>10:00 Catholic Mass - CP</p> <p>10:00 Water Fusion - Pool</p> <p>10:00 Wii Bowling - BECS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Chrysanthemums in Full Bloom @ Meijer Gardens</b> Bus pick-up: 10:30 am</p> </div> <p>11:00 Woodshop Cleaning - WS</p> <p>11:15 Balance &amp; Core - IFC</p> <p>1:00 Line Dancing - EX</p> <p>1:00 Ping Pong - VI</p> <p>1:00 Flower Arranging - BRLC</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00 Alley's Ragtime Band - EX</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p><b>REAL</b> <b>Be Big and Loud</b> Vineyard - 2:30 pm (make ride requests by 10:00 am)</p> </div> <p>2:30 Balance &amp; Core - BS</p> <p>3:00 Knit Wits - BI</p> <p>3:30 Choir Rehearsal - CP</p> <p>4:00 Social Hour - TPDR</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Lynn Austin @ Baker Book House</b> Bus pick-up: 6:00 pm</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p><b>REAL</b> <b>Meet the 72nd District State House Candidates</b> Centre Place - 7:00 pm (make ride requests by noon)</p> </div>	<p>6 - 11:15 am, 12 - 10 pm Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:00 Men's Circuit - IFC</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:30-11:15 Drop-in hours for Blood Pressure Checks - HC</p> <p>8:40 Women's Circuit - IFC</p> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:30 Ladies Tea - BECS</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Men's Billiards - GR</p> <p>1:30 Ice Cream Social - WC</p> <p>2:00-3:00 Adults Only - Pool</p> <p>7:00 Family Movie - VI</p> <p>7:00 Movie - TH</p>	<p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>9:00 Hymn Sing - TL</p> <p>11:00 - 3:00 Pizza &amp; Game Day Party - VI</p> <p>2:00 Color My World - BI</p> <p>3:15 Afternoon Swing - VI</p> <p>7:00 Family Movie - TH</p> <p>7:00 Movie - VI</p>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI</p> <p>6:00 <b>Worship Service &amp; Choir</b> in Centre Place Rev. Ruth Romeyn Offering: Worship Fund</p> <p>Transportation pick-up at 5:30pm (return ride after the service)</p>		
					<div style="border: 1px solid black; padding: 10px;"> <p><b>LOCATION KEY</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p><b>Breton Terrace</b></p> <p>AS - Art Studio</p> <p>BR - Billiard Room</p> <p>CP - Centre Place</p> <p>EX - Expressions</p> <p>HC - Health Centre</p> <p>IFC - Fitness Centre</p> <p>TB - Terrace Balcony</p> <p>TL - Terrace Lobby</p> <p>TLL - Terrace Lower Level</p> <p>TLI - Terrace Library</p> <p>TPDR - Terrace Private Dining Room</p> <p>TH - Theatre</p> <p>WC - Woods Café</p> <p>WS - Woodshop</p> </td> <td style="width: 50%; vertical-align: top;"> <p><b>Breton Ridge</b></p> <p>BI - Bistro</p> <p>BS - Body Shop</p> <p>CR - Craft Room</p> <p>GR - Game Room</p> <p>RPDR - Ridge Private Dining Room</p> <p>RI - Ristorante</p> <p>RL - Ridge Lobby</p> <p>RLI - Ridge Library</p> <p>VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre</p> <p><b>BECC</b> - Breton Extended Care Centre</p> <p><b>BECS</b> - Breton Extended Care South</p> </td> </tr> </table> </div>		<p><b>Breton Terrace</b></p> <p>AS - Art Studio</p> <p>BR - Billiard Room</p> <p>CP - Centre Place</p> <p>EX - Expressions</p> <p>HC - Health Centre</p> <p>IFC - Fitness Centre</p> <p>TB - Terrace Balcony</p> <p>TL - Terrace Lobby</p> <p>TLL - Terrace Lower Level</p> <p>TLI - Terrace Library</p> <p>TPDR - Terrace Private Dining Room</p> <p>TH - Theatre</p> <p>WC - Woods Café</p> <p>WS - Woodshop</p>	<p><b>Breton Ridge</b></p> <p>BI - Bistro</p> <p>BS - Body Shop</p> <p>CR - Craft Room</p> <p>GR - Game Room</p> <p>RPDR - Ridge Private Dining Room</p> <p>RI - Ristorante</p> <p>RL - Ridge Lobby</p> <p>RLI - Ridge Library</p> <p>VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre</p> <p><b>BECC</b> - Breton Extended Care Centre</p> <p><b>BECS</b> - Breton Extended Care South</p>
<p><b>Breton Terrace</b></p> <p>AS - Art Studio</p> <p>BR - Billiard Room</p> <p>CP - Centre Place</p> <p>EX - Expressions</p> <p>HC - Health Centre</p> <p>IFC - Fitness Centre</p> <p>TB - Terrace Balcony</p> <p>TL - Terrace Lobby</p> <p>TLL - Terrace Lower Level</p> <p>TLI - Terrace Library</p> <p>TPDR - Terrace Private Dining Room</p> <p>TH - Theatre</p> <p>WC - Woods Café</p> <p>WS - Woodshop</p>	<p><b>Breton Ridge</b></p> <p>BI - Bistro</p> <p>BS - Body Shop</p> <p>CR - Craft Room</p> <p>GR - Game Room</p> <p>RPDR - Ridge Private Dining Room</p> <p>RI - Ristorante</p> <p>RL - Ridge Lobby</p> <p>RLI - Ridge Library</p> <p>VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre</p> <p><b>BECC</b> - Breton Extended Care Centre</p> <p><b>BECS</b> - Breton Extended Care South</p>							



Spiritual, Intellectual, Physical, Social

# OCTOBER 8 - 14

Monday, Oct. 8	Tuesday, Oct. 9	Wednesday, Oct. 10	Thursday, Oct. 11	Friday, Oct. 12	Saturday, Oct. 13	Sunday, Oct. 14
<p>6 - 11:15 am, 1:45 - 10 pm Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:00 Men's Circuit - IFC</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:40 Women's Circuit - IFC</p> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Prayer Meeting - TPDR</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:20 Heart Healthy Dance - VI</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Women's Bible Study - RI</p> <p>1:00 Water Fusion - Pool</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:15 Ice Cream Social - VI</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p><b>Tour the remodeled areas of Raybrook</b> Bus pick-up: 2:15 pm</p> </div> <p>2:30 Wii Bowling - EX</p> <p>2:30 Wii Bowling - VI</p> <p>3:00 Ladies Tea - TPDR</p> <p>3:15 Praying the Rosary - RPDR</p> <p>6:30 Games - EX, TL, TB</p> <p>7:00 Bridge - WC</p>	<p>6 - 9 am, 10:45 am - 10 pm Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, RI</p> <p>9:00 Water Blast - Pool</p> <p>10:00 Water Fitness - Pool</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p><b>Celebrating 90 &amp; 90+ Year Olds</b> Vineyard - 11:00 am (make ride requests by 9:00 am)</p> </div> <p>11:15 Balance &amp; Core - IFC</p> <p>1:00 Tai Chi - EX (note location change)</p> <p>1:00 Ping Pong - IFC</p> <p>1:00 Pinochle - TB</p> <p>1:30 Pinochle - BI</p> <p>1:30 Praying the Rosary - RPDR</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance &amp; Core - BS</p> <p>3:00 Catholics Connecting - TPDR</p> <p>3:00 Ladies Billiards - BR</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p><b>Breton Squares Square Dancing Open House</b> Expressions - 6:30 pm (make ride requests by noon)</p> </div> <p>7:00 Scrabble - TF</p> <p>7:00 Square Dancing - EX</p>	<p>6 - 11:15 am, 12 - 10 pm Open Swim - Pool</p> <p>8:00 Men's Circuit - IFC</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:40 Women's Circuit - IFC</p> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:30 Bible Study - CP</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch &amp; 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Core - BS</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p><b>REAL</b> Crime Prevention Vineyard - 3:00 pm (make ride requests by 10:00 am)</p> </div> <p>3:00 Knit Wits - BI</p> <p>3:30 Choir Rehearsal - CP</p> <p>4:00 Social Hour - TPDR</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p><b>REAL</b> Day of Reckoning: Remembering the Dutch Resistance Movie Centre Place - 7:00 pm (make ride requests by noon)</p> </div>	<p>6 - 11:15 am, 12 - 10 pm Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:00 Men's Circuit - IFC</p> <p>8:10 Stretch &amp; Flex - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p><b>Coffee Classics</b> Bus pick-up: 8:30 am</p> </div> <p>8:30-11:15 Drop-in hours for Blood Pressure Checks - HC</p> <p>8:40 Women's Circuit - IFC</p> <p>9:00 Sonus Hearing - HC</p> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Men's Billiards - GR</p> <p>1:30 Birthday Ice Cream Social - WC</p> <p>7:00 Family Movie - VI</p> <p>7:00 Movie - TH</p> <p>7:00 Canasta and Scrabble - BI</p>	<p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>9:00 Hymn Sing - TL</p> <p>2:00 Color My World - BI</p> <p>3:15 Afternoon Swing - VI</p> <p>7:00 Family Movie - TH</p> <p>7:00 Movie - VI</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><b>Resident Service Office</b> Monday-Fri. 9am - 4:30pm Terrace: 643-2720 Ridge: 643-2728</p> <p><b>Facility Services</b> 235-2787</p> <p><b>Salon - 643-2714</b> Tuesday-Friday by Appt.</p> <p><b>Notary Services</b> Resident Service Offices</p> <p><b>Bistro - 643-2598</b> Tuesday &amp; Friday: 11:30am - 1:30pm Mon &amp; Wed: 5 - 6:30pm</p> <p><b>After Hours Nurse</b> Mon-Thurs: 11pm - 7am Friday-Sat: 7pm - 7am 485-7435</p> <p><b>Noon Meals from BRLC</b> 643-2549</p> </div>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI</p> <p>6:00 <b>Worship Service &amp; Communion</b> in Centre Place w/ Rev. Frank Guter Offering: Worship Fund</p> <p>7:00 Coffee/Fellowship - WC Transportation pick-up at 5:30 pm (return ride after the service and after fellowship)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p><b>Sales Department</b> 643-2730</p> <p><b>Health Centre</b> Open Monday-Friday Hours: 7:30am - 4pm 643-2712</p> <p><b>Woods Café - 643-2716</b> Monday-Thursday: 11:30am - 6:30pm Friday: 5-6:30pm</p> <p><b>On-Campus Rides</b> M-F, 8:45am - 4:15pm 643-2582</p> <p><b>Resident Portal:</b> mybretonwoods.org</p> <p><b>Breton Woods Vine</b> mspweb1@gmail.com</p> <p><b>Breton Market</b> Terrace Lower Level Mon. &amp; Wed. &amp; Fri. 10:00 am - 2:00 pm</p> </div>