



# The Breton Buzz

July 5, 2018



## Health & Fitness Information

### 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 1:00 pm, June 26 through September 11. It will be taught by certified instructor, Denise Karsen.

### Vibrant Living Class of the Month: Kick Boarding

Friday, July 20 at 1:00

This fun and unique exercise class uses kick boards in the pool. A kick board can be a particularly effective tool in a water workout because it can help you balance in the water so you can target specific muscle groups; and it can be used to create resistance for certain exercises as well. This class will target the legs, hips and core. Kristen will be in the pool assisting participants and providing demonstrations. Kick boards will be provided.

### Seasonal Classes

The last day of Balance Circuits is July 9 and the last day of Core Strength is July 18. Thank you to all who have participated! Stay tuned for upcoming seasonal classes.

### SWEAT

Summer is a great time to increase physical activity and exercise. However, before you step outside, be sure you SWEAT first, so you can stay safe in the sun. To prevent heat stress and enjoy being active outdoors, implement the following SWEAT practices:

**Sunscreen:** Not only is sunburn harmful to the skin and increases the risk for skin cancer, having a sunburn can make movement painful. Be sure to lather up on sunscreen prior to heading outdoors and reapply every few hours. To establish a habit, leave a bottle of water-resistant sunscreen near the front door.

**Water:** Being hydrated is a great way to ensure you are ready to exercise in the heat.

**Ease into it:** As the temperature and humidity increase, scale your outdoor exercise back a bit and allow yourself up to two weeks to get used to training in the heat. Avoid training in the middle of the day when the sun's rays are at their greatest intensity.

**Attire:** Be sure to dress appropriately. Light-colored and light-weight clothing are ideal.

**Tools:** Tools for managing the heat include fuel, sunglasses and hats. Having a piece of fruit or energy bar on hand is a good idea, just in case you start to feel light-headed or dizzy. Sunglasses and hats are great additional protectors from the sun.

### Terrace Roof Project

The Terrace roofing project has started.

This project is scheduled to take

6-8 weeks (weather permitting). The contracted team will be working M-F from 7:00 am - 6:30 pm and Saturdays from 7:00 am - 4:30 pm. For updates on the project, keep an eye on the Buzz, digital signage and the Breton Woods portal.



### Trash & Recycling Reminders

#### Trash:

- Please bag your trash and tie the bag closed. Lots of un-bagged trash has been noticed in the dumpster. This causes a concern when it is picked up by the trash company as loose items may get blown away while being dumped or while the truck is going down the road. If you live on one of the upper floors at the Terrace or Ridge, please double bag your trash. This helps keep the floors and chutes clean.

#### Recycling:

- The tall, blue recycling containers are for glass, metal cans and plastic. All three items can be mixed together.
- All newspapers must be in a separate container. Newspaper containers will be marked "newspaper only".
- At the Terrace, recycle bins are in the trash rooms on the main floor only. At the Ridge, recycle bins are in the trash rooms on the garage level only.

**Let's all do our part to keep Breton Woods and the surrounding communities beautiful & clean.**

## BRETON READERS

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

**July:** *Travels with Charlie in Search of America* by John Steinbeck

**July 3 @ 2:00pm - Ridge Ristorante**

**July 25 @ 3:00pm - Terrace Private Dining Room**



Every Wednesday beginning July 11 and through

August, we will enjoy coffee on the Ridge Vineyard Patio (weather permitting). Bring a sweater and enjoy the fresh air and outdoor beauty. We will have coffee on the patio at

8:00-10:00am

The Terrace based on the roofing project.

### Annual Garage Cleaning Schedule

Breton Ridge - Tuesday, July 10 - All Garages

Breton Terrace - Wednesday, July 11

South Garages (A,B,C) & Carports

Breton Terrace - Thursday, July 12 - North Garages (D,E,F)

# Life Enrichment

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

## Tuesday, July 10: Calder City Band

Join us at 7:00 pm on the South Patio of the Terrace for the Calder City Band Concert, a 50+ member band that you will thoroughly enjoy. Some folding chairs will be available, but please bring a lawn chair if you have one. Prior to the concert there will be a Gourmet Burger Bar on the Woods Café & Patio. Request transportation at 643-2582 by noon.

## Wednesday, July 11: Breakfast at Noble Restaurant

Start the morning off right with breakfast at Noble Restaurant. Sign up in the Red Life Enrichment Book or Resident Portal and be in the lobby by 8:45 am to load the bus.

## Tuesday, July 17: Sandy Pines Recreational Community

Picnic with our Breton Woods Sandy Pines residents. We'll take a bus and enjoy lunch and ice cream by the lake. Bring cash for pizza, burgers or walking tacos from the café and ice cream. Sign up at the Reception Desk in the Red Life Enrichment book or on the Resident Portal. Be in the lobby by 10:15 am. The Holland Home bus charge will be added to your monthly bill.

## Wednesday, July 18: Board Coffee

Join Mina and David for Holland Home updates during the Board Coffee on Wednesday, July 18 at 10:00 am in the Ridge Vineyard at the Ridge. On-Campus Transportation is available by calling the Ridge Receptionist at 643-2582.

## Thursday, July 19: Ladies Lunch at Blue Water Grill

The Ladies Lunch will host some of the ladies from BEC South at the Blue Water Grill on Thursday, July 19, at 11:00 am. Please sign up on the Resident Portal or the Red Life Enrichment Book at the Reception Desk. Be in the lobby prior to 11:00 am to ride the bus.

## Monday, July 23: ROMEO Lunch at Reds

The ROMEO Men's group will enjoy lunch at Reds at Thousand Oaks Golf Course on Monday, July 23, at 11:00 am. Please sign-up on the Resident Portal or in the Red Life Enrichment Book at the Reception Desk. Be in the lobby prior to 11:00 a.m.

## Saturday, July 28: Singles' Potluck

Calling all Singles! Sign up to bring a dish to pass and come to the Singles' Potluck on Saturday, July 28, at 5:00 pm in the Woods Café. Make sure to wear your name tag to meet new people!

## Tuesday, July 31: Cherry Point Farm Fish Boil, Lavender Labyrinth, and Dale & Gail Show Trip

Enjoy a scenic route to Cherry Point Farm for a tasty fish boil and walk through the Lavender Labyrinth in peak bloom. Afterwards we will travel to the newly remodeled Hart Theatre for the Dale & Gail Show. The cost is \$63 for the coach bus, fish boil, show, and snacks. There is still room available, but don't wait. Sign up in the Red Life Enrichment Book at the Reception Desk or on the Resident Portal. Remember to pay when signing up. We will be gone from 8:30 am - 5:30 pm (approximately).

## Tuesday, July 31: Classical Music Series of JS Bach

Join Terrace resident Kurt Frisch for a morning of classical music of JS Bach on Tuesday, July 31 at 2:00 pm in Centre Place.

## Thursday, August 2: Alley's Ragtime Band

Every Thursday, beginning August 2, come join Ridge resident Harvey Alley at 1:30 pm in Expressions at the Terrace for Alley's Ragtime Band. Experience or no experience, it doesn't matter. All instruments are provided for this unique kitchen style band. This is a fun way to make music!

## Life Enrichment cont'd

### Tuesday, August 7: Bostwick Lake Inn

A beautiful setting for a late afternoon meal! Sign up on the Resident Portal or in the Red Life Enrichment book at the Reception Desk. Dinner is on your own and the bus will be charged to your account. Be in the lobby by 4:00 pm.

### Friday, August 17: Grand Lady Riverboat Cruise

We've rented the Grand Lady Riverboat and Breton Woods campus is set to cruise. Please pay and sign up in the Red Life Enrichment book at the Receptionist Desk. We are encouraging residents to invite their families and to carpool. Children are \$13 (3-10) and adults are \$20. Price includes dessert and cruise ticket. All beverages must be purchased on the boat. Busing begins at 12:30 pm. The boat loads at 1:30 pm, departs at 2:00 pm. This is an all-campus event so sign up early.



## Dining Services Information

### Terrace Dining News


- BACK BY POPULAR DEMAND! Come join your friends and meet new people for Friday night dinner in the Woods Café. Dinner hours are 5:00 - 6:30 pm.



### Ridge Dining News

- Exciting News! The Ridge Patio is now open and ready for our community to enjoy! Residents are welcome to reserve the patio for private gatherings. For reservation details, please contact the Resident Service Office.

**Terrace Patio Picnic**  
**Gourmet Burger Bar**  
**Tuesday, July 10**  
**Woods Café**  
**5:00 - 6:30 pm**



**Assorted Burger Toppings; Potato Salad, Watermelon, Potato Chips, Dessert, and a Beverage**  
**\$12.00 per person**

**Stick around for the Calder City Band at 7:00 pm on the South Patio (east of the garages)**

SMOKEHOUSE

**July 18, 2018 Ridge Patio 5:00 - 6:00 pm**

North Carolina Pulled Pork  
Hickory Smoked Pulled Chicken

Smokehouse Pit Beans, Smokey Gouda Mac 'n' Cheese,  
Collard Greens, Coleslaw, Potato Salad, Buttermilk  
Corn Bread, and a Beverage.

Assorted Sauces:  
Kansas City BBQ  
South Carolina Mustard Sauce  
Alabama White Sauce  
North Carolina Vinegar Sauce

\$13.00 per person

### Bingo at the Ridge

#### Saturday, July 14 at 1:00 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.

BINGO				
12	18	41	47	61
7	26	39	54	70
4	27	FREE SPACE	49	63
5	23	35	58	73
3	30	32	52	75