



Fitness Information

Healthy Halloween

FRIGHTENED about the unhealthy aspects of Halloween? These healthy Halloween opportunities make it completely possible to have a SPOOKtacular week!

Pool VolleyBOO -

Monday, October 29 - 2:00 pm

TREAT yourself to some fun! Join us for a friendly game of pool volleyball. Invite your friends and neighbors!

Why Mindfulness is not SCARY-

Tuesday, October 30 - 3:00 pm - Centre Place

Come learn about the MAGIC of mindfulness and meditation. The instructor, Colby McNamara, is finishing her Master's in Pastoral Care at Calvin Seminary. She uses mindfulness everyday and will share the powerful changes it can bring.

THRILL your Taste Buds - Cooking Demo -

Wednesday, October 31 - 2:00 pm - Ridge Bistro

Join the fitness team for this cooking demo to stay on the wellness path, even when little GOBLINS bearing bite-size sugar HAUNT your best intentions. Since it's the kick-off of the holiday season, Halloween is a great time of year to begin practicing balance and mindfulness when it comes to eating. Please see your REAL catalog for more details.

FRANKENSTEIN Foam Rolling -

Friday, November 2 - 1:00 pm - Israel's Fitness Centre

Do you feel stiff, sore, or inflexible like FRANKENSTEIN? Research demonstrates that foam rolling, or myofascial release, can be applied as an effective technique for increasing flexibility. Foam rollers are a solid foam cylinder available in different sizes and degrees of hardness. Foam rolling improves blood circulation in muscles, helps to reduce soreness after an exercise session to promote the recovery process, reduces joint tightness, and improves range of motion. Come try it for yourself!

Women's Locker Room Closure: The Women's Locker Room at the Terrace will experience some closures throughout the month of October for shower repairs. Please make note of the following two week schedule:

Week 1: October 15-19

- Closed M,W,F 7:30am - 12:30pm (open in the afternoons)
- Closed T,TH 12:00pm - 5:00pm (open in the mornings and after 5:00pm)

Week 2: October 22-26

- Closed all week

The pool remains open and all classes will carry on as regularly scheduled throughout these two weeks. Towels will be moved out to the pool area on the days that the Women's Locker Room is unavailable. Thank you for your patience as we make these repairs!

Resident Representative Elections: We are still accepting nominees and volunteers through September. Election ballots will be going out the first week of October. If you are interested in becoming a resident representative or nominating someone, please stop in to the Resident Services Office for more information.



The Holiday Market/Bazaar: Saturday, October 27 from 9:00 am - 3:00 pm at the Ridge. All donated crafts need to be delivered to the Art Studio by Monday, October 15. All donated baked goods need to be brought to the reception desk at the Terrace or Ridge on October 25(Thursday) & 26 (Friday). Raffle tickets will be sold in the Resident Services Office starting October 8.



You're Invited: The Raybrook Campus has been in the process of significant renovations and invites Holland Home residents and staff to tour the new A Wing, Memory Care Units on Monday, October 8, from 1:00 - 4:00 pm. Holland Home transportation will be available for Breton Woods residents at 2:15 pm; sign up at the Reception desk. You may otherwise drive over at your convenience. This is a great opportunity to learn more about the design process and the unique additions to these units.

Health Information

OPEN ENROLLMENT: ALL people with Medicare can change their Medicare health plan and prescription drug coverage for 2019 between October 15 to December 7. Information on 2019 plans will be available beginning in October. In September, you received an annual notice of change from your provider(s) of your health and drug coverage. Please review any changes to decide if the plan will continue to meet your needs. If you are satisfied that your current plan will meet your needs for next year, you don't need to do anything. Jillian England, Breton Woods social worker, is available for appointments during this time period if you want to make changes. Please visit the Terrace or Ridge reception desk beginning mid-October for available dates/times to sign up for appointments. We also have two Medicare Case Managers from Senior Neighbors who will be taking appointments. Call Jill England with questions at 643-2735.

Other Organizations - There are also other organizations that help support seniors during this process that could be contacted for an appointment:

Senior Neighbors (home visits & senior center appointments):
459-6019

MMAP (Michigan Medicare/Medicaid Assistance Program):
1-800-803-7174

Walk-in Flu Vaccination Clinics Fall 2018

Terrace: October 11 & 25 from 8:00-11:00 am in the Health Centre.
Ridge: October 23 from 8:00-11:00 am in the Private Dining Room.
Residents unable to attend the Walk-in Clinics may call the Health Center at 643-2712 to schedule a time. Please bring your insurance cards (including your Medicare Card) and wear short sleeves. Volunteers are needed to help with registration paperwork; contact the Health Centre at 643-2712 to help. Thank you in advance!

Chaplain's Corner

New Bible Study:

A four week Bible study series will begin Friday, October 26 at 10:00 am in Centre Place (continuing on Nov. 2,9,16), led by Terrace resident Erna Craven & Keith Meyering. This series is based on the Great Commission and will study the spreading flame of the Gospel, as reflected in Acts, mixing drama, video and instruction.

Chaplain Gleanings:

"Goodness is about character - integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people." [Dennis Prager]

"At the end of that time, I, Nebuchadnezzar, raised my eyes toward heaven, and my sanity was restored. Then I praised the Most High; I honored and glorified him who lives forever." [Daniel 4:34]

Care Concerns is a great way of having the Breton Woods Community know about your medical concerns and have the opportunity to pray for you. There are Care Concern forms in the Terrace Resident Service Office and in the Post Office at the Ridge. Completing and returning this form serves as a permission slip so that family members may be contacted to find out what you would like printed on the Care Concern's sheet that is posted at both the Ridge and the Terrace, and is also sent out by e-mail on the Breton Woods Vine (information below) to those who have asked to receive it. If you would appreciate thoughts and prayers, fill out a Care Concerns form and turn it into the Resident Services Office.

Breton Woods Care Concerns

If you would like your friends at Breton Woods to know of your illness or hospitalization so they may pray for you, please fill out this form. Because of privacy rules, you must give your consent so that we may contact you if a caregiver needs to be contacted for information and updates. Once we have completed the form, please give it to the Resident Services Office (RSC). Thank you!

Resident Name: _____ Phone Number: _____ E-Mail Address: _____

How do we know you? Terrace Home Ridge _____

Family or Friend: _____ Relationship: _____ Phone Number: _____

Family or Friend: _____ Relationship: _____ Phone Number: _____

(Resident Signature) _____ (Date) _____

Please sign me up for the Breton Woods Vine: _____

Breton Woods Vine E-mail: We encourage everyone to join the Breton Woods Vine email group. Once you join, you will receive the Care Concerns, resident death notices, and campus information to keep you up to date on the events and activities at Breton Woods whether you are here or go away for the entire winter! E-mail Lynn Bailey at mspweb1@gmail.com to join this group. (Note: It is a ONE, not the letter I in the web address.)

SAVE the DATE : Holland Home annual "Keeping the Promise" Christmas Dinner will be held on Monday, December 10, 2018. In October, invitations including more details will be distributed. Proceeds from the dinner go to the Holland Home Resident Assistance Fund.



Life Enrichment

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

When “**sign up required**” 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.

Monday, October 1: ArtPrize and Docent Tour. At 9:00am, we will head to ArtPrize, starting with breakfast at Wolfgangs followed by a docent lead tour by Caroline Cook. We will see hundreds of featured artists and their work. Cost is \$10 for the tour and picnic lunch; breakfast cost is on your own. Pay when signing up. Busing will be charged to your monthly bill. **Sign up required.**

Thursday, October 4: Chrysanthemums in full bloom at Meijer Gardens. See these stunning flowers and many works of art from ArtPrize while on the tram. Tram tickets are \$6; please bring cash. The cost of lunch in the Café is on your own, or you may bring a picnic lunch if you prefer. We will depart at 10:30am and plan to return around 2:00pm. **Sign up required.**

Thursday, October 4: “Legacy of Mercy” Release. Lynn Austin will present at Baker Book House. Pick-up at 6:00pm. **Sign up required.**

Tuesday, October 9: Breton Squares Square Dancing Open House. Join the Breton Squares in Expressions at 6:30 pm for a square dancing open house. See demonstrations with an opportunity to join in. **OCTA**

Tuesday, October 9: Celebrating all 90 Year Olds and Up! At 11:00am in the Ridge Vineyard, celebrate the Breton Woods residents aged 90+! The event is \$10 and it will be added to your monthly statement. Price includes lunch, dessert, drinks, and entertainment by Wilma Quist. The cost **Sign up required.** We will accommodate all levels of transportation. **OCTA**

Friday, October 12: Coffee Classics. The series resumes for season ticket holders. Please be in the lobby no later than 8:30 a.m. Call **Patty if you will NOT be on the bus or if you purchased your own tickets and will need to ride the bus.**

Tuesday, October 16: Ladies Lunch. Join us for a special shop and dine with the ladies. It’s a Tuesday (not Sunday) drive out to the Flat Water Grill enjoying a scenic tour and some local shops. Be in the lobby at 10:00 a.m. **Sign-up required.**

Wednesday, October 17: Fall Color Tour on the Coach. The Fall Color Tour will be taken on a Holiday Luxury Coach Bus to see the quaint towns nestled along the beautiful lakeshore of Lake Michigan. The Blue Star Highway leads us to St. Joseph where we’ll eat lunch at Clementines, Too! with a beautiful view of the river. On the return route we’ll make stops at Crane’s Pie Pantry Restaurant and Winery to experience their cider and pies, and donuts, as well as other local historical spots. **Sign-up and pay \$55** for this all inclusive trip of coach bus, lunch, Crane’s fresh pie with homemade gelato or ice cream, cider and a donut to go, as well as other snacks and drinks. Select your lunch choice when signing up.



Thursday, October 18: Oktoberfest Celebration. Celebrate Oktoberfest with yummy root beer floats at the BRLC at 3:00 pm. Music, chair dancing and great friends. **OCTA**

Thursday, October 18: Magic Bob & Suzie Show. Come to the Vineyard at 7:00 pm to be awed by the new magic tricks of Magic Bob and the amazing chalk drawings of Suzie. **OCTA**

Monday, October 22: ROMEO Men’s Lunch. This month’s lunch is at the Beltline Bar. Be in the lobby at 11:00 am. **Sign-up required.**

Tuesday, October 23: Board Coffee. Get an update from Dave and Mina on Holland Home business at 10:00 am in Centre Place. **OCTA**

Wednesday, October 24: Calvin Travelogue. Passport to Adventure ticketholders will see the Old Spanish Trail at Calvin College. This is a pre-ticketed event. Be ready to load the bus at 5:45 pm. Please call Patty if you are NOT riding the bus.

Friday, October 26: Dominoes Train with Friends at BEC South. Independent Living friends: Come have fun playing Dominoes Train at BEC South. 3:00 pm. **Sign-up required. OCTA**

Monday, October 29: The Art of Painting Gourds. Gourds, Gourds, Gourds! Design and paint your gourd to decorate your table or entry for the upcoming fall holidays. 10:00 am in the Art Studio. Sign-up in the Red Life Enrichment book. **Sign-up required. OCTA**

Thursday, November 1: Co-Ed Lunch at the Heritage Restaurant at GRCC. Be in the lobby at 11:00 am to experience a gourmet lunch and remarkable service by the GRCC Culinary students at the Heritage Restaurant. This is open to all. Bring \$20 cash to expedite bills and to save \$5. **Sign up required** and choose your meal. Limited to the first 40.

Monday, November 12: Turkeyville. We’re heading to Turkeyville on Monday, November 12th! Back by popular demand, but this year we’re going all in: coach bus, a homemade turkey dinner and theatre performance of Christmas, AGAIN! Paula, the perfect party planner is in a rut! She can’t get anything right this holiday season. As she digs through old family decorations she finds a magic bell. Not aware of its power, she goes on with her chaotic day. But once the power of the bell is discovered, she realizes that as things go wrong, she can use the bell to get a do over! That’s right a Christmas do over! If the turkey burns, ring the bell for a do over. Tree falls over, ring the bell.... Everyone will love this holiday magic, fun, and heartwarming story. **Sign-up and pay \$60** for coach bus, dinner and ticket. Limited to first 45 people.

Grand Rapids Public Museum Organ Concerts: November 16 and December 21. Call 616-929-1700 to purchase your tickets. Call Patty to sign-up for the bus. Limited seats available.

Friday, November 30: Broadway GR Presents “Jersey Boys”. “They were just four guys from Jersey until they sang their very first note. They had a sound like nobody had ever heard and radio couldn’t get enough of it! While their harmonies were perfect on stage, off stage was a different story.” This musical is known as one of the best musicals made. Tickets are \$65. Age Recommendation is 12 + as it contains smoke, gun shots, strobe lights and authentic “profane Jersey language”. Pick your seat and pay Patty. Seats include Lower Loge B, C; upper D, and Mezzanine Row J. We will go to dinner before the performance. Ticket must be purchased by October 12. **Sign up required.**



October 6, Pizza & Game Day at the Ridge:

All Breton Woods residents are invited to a Pizza & Game Day party from 11:00-3:00pm in the Vineyard/ Ristorante. If you are attending, please sign-up and pay for your pizza by 11:30. 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. A number of games will be available. Please remember to wear your name tag.

Ridge Dining News:

The Bistro hours have changed, starting October 1:

Monday Dinner: 5:00-6:30pm
Tuesday Lunch: 11:30am-1:30pm
Wednesday Dinner: 5:00-6:30pm
Closed Thursday
Friday: 11:30am-1:30pm



Polish Buffet in the Ridge Bistro October 10 from 5:00 - 6:30 pm

Menu Includes:

Salad Greens, “Golabki” Stuffed Cabbage, “Keilbasa and Kapusta” Polish Sausage & sauerkraut, “Pierogi” Polish dumplings filled with potato & cheese, rye bread & butter, and assorted desserts.

\$14.00 per person
Includes side and beverage

Smaczne! Bon Appetit!

BRETON READERS

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

October: *A Man Called Ove* by Fredrik Backman
October 2 @ 2:00 pm - Ristorante
October 31 @ 3:00 pm - Terrace Private Dining Room