

Long Term  
Care Week  
May 13-17

# MAY 13 - 19



Spiritual, Intellectual, Physical, Social

| Monday, May 13   | Tuesday, May 14  | Wednesday, May 15   | Thursday, May 16  | Friday, May 17  | Saturday, May 18  | Sunday, May 19  |
|--|--|---|---|---|---|---|
| <p>6:00 - 11:00 am OPEN SWIM<br/>2:00 - 10:00 pm -POOL</p> <p><b>Wear BRIGHT Colors!</b></p> <p>8:00-10:00 Coffee - WC, BI<br/>8:10 Stretch &amp; Flex - BS<br/>8:30 Women's Circuit - IFC<br/>9:00 Strength Training - IFC<br/>9:10 Strength Training - BS<br/>9:50 Circuit Training - BS<br/>10:00-2:00 Breton Market - TLL<br/>10:00 Prayer Meeting - TPDR<br/>10:00 Men's Circuit - IFC<br/>10:20 Heart Healthy Dance - VI<br/>10:45 Strength Training - IFC<br/>11:00 Stretch &amp; Flex - EX<br/>11:20 Water Walking - Pool<br/>1:00 Women's Bible Study - VI &amp; RI<br/>1:00 A Matter of Balance - (part 2 of 8) - TPDR<br/>1:15 Water Fusion - Pool<br/>2:00-3:00 Adults Only - Pool</p> <p><b>Long Term Care Week Kick-Off with FREE Banana Splits</b><br/>Ridge Vineyard - 2:00 pm</p>  <p>2:15 Ice Cream Social - VI<br/>2:30 Wii Bowling - EX<br/>2:30 Wii Bowling - VI<br/>3:00 Ladies Tea - TPDR<br/>6:30 Games - EX<br/>6:30 Bridge - WC</p> | <p>6:00 - 8:00 am OPEN SWIM<br/>11:00 am - 10:00 pm -POOL</p> <p><b>Dress in Your Favorite Decade!</b></p> <p>8-10:00 Coffee - WC, RI<br/>9:00 Water Blast - Pool</p> <p><b>Book Fair</b><br/>Terrace Library<br/>10:00 am - 2:00 pm</p>  <p>10:00 Water Fusion - Pool<br/>10:00 Ladies Billiards - GR<br/>10:30 Feldenkrais - BS</p> <p><b>Pamela Alderman Art Unveiling</b><br/>Terrace Lobby - 11:00 am</p> <p><b>Campus Cookout</b><br/>Woods Café &amp; Patio<br/>11:30 am - 1:00 pm</p>  <p>11:00 Bretonaires Practice - EX<br/>11:15 Balance &amp; Core - IFC<br/>1:00-4:00 Podiatrist - HC<br/>1:00 Ping Pong - IFC<br/>1:00 Pinochle - TB<br/>1:30 Pinochle - BI<br/>1:50 Fitness Fusion - BS<br/>2:00 Knitting/Crocheting - EX<br/>2:00-3:00 Adults Only - Pool<br/>2:30 Balance &amp; Core - BS<br/>3:00 Ladies Billiards - BR<br/>7:00 Scrabble - TF<br/>7:00 Square Dancing - EX</p> | <p>6:00 - 11:00 am OPEN SWIM<br/>12:30 - 10 pm -POOL</p> <p><b>Wear Floral Shorts &amp; Sunglasses!</b></p> <p>8:00-10:00 Coffee - WC, BI<br/>8:10 Stretch &amp; Flex - BS<br/>8:30 Women's Circuit - IFC<br/>9:00 Strength Training - IFC<br/>9:10 Strength Training - BS<br/>9:50 Circuit Training - BS</p> <p><b>Soulfully Gardening</b><br/>Terrace Courtyard<br/>10:00 am</p>  <p>10:00 Men's Circuit - IFC<br/>10:00-2:00 Breton Market - TLL<br/>10:45 Strength Training - IFC<br/>11:00 Stretch &amp; Flex - EX<br/>11:20 Water Walking - Pool<br/>1:00 Bus Pick-up for Meijer<br/>1:00-2:00 Drop-in Blood Pressure Checks - RPDR<br/>2:00 Men's Billiards - BR<br/>2:00-3:00 Adults Only - Pool<br/>2:30 Wii Bowling - VI<br/>4:30 Social Hour - RPDR</p> <p><b>Hawaiian Party with Chris Sloan</b><br/>Ridge Patio<br/>5:00 pm</p>  <p>6:45 Euchre - WC<br/>7:00 Dominos - TL, RL<br/>7:00 Games/Bridge/MahJong - BI</p> | <p>6:00 - 8:00 am OPEN SWIM<br/>11:00 am - 10:00 pm -POOL</p> <p><b>Work-Out Wear!</b></p> <p>6:30 St. Mary's Lab - RPDR<br/>7:00 St. Mary's Lab - HC<br/>8:00-10:00 Coffee - WC, BI<br/>9:00 Water Blast - Pool<br/>9:30 Creative Writing - RPDR<br/>10:00 Wii Bowling - BECS<br/>10:00 Water Fusion - Pool<br/>11:15 Balance &amp; Core - IFC</p> <p><b>"Pawty" in the Terrace Courtyard</b><br/>1:00 pm<br/>1:30 to BRLC/EC</p>  <p>1:00 Line Dancing - EX<br/>1:00 Ping Pong - VI<br/>1:00 Volunteer Flower Arranging - BRLC<br/>1:30 Sew Wonderful Quilters - AS (Quilted Placemat Bag class)<br/>1:50 Fitness Fusion - BS<br/>2:00 Men's Billiards - BR<br/>2:00-3:00 Adults Only - Pool<br/>2:30 Balance &amp; Core - BS</p> <p><b>Fashion Show</b><br/>BRLC Dining Room - 3:00</p>  <p><b>Cheese and Wine Pairing</b><br/>Terrace Lobby &amp; Library Area - 4:00 pm</p>  <p>Special Dinner in Woods Café — (see weekly menu - standard menu not available.)</p> <p><b>Sam's Swing Band</b><br/>Terrace Lobby - 7:00 pm</p>  | <p>6:00 - 11:00 am OPEN SWIM<br/>12:30 - 10 pm -POOL</p> <p><b>Dress Your BEST!</b></p> <p>Please note that regular Friday fitness classes this month are replaced with Move In May opportunities.</p> <p>8:00-10:00 Coffee - WC, BI<br/>8:30-11:15 Drop-in hours for Blood Pressure Checks - HC<br/>9:00-11:00 Sonus Hearing - HC<br/>9:30 Bretonaires Practice - EX</p> <p><b>10:30 Tour De France Outdoor Bike Ride</b><br/>Terrace West Entrance</p>  <p><b>10:30 Indoor Cycling Class</b><br/>Body Shop</p> <p>10:00-2:00 Breton Market - TLL<br/>1:00 Men's Billiards - GR</p> <p><b>Sentimental Journey Social with Root Beer Floats</b><br/>Woods Café - 1:30 pm (no charge)</p>  <p>2:00-3:00 Adults Only - Pool<br/>7:00 Family Movie - VI<br/>7:00 Movie - TH<br/>7:00 Canasta and Scrabble - BI</p> | <p>All Day Open Swim - Pool</p> <p><b>ARMED FORCES DAY</b></p>  <p>8:00-10:00 Coffee - WC, BI<br/>9:00 Hymn Sing - TL (final until fall)<br/>2:00 Color My World - BI<br/>7:00 Family Movie - TH<br/>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 with Choir</b><br/>in Centre Place w/ Rev. Ruth Romeyn<br/>Transportation pick-up at 5:30 pm (return ride after the service)</p>  |
|  |  |   |   |   | <p><b>LOCATION KEY</b></p> <p><b>Breton Terrace</b><br/>AS - Art Studio<br/>BR - Billiard Room<br/>CP - Centre Place<br/>EX - Expressions<br/>HC - Health Centre<br/>IFC - Fitness Centre<br/>TB - Terrace Balcony<br/>TL - Terrace Lobby<br/>TLL - Terrace Lower Level<br/>TLI - Terrace Library<br/>TPDR - Terrace Private Dining Room<br/>TH - Theatre<br/>WC - Woods Café<br/>WS - Woodshop</p> | <p><b>Breton Ridge</b><br/>BI - Bistro<br/>BS - Body Shop<br/>CR - Craft Room<br/>GR - Game Room<br/>RPDR - Ridge Private Dining Room<br/>RI - Ristorante<br/>RL - Ridge Lobby<br/>RLI - Ridge Library<br/>VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre<br/><b>BECC</b> - Breton Extended Care Centre<br/><b>BECS</b> - Breton Extended Care South</p> |



Spiritual, Intellectual, Physical, Social

# MAY 20 - 26

| Monday, May 20   | Tuesday, May 21   | Wednesday, May 22   | Thursday, May 23   | Friday, May 24  | Saturday, May 25   | Sunday, May 26   |
|--|---|---|--|---|--|--|
| <p>6:00 - 11:00 am OPEN SWIM<br/>2:00 - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI<br/>8:10 Stretch &amp; Flex - BS<br/>8:30 Women's Circuit - IFC<br/>9:00 Strength Training - IFC<br/>9:10 Strength Training - BS<br/>9:50 Circuit Training - BS<br/>10:00 Prayer Meeting - TPDR<br/>10:00 Men's Circuit - IFC<br/>10:00-2:00 Breton Market - TLL<br/>10:20 Heart Healthy Dance - VI<br/>10:45 Strength Training - IFC</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>ROMEO Men's Lunch at Buddy's Pizza</b><br/>Bus pick-up: 11:00 am</p> </div> <p>11:00 Stretch &amp; Flex - EX<br/>11:20 Water Walking - Pool<br/>1:00 A Matter of Balance - (part 3 of 8) - TPDR<br/>1:00 Women's Bible Study - VI &amp; RI<br/>1:15 Water Fusion - Pool<br/>2:00-3:00 Adults Only - Pool</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Birthday Ice Cream Social</b><br/>Vineyard<br/>2:00 pm</p> </div> <p>2:30 Wii Bowling - EX<br/>2:30 Wii Bowling - BI<br/>3:00 Resident Representative Committee Meeting - CP<br/>3:00 Ladies Tea - TPDR<br/>6:30 Games - EX, TL, TB<br/>6:30 Bridge - WC</p> | <p>6:00 - 8:00 am OPEN SWIM<br/>11:00 am - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, RI<br/>9:00 Water Blast - Pool</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><b>Holiday Market Crafter Show n' Tell</b><br/>Terrace PDR - 10:00 am</p> </div> <p>10:00 Ladies Billiards - GR<br/>10:00 Water Fusion - Pool<br/>10:30 Feldenkrais - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Ladies Lunch at Greenwell</b><br/>Bus pick-up: 11:00 am</p> </div> <p>11:00 Bretonaires Practice - EX<br/>11:15 Balance &amp; Core - IFC<br/>1:00 Ping Pong - IFC<br/>1:00 Pinochle - TB<br/>1:30 Pinochle - BI<br/>1:50 Fitness Fusion - BS<br/>2:00 Knitting/Crocheting - EX<br/>2:00-3:00 Adults Only - Pool<br/>2:30 Balance &amp; Core - BS<br/>3:00 Ladies Billiards - BR<br/>7:00 Scrabble - TF<br/>7:00 Square Dancing - EX</p> | <p>6:00 - 11:00 am OPEN SWIM<br/>12:30 - 10 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI<br/>8:10 Stretch &amp; Flex - BS<br/>8:30 Women's Circuit - IFC<br/>9:00 Strength Training - IFC<br/>9:10 Strength Training - BS<br/>9:50 Circuit Training - BS</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p><b>Holiday Market Crafter Show n' Tell</b><br/>Ridge PDR - 10:00 am</p> </div> <p>10:00 Men's Circuit - IFC<br/>10:00-2:00 Breton Market - TLL<br/>10:30 Pastoral Advisory Committee - TPDR<br/>10:45 Strength Training - IFC<br/>11:00 Stretch &amp; Flex - EX<br/>11:20 Water Walking - Pool<br/>1:00 Bus Pick-up for Meijer<br/>1:00-2:00 Drop-in Blood Pressure Checks - PDR<br/>2:00 Men's Billiards - BR<br/>2:00-3:00 Adults Only - Pool<br/>2:30 Wii Bowling - VI<br/>4:30 Social Hour - RPDR</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Opera in the Woods: "L'Elisir d'Amore"</b><br/>Theatre - 6:30 pm</p> </div> <p>7:00 Dominos - TL, RL<br/>7:00 Games/Bridge/MahJong-BI</p> | <p>6:00 - 8:00 am OPEN SWIM<br/>11:00 am - 10:00 pm -POOL</p> <p>6:30 St. Mary's Lab - RPDR<br/>7:00 St. Mary's Lab - HC </p> <p>8:00-10:00 Coffee - WC, BI<br/>9:00 Water Blast - Pool<br/>10:00 Wii Bowling - BECS<br/>10:00 Water Fusion - Pool<br/>10:00 Wii Bowling - BECS<br/>10:30 Prayer for Spiritual Awakening - TPDR<br/>11:15 Balance &amp; Core - IFC<br/>1:00 Line Dancing - EX<br/>1:00 Ping Pong - VI<br/>1:00 Volunteer Flower Arranging - BRLC<br/>1:30 Sew Wonderful Quilters-AS<br/>1:50 Fitness Fusion - BS<br/>2:00 Men's Billiards - BR<br/>2:00-3:00 Adults Only - Pool<br/>2:30 Terrace Dining Service Meeting - Open Forum- TPDR<br/>2:30 Ridge Dining Committee Meeting - BI<br/>2:30 Balance &amp; Core - BS<br/>3:00 Knit Wits - BI<br/>3:30 Choir Rehearsal - CP<br/>4:00 Social Hour - TPDR</p> | <p>6:00 - 11:00 am OPEN SWIM<br/>12:30 - 10 pm -POOL</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Please note that regular Friday fitness classes this month are replaced with Move In May opportunities.</p> </div> <p>Terrace &amp; Ridge RSO's close at 3:00 pm<br/>8:00-10:00 Coffee - WC, BI<br/>8:30-11:15 Drop-in hours for Blood Pressure Checks - HC</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p> <b>Drumming in the Dominican</b><br/>Israels Fitness Centre - 9:00 am</p> </div> <p>9:30 Bretonaires Practice - EX<br/>10:00-2:00 Breton Market - TLL<br/>1:00 Men's Billiards - GR<br/>1:30 Ice Cream Social - WC<br/>2:00-3:00 Adults Only - Pool</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p><b>Tai Chi in China</b><br/>Vineyard - 3:00 pm</p> </div> <p>7:00 Family Movie - VI<br/>7:00 Movie - TH<br/>7:00 Canasta and Scrabble - BI</p> | <p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC &amp; BI<br/>2:00 Color My World - BI<br/>3:15 Afternoon Swing - VI</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Singles' Potluck</b><br/>Woods Café<br/>5:00 pm<br/>(seating begins at 4:45)</p> </div> <p>7:00 Family Movie - TH<br/>7:00 Movie VI</p>   | <p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI<br/>6:00 <b>Worship Service</b><br/>in Centre Place<br/>w/ Rev. Jerry DeVries<br/>Transportation pick-up at 5:30 pm<br/>(return ride after the service)</p>   |
|  |   |   |  |   | <p><b>Resident Service Office</b><br/>Monday-Fri. 9 am - 4:30 pm<br/>Terrace: 643-2720<br/>Ridge: 643-2728</p> <p><b>Facility Services</b><br/>235-2787</p> <p><b>Salon - 643-2714</b><br/>Tuesday-Friday by Appt.</p> <p><b>Notary Services</b><br/>Resident Service Offices</p> <p><b>Bistro - 643-2598</b><br/>Tuesday &amp; Friday:<br/>11:30 am - 1:30 pm<br/>Mon &amp; Wed: 5 - 6:30 pm</p> <p><b>After Hours Nurse</b><br/>Mon-Thurs: 11 pm - 7 am<br/>7 pm Friday - 7 am Monday<br/>485-7435</p> <p><b>Noon Meals from BRLC</b><br/>643-2549</p> | <p><b>Sales Department</b><br/>643-2730</p> <p><b>Health Centre</b><br/>Open Monday - Friday<br/>7:00 am - 5:00 pm<br/>5:00 - 7:00 pm by appt.<br/>643-2712</p> <p><b>Woods Café - 643-2716</b><br/>Monday-Thursday:<br/>11:30 am - 6:30 pm<br/>Friday: 5-6:30 pm</p> <p><b>On-Campus Rides</b><br/>M-F, 8:45 am - 4:15 pm<br/>643-2582</p> <p><b>Resident Portal:</b><br/>mybretonwoods.org</p> <p><b>Breton Woods Vine</b><br/>mspweb1@gmail.com</p> <p><b>Breton Market</b><br/>Terrace Lower Level<br/>Mon. &amp; Wed. &amp; Fri.<br/>10:00 am - 2:00 pm</p> |