



Spiritual, Intellectual, Physical, Social

APRIL 2 - APRIL 8

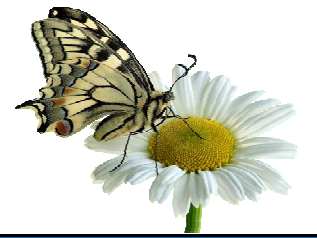


Monday, April 2	Tuesday, April 3	Wednesday, April 4	Thursday, April 5	Friday, April 6	Saturday, April 7	LOCATION KEY
<p>6 - 11:15 am, 1:45 - 10 pm Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:00 Men's Circuit - IFC</p> <p>8:10 Stretch & Flex - BS</p> <p>8:40 Women's Circuit - IFC</p> <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 Crafts/Birthday Cards- AS</p> <p>10:20 Heart Healthy Dance -VI</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch & 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>2:30 Wii Bowling - EX</p> <p>2:30 Ice Cream Social - VI</p> <p>3:00 Wii Bowling - VI</p> <p>3:00 Ladies Tea - TPDR</p> <p>3:15 Praying the Rosary - RPDR</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>9:30 Walk to the Beat - EX (on your own)</p> <p>10:00 Water Fitness - Pool</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <p>11:00 Bretonaires Practice - EX</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Ping Pong - VI</p> <p>1:00 Pinochle - TB</p> <p>1:30 Pinochle - BI</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Ladies Billiards - BR</p> <p>3:15 Praying the Rosary - RPDR</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 & 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 Men's Circuit - IFC</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Functional Circuits - IFC</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> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>R.E.A.L</p> <p>Self Defense for Seniors Expressions - 2:00 pm Sign-up Required - all levels</p> </div> <p>2:00 Coffee Break -Cancelled</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Wii Bowling - Cancelled in EX</p> <p>2:30 Wii Bowling - VI</p> <p>3:15 Praying the Rosary - RPDR</p> <p>4:30 Social Hour - RPDR</p> <p>7:00 Euchre - TB</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>10:00 Catholic Mass - CP</p> <p>10:00 Water Fusion - Pool</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Men's Bible Study - RI</p> <p>1:00 Line Dancing - EX</p> <p>1:00 Ping Pong - IFC</p> <p>1:00 Flower Arranging - BRLC</p> <p>1:50 Fitness Fusion - BS</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; text-align: center;"> <p>R.E.A.L</p> <p>Have A Great Day! Vineyard - 2:30 pm</p> </div> <p>2:30 Balance & Core - BS</p> <p>3:00 Knitting Projects- BI</p> <p>3:30 Choir Rehearsal - CP</p> <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p>Annual Talent Show Vineyard 7:00 pm Shuttle begins at 6:15 pm.</p> </div> <p>4:00 Social Hour - TPDR</p>	<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 & 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>9:45 Bretonaires Practice - EX</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Art Studio: Clean, Sort & Organize - AS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>12:00 Heart Healthy Dance - EX</p> <p>1:00 Ice Cream Social - WC</p> <p>1:00 Men's Billiards - GR</p> <p>2:00-3:00 Adults Only - Pool</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> <hr/> <p style="text-align: center;">Sunday, April 8</p> <hr/> <p>All Day Open Swim - Pool</p> <p>10:30 Hymn Sing - BECS</p> <p>2:30 Table Games - BI</p> <p>6:00 Worship Service in Centre Place w/ Communion w/ Rev. Frank Guter</p> <p style="text-align: center;">Offering: Breton Worship Fund</p> <p>7:00 Coffee/Fellowship - WC</p> <p style="text-align: center;"><u>Transportation Provided</u> Pick-up at 5:30 pm Return after the service & after fellowship</p>	<p style="text-align: center;">TERRACE</p> <p>AS - Art Studio BR - Billiard Room CAM - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Fitness Centre TB - Terrace Balcony TL - Terrace Lobby TLI - Terrace Library TPDR - Terrace Private Dining Room TH - Theatre WC - Woods Café WS - Woodshop</p> <p style="text-align: center;">RIDGE</p> <p>BI - Bistro BS - Body Shop CR - Craft Room GR - Game Room RPDR - Ridge Private Dining Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library SCR - Sales Consult Rm VI - Vineyard</p> <p>BRLC - Breton Rehab & Living Centre</p> <p>BECC - Breton Extended Care Centre</p> <p>BECS - Breton Extended Care South</p>



Spiritual, Intellectual, Physical, Social

APRIL 9 - APRIL 15



Monday, April 9	Tuesday, April 10	Wednesday, April 11	Thursday, April 12	Friday, April 13	Saturday, April 14	SERVICES
<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 & Flex - BS</p> <p>8:40 Women's Circuit - IFC</p> <p>9:10 Cardio Action - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Bus/van pick-up: Kids Food Basket 9:15 am</p> </div> <p>9:20 Cardio Action - IFC</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Crafts/Thank-you Cards - AS</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 & 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>2:30 Ice Cream Social - VI</p> <p>2:30 Wii Bowling - EX</p> <p>3:00 Wii Bowling - VI</p> <p>3:00 Ladies Tea - TPDR</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>9:30 Walk to the Beat - EX (on your own)</p> <p>10:00 Water Fitness - Pool</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <p>11:00 Bretonaires Practice - EX</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Ping Pong - VI</p> <p>1:00 Pinochle - TB</p> <p>1:30 Pinochle - BI</p> <p>1:50 Fitness Fusion - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Bus/van pick-up: GR Art Museum Tour 2:00 pm</p> </div> <p>2:00 Knitting/Crocheting - EX *New Project Beginning!*</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Catholics Connecting - TPDR</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TF</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 & 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 Men's Circuit - IFC</p> <p>10:45 Cardio Action - IFC</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;">REAL</p> <p style="text-align: center;">Bus/van pick-up: LIFE EMS Tour 10:50 am - Sign-up Required</p> </div> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Podiatrist - HC</p> <p>1:00 Functional Circuits - IFC</p> <p>1:00 Bus Pick-up for Meijer</p> <p>1:00-2:00 Drop-in Hours for Blood Pressure Checks - RPDR</p> <p>1:30 Quilting - AS</p> <p>2:00 Coffee Break - RI</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Wii Bowling - EX, VI</p> <p>4:30 Social Hour - RPDR</p> <p>7:00 Euchre - TB</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 Prayer for Spiritual Awakening - RPDR</p> <p>10:00 Water Fusion - Pool</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Men's Bible Study - RI</p> <p>1:00 Line Dancing - EX</p> <p>1:00 Ping Pong - IFC</p> <p>1:00 Flower Arranging - BRLC</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Knitting Projects - 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 style="text-align: center;">"Nicky's Family" Terrace Theatre 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 & 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>9:45 Bretonaires Practice - EX</p> <p>9:50 Cardio Circuit - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>12:00 Heart Healthy Dance - EX</p> <p>1:00 Ice Cream Social - WC</p> <p>1:00 Men's Billiards - GR</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"> Tai Chi Body Shop 2:00 pm</p> </div> <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: 10px 0;"> <p style="text-align: center;">Sunday, April 15</p> </div> <p>All Day Open Swim - Pool</p> <p>10:30 Hymn Sing - BECS</p> <p>2:30 Table Games - BI</p> <p>6:00 Worship Service in The RIDGE Vineyard w/ Pastor Bob Zoerman</p> <p style="text-align: center;">Offering: Breton Worship Fund</p> <p style="text-align: center;"><u>Transportation Provided</u> Pick-up at 5:30 pm Return after the service</p>	<p>Resident Service Office Monday-Fri. 9 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p>Facility Services 235-2787</p> <p>Salon - 643-2714 Tuesday-Friday by Appt.</p> <p>Notary Services Resident Service Offices</p> <p>Bistro - 643-2598 Tuesday, Thursday & Friday: 11:30 am - 1:30 pm Wednesday: 5 - 6:30 pm</p> <p>Woods Café - 643-2716 Monday-Thursday: 11:30 am - 6:30 pm</p> <p>Noon Meals from BRLC 235-2787</p> <p>Health Centre Open Monday-Friday Hours: 7:30 am - 4 pm 643-2712</p> <p>After Hours Nurse Mon-Thurs: 11 pm - 7 am Friday-Sat: 7 pm - 7 am 485-7435</p> <p>On-Campus Rides Available Monday-Friday 8:45 am - 4:15 pm Call 643-2582 with Requests</p> <p>Resident Portal: mybretonwoods.org</p> <p>Breton Woods Vine mspweb1@gmail.com</p>