



The Breton Buzz

February 2019

Fitness Information

Annual Pool, Spa, and Locker Rooms Maintenance Shutdown

The pool, spa & locker rooms will close for annual maintenance on Monday, February 25; reopening by Friday, March 8. The shower stall in both the Men's and Women's locker rooms will be repaired as well. Pool classes will be cancelled during this time. You are welcome to use Raybrook's pool and spa during this time, and we encourage you to attend their pool classes. If you are interested, please call Zack House at 235-5472 for specific times and details.

Pool Class Alternatives

During the pool shutdown, we will be offering fitness classes in place of the pool classes on Mondays, Wednesdays and Fridays at 11:20 am and Tuesdays and Thursdays at 10:00 am in the Israel's Fitness Centre. Stop by the Fitness Center for more details!

Vibrant Living Class of the Month - Friday, February 15 - 1:00 pm - Israel's Fitness Centre

Join Alisha for Functional Circuits! This class will train muscles for the tasks they perform in everyday life. The multidimensional exercises aim to improve your natural movement skills and enhance your general mobility. At each station you will complete as many reps as you can within 45 seconds, and then rest for 30 seconds before moving on to the next exercise. Let's activate our muscles!

Something is Better than Nothing

A key barrier to being physically active is an all-or-nothing mindset. Unless there is time for a full workout, why bother to start it at all? It's Friday and I didn't get one workout in this week—why bother doing one now? I have forgotten to drink water all day—well, I might as well have another soda.

The idea of "something is better than nothing" nicely applies to healthy behaviors (specifically, movement). Here are some practical ideas for adding small doses of physical activity and movement into your daily life:

Walk around your house while you are brushing your teeth.

Every time the phone rings, go for a walk.

Stand up once every 30 minutes and breathe deeply for 2 minutes while doing standing squats.

Dance your way through household chores - it's way more fun!

Go for a brisk 10-minute walk after dinner.

Several "somethings" performed throughout the day will start to become "a lot" of things over time - and you may not even feel as though these things are taking much extra time. *Dominique Gummelt, PhD*

Chaplain's Corner

Announcements

- Weekly Bible studies resume in February:
 - Women's Bible Study, Monday, February 4, at 1:00 pm in the Ridge Ristorante (delayed by 1 week)
 - Bible Study on Heaven with Diane Bloem, Wednesday, February 6 at 9:30 am in Centre Place
- The monthly Prayer of the Rosary in the Ridge PDR at 3:15 pm is open to all. It is held on the first three consecutive M,T,W of each month. Please feel free to join.
- Our Breton Ridge Worship Survey is complete. A thorough report is being prepared and will be distributed to all who were included in the survey (Breton Ridge residents and all of the homes residents, were included because they participate in activities in both buildings.) The Pastoral Services Advisory Committee is considering over the next two months how best to respond.

Chaplain Gleanings

"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart." Helen Keller

"And now these three remain: faith, hope and love. But the greatest of these is love." 1 Corinthians 13:13

Health Centre Information

New Hours: The Health Centre hours are expanding to provide more nurse coverage on campus in the evenings. Beginning February 4, the new hours will be Monday - Friday from 7:00 am - 5:00 pm (closed for lunch from 12:00-1:00 pm), and hours by appointment only from 5:00 - 7:00 pm.

Please call Jill at 643-2735 if you have questions or concerns with this change. We look forward to working on new ways to serve the health needs of the residents of the Breton Woods Campus.



Lost & Found: Items from the Lost & Found will be displayed for owners to reunite with February 11 - 18. From the 18th to the 21st items will be available for any resident to rehome. On February 22 any remaining items will be donated to New 2 You. Items for the Terrace will be in the lower level behind the staircase; Ridge items will be in the Resident Mailroom.

NEW! All Are Welcome at the Building & Grounds Meeting!

This is now an open forum for all residents to attend. Meetings are held on the 2nd Thursday of the month. Please keep an eye on the Breton Calendar for the alternating location information. We hope to see you there!

Volunteer Opportunities: Assist us in enhancing the lives of our neighbors on the Breton Campus. The volunteer office is currently looking for volunteers willing to share some of their time visiting with residents at the Breton Rehab and Extended Care buildings on the Breton Campus. This volunteer role offers a very flexible schedule and welcomes any level of time commitment. Volunteers are welcome to visit, share a cup of coffee or join a resident during an activity. Our goal is to meet residents where they are and support them during their stay at the facility. If you are interested in learning more about this opportunity, please contact the Volunteer Services Office, located on the lower level of Breton Terrace, at 643-2725.

Paper Recycling Reminder: Recyclable paper includes news print, magazines, junk mail, books (hard and soft cover), cereal boxes (flattened) and printer paper. It does **not** include wax coated cartons, used tissues, napkins, etc. Our recyclable paper averages around 1000 pounds per week; at a penny a pound this provides funds for a number of \$500 scholarships for East Kentwood High School graduates who go on to colleges of their choice. THANK YOU!!

New Resident Lunches are BACK! - If you moved to the Breton Campus within the past year and have not attended a New Resident Lunch, you are invited to attend one. These small group lunches hosted by Mina Breuker, CEO and Scott Haquist, HH Foundation Director, are a great way for them to get to know you, and will provide you the opportunity to ask questions about Holland Home. Dates are February 4, March 4, or April 4, from 12 to 1:30 in the Breton Ridge Private Dining Room. **RSVP required:** contact Marcia Timmerman at 235-5118 to sign up.

Teepa Snow - Please join Holland Home for a free seminar by dementia expert Teepa Snow. She will lead a seminar featuring her "Positive Approach to Care" designed to help families and professionals better care for those living with dementia and memory loss. Teepa's unique, relational approach will offer techniques and provide guidance for how to best relate to those suffering with the disease and improve the quality of life for all involved. Invite your family and friends to join you. The seminar will be on Wednesday, February 6, from 7:00-9:00pm at Forest Hills Fine Arts Center, 600 Forest Hills Ave. SE. Bussing is available. Please sign up in the red Life Enrichment book.

Thank you! - Dorothy Fant is home resting after a six-day visit to the hospital. She would like to thank her friends for their visits and prayers. And for everyone who has brought food, she thanks you for that as well. Happy New Year & she looks forward to seeing everyone in 2019.

Breton Terrace Woods Café

Open Monday - Thursday: 11:30 am - 6:30 pm
Soup & Salad every Wednesday: 11:30 am - 6:30 pm
Friday: 5:00 - 6:30 pm

Breton Ridge Bistro

Open Tuesday and Friday: 11:30 am - 1:30 pm
Monday and Wednesday: 5:00 - 6:30 pm

Life Enrichment

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

When ***Sign up*** is noted, you must sign up at Reception or on the Resident Portal @ www.mybretonwoods.org

The abbreviation ***OCTA*** means **On-Campus Transportation is Available**. Sign up at Reception by **noon** for evening events.

Saturday, February 2 - Calvin vs Hope 200th Rivalry Game!

The men's Calvin vs. Hope series spans 99 years and 199 games. Hope leads the series 103-96. On the women's side, Calvin leads the series 71-51. Join us for a Breton Woods Campus tailgating party at 2:30 pm, and the game will tip-off at 3:00 pm in the Terrace Theatre. Popcorn and Cracker Jacks will be provided with game favors and prizes. Bring a snack and your own drink to share, if you like. *OCTA*

Monday, February 4 - Valentine Card Making

At 10:00 am come to the Art Studio to make Valentine's cards for those special people in your lives. The class is FREE, but is limited to 15 people. *Sign up*



Friday, February 8 - Woods Café - 1:30 pm

Monday, February 11 - Vineyard - 2:15 pm

Ice Cream Social Celebrating February Birthdays!

Come celebrate with your friends who have a February Birthday! Free to those with birthdays in February and only \$1 for all others.



Monday, February 11: Board Report & Coffee

The quarterly Board Coffee is an opportunity to hear updates from Mina and David and have coffee and fellowship with your peers. Join us in the Vineyard at the Ridge at 10:00 am. *OCTA*

Tuesday, February 12 - Annual Ladies Billiards Tournament at the Ridge

At 10:00 am all ladies are welcome to come showcase their skills in this 9-Ball Tournament with a chance to have their name on the plaque! *Sign up*



Friday, February 15: Murder Mystery and Dinner at 5:00 pm in the Woods Café at the Terrace with "The Petulant Express"

Don't miss this fun Friday Night event! Your assignment... who killed Peter Petulant? \$20 per person for this special evening of a 3-course dinner and a Murder Mystery Theatre experience in the Woods Cafe. Sign up in the red Life Enrichment book & pay \$20 by February 6.

Tuesday, February 19: Ladies Lunch Out

The ladies are going south to Carolina Low Country for a little taste of Southern food. If you dine at Carolina Lowcountry Kitchen and feel like you have taken a trip to Charleston, that's intentional. This restaurant serves foods that are reminiscent of the South Carolina Coast. Please be in the lobby at 11:00 am. *Sign up*

Tuesday, February 19: Annual Men's Billiards Tournament at the Terrace

It's time to see who will own rights to the Top Pool Shark. You must be in the Billiards Room by 1:00 pm to check-in and warm-up. *Sign up* *OCTA*



Thursday, February 21: Men's ROMEO Lunch

The ROMEO Men's Club will go to lunch at the Garage Bar & Grille. Small town, old style garage feel with great food and atmosphere. Be in the lobby at 11:00 am. *Sign up*

Friday, February 22: Murder Mystery and Dinner at 5:00 pm in the Vineyard at the Ridge with "Death in Them Thar Hills"

Don't miss this fun Friday Night event! Your assignment...who killed Dusty? \$20 per person for this special evening of 3-course dinner and a Murder Mystery Theatre experience in the Vineyard at the Ridge. Sign up in the red Life Enrichment book & pay \$20 by February 13.

Life Enrichment continued...

Saturday, February 23: Singles' Potluck

On the last Saturday of the month, a potluck for single residents is held at 5:00 pm in the Woods Café at the Terrace. Residents are asked to sign up for a main dish, side dish or dessert in the red Life Enrichment book. Please bring your own place setting (napkin, plate, silverware, and glass). We supply the fellowship and coffee/water for beverages. Wear your nametag. Seat assignments begin no earlier than 4:45 pm.

Thursday, February 28: Bingo

B-I-N-G-O and Bingo was his name-O! Come join your friends in Expressions for Bingo and fellowship at 6:30 pm. \$1 per card, snacks included. BYOB.



Save the Date! Friday, March 29: The "Beautiful You"

Women's Retreat will be from 9:00 am - 4:00 pm. A special event with fun, fellowship and laughter for the women of Holland Home. More details coming soon!

Thursday, April 4 - Breton Woods Variety Show

It's time to start working on your acts! The Annual Variety Show will be April 4 at 7:00 pm in the Vineyard. We will have a dress rehearsal on Thursday, March 28 and all acts should be prepared to perform. Sign up by calling Patty at 643-2707 with who will be in the act, the name (if it's a group), the type of performance, and title of song (if doing a song). Acts are limited to 5 minutes.

Calvin vs Hope

Saturday, February 2nd

Pregame 2:30 p.m. * Tip-off: 3:00 p.m.

Terrace Theatre,
Bring a snack to share

PIZZA AND GAME DAY PARTY



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All Breton Woods residents are invited to a Pizza and Game Day party on **February 9** in the Vineyard/ Ristorante from **3:00 - 6:30**. The games will start at 3:00. You can come at any time.

If you are joining us, please sign-up and pay for your pizza by 4:30 for a 5:30 meal. Sign-up sheets will be in the Vineyard.



Cost: **\$2.00 each**. Tableware and beverages will be provided. Bring any favorite games you'd like to play. We have a number of games that will be available.

Please remember to wear your name badge.

BRETON READERS

Get a copy of the book by calling Carol Berhage (Ridge) at 827-1306 or Delores DeKok (Terrace) at 455-2415.

February: *The Devil in the White City: Murder, Magic & Madness at the Fair that Changed America* by Erik Larson

February 5 @ 2:00 pm - Ristorante

February 27 @ 3:00 pm - Terrace Private Dining Room