



# The Breton Buzz

August 1, 2018



## Health & Fitness Information

### **Vibrant Living Class of the Month - Interval Training Group Ride Monday, August 6, at 1:00 pm - Body Shop**

Enjoy riding the bike or nu-step? Let's ride together! This interval training will alternate between high intensity and low intensity. This constant variation of intensity will make your workout more engaging. This class is for all fitness levels alike. Sign up at the Fitness Desk.

### **Steps in September**

Residents and staff: Let's make steps toward a healthier lifestyle. Stop by the Fitness Center to sign up for the Steps in September challenge. Participants will set daily goals for themselves. Examples of goals may include to walk 10,000 steps a day, to walk around the building once a day, or to walk for 30 minutes each day. Participants will receive a calendar to record their progress and will be entered to win a hand grip exerciser. During the month of September we will be collecting new and used shoes (soles must be in good condition) for In The Image. In The Image is dedicated to helping families in our community who are in need. The donation boxes will be located in the Fitness Centers.

### **Active Aging Week**

Active Aging Week begins on Monday, September 24. The theme this year is 'Inspiring Wellness'. This fun-filled week will offer diverse opportunities that support a healthy lifestyle! Stay tuned!

### **Please Welcome our New Fitness Coordinator, Kat Bayer**



Hello Holland Home! I'm so excited to start working as your new Fitness Coordinator. I'm a recent graduate from Grand Valley State University where I studied Exercise Science, graduating with a Bachelor of Science degree. I cannot wait to share my passion and knowledge about health and fitness with you all!

## Breton Campus After Hours Response Nurse

Available for all residents at the Breton Woods Campus regardless of who your primary care physician is. Additional fees may apply.

This is the dedicated nurse phone line only available during the hours listed.

Monday, Tuesday, Wednesday, & Thursday -  
Each Day (evening to early am the following day)  
11:00 pm - 7:00 am

Friday, Saturday and Sunday  
7:00pm Friday through 7:00am Monday  
485-7435



Services the Response Nurse provides:

Wellness Checks, Medication Setup, Nurse Triage & Vital Checks,  
Assessment after a fall or during an illness.

For questions, please call Jill England, Director of Resident Health,  
at (616) 643-2735.

## Chaplain's Corner

Frank Guter, 643-2536, frank.guter@hollandhome.org

### **Chaplain Gleanings:**

- "A single sunbeam is enough to drive away many shadows."  
[St. Francis of Assisi]
- "Summer afternoon—summer afternoon; to me those have  
always been the two most beautiful words in the English  
language. [Henry James]

"I say to the Lord, "You are my God. Hear, Lord, my cry for mercy. Sovereign Lord, my strong deliverer, you shield my head in the day of battle." [Psalm 140:6-7]



Ever wonder what would happen if we treated our Bible like we treat our cell phone?

What if we carried it around in our purses or pockets?

What if we flipped through it several times a day?

What if we turned back to go get it if we forgot it?

What if we used it to receive messages from the text?

What if we treated it like we couldn't live without it?

What if we gave it to kids as gifts?

What if we used it when we traveled?

What if we used it in case of emergency?

This is something to make you go....hmmm...where is my Bible?

Oh, and one more thing:

Unlike our cell phone, we don't have to worry about our Bible being disconnected because Jesus already paid the bill.

Makes you stop and think 'Where are my priorities?'



### **Holland Home Golf League - JOIN US !**

Every Tuesday at 8:30 am at Stormy Creek Golf Course.

Men, women, individuals, twosomes and foursomes  
are welcome. Bring a friend.

Questions: call Keith at 235-5460.



## BRETON READERS

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

**August:** *The Zookeeper's Wife* by Diane Ackerman

August 7 @ 2:00 pm - Ridge Ristorante

August 29 @ 3:00 pm - Terrace Private Dining Room

## Life Enrichment

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

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

Every Thursday, beginning August 2, 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!

### Tuesday, August 7: Bostwick Lake Inn

A beautiful setting for dinner on the patio! 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. Bring your sunglasses and a hat.

### Tuesday, August 14: Sing-Along with Bob Auerbach

Bob Auerbach, a friend of Charlie Press', will host a concert and sing-along at 2:00 pm in Centre Place. This fun event will be led by Charlie Press and Pete Oberleissen. Call the Ridge Receptionist by 10:00 am for On-Campus Transportation at 643-2582.

### Thursday, August 16: Reds at Thousand Oaks

Ladies Lunch will be at Thousand Oaks Golf Course. Sign up in the Red Life Enrichment book at the Reception Desk or on the Resident Portal.

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

We've rented the Grand Lady Riverboat for its cruise out of Jenison down the Grand River. Pay at the Reception Desk and sign up in the Red Life Enrichment book. We are encouraging residents to invite their families and to carpool. Tickets for children (ages 3-10) are \$13 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 and arrival back at Breton Woods will be around 4:00 pm. This is an all-campus event so sign up early.

### Tuesday, August 21: Annual Billiards Tournament

Calling all Pool Sharks! The Annual Billiards Tournament at the Ridge will be at 1:00 pm. Sign up in the Red Life Enrichment Book for your chance to be the next champion listed on the plaque.

### Friday, August 24: Breton Woods Family Carnival

Come enjoy magic, food, games, a dunk tank (with Pastor Frank), and a concert featuring the 36th Street Band. Residents are allowed to invite up to 4 family members. The event will be held by the pond at Breton RLC. Event time is 4:00 - 7:30 pm. A shuttle will be available from both the Terrace and the Ridge. Sign up in the Red Life Enrichment book so we can get a count for food. Donations will be accepted to help defray costs.

### Monday, August 27: ROMEO Men's Lunch

Experience palm trees, a beach, and great food at the Score Restaurant and Sports Bar. Sign up in the Red Life Enrichment Book or on the Resident Portal. Be in the lobby by 11:00 am.

### Thursday, August 30: End of Summer Party & Pig Roast

Let's Celebrate! The roof is done and we're having a pig roast! Music will be provided by the Grand Rapids Accordion Ensemble, and it's all happening in the Terrace Courtyard (weather permitting). Dinner is at 5:00 pm, concert at 7:00 pm. Back-up location is the Woods Café.

### Saturday, September 8: Grandparent's Day Party

Celebrate with your "grand children", including great and great great! From 1:00 - 7:00 pm there will be games, crafts, pool time, movie time, a scavenger hunt, and pizza party. Sign up in the Red Life Enrichment book and invite your grand kids. Help from residents is needed to make this a success. If you are able to help, please call Patty at 643-2707.

## Dining Services



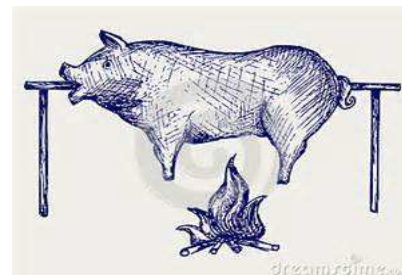
### PATIO PICNIC on the Ridge Patio

Wednesday, August 15

5:00 - 6:30 pm

Menu Includes:

BBQ Ribs -or- BBQ Chicken  
Baked Beans, Potato Salad, Corn on the Cob, Fresh Fruit,  
Beverage and Dessert  
\$15.00 per person  
\*Chocolate Malts \$2.00\*



### PIG ROAST

Thursday, August 30

5:00 - 6:30 pm

Terrace Courtyard

### MENU INCLUDES:

Roasted Pig  
Baked Beans, Coleslaw, Corn on the Cob, Watermelon  
and Cookies  
Ice Tea & Lemonade  
\$16.00 per person

### Terrace Woods Café

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

### Breton Ridge Bistro

Open Tuesday, Thursday and Friday: 11:30 am - 1:30 pm  
Wednesday: 5:00 - 6:30 pm  
Soup & Salad every Friday: 11:30 am - 1:30 pm

### Paper Recycling Correction

A recent edition of the Buzz stated that only newspapers should be put in the blue recycle tubs in the trash rooms, however, this should be corrected to include ALL paper EXCEPT for corrugated cardboard (it should put separately in the designated area).

### **Paper, Paperboard & Magazines**

Remove plastic bags. Shred only what is necessary and place shredding in clear plastic bag.

