





Spiritual, Intellectual, Physical, Social

AUGUST 6 - 12



Monday, Aug. 6	Tuesday, Aug. 7	Wednesday, Aug. 8	Thursday, Aug. 9	Friday, Aug. 10	Saturday, Aug. 11	Sunday, Aug. 12
<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> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Market Terrace Lower Level 10:00 am - 2:00 pm</p> </div> <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> <div style="border: 1px solid blue; padding: 5px; margin: 5px 0; text-align: center;">  Vibrant Living Class of the Month - Interval Training Group Ride 1:00 pm Body Shop </div> <p>1:00 Water Fusion - Pool</p> <p>2:00 Ice Cream Social - VI</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Wii Bowling - EX</p> <p>2:30 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>10:00 Water Fitness - Pool</p> <p>10:00 Ladies Billiards - GR</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Tai Chi - VI</p> <p>1:00 Ping Pong - IFC</p> <p>1:00 Pinochle - TB</p> <p>1:30 Pinochle - BI</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00 Breton Readers - RI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:15 Praying the Rosary - RPDR</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Catholics Connecting - TPDR</p> <p>3:00 Ladies Billiards - BR</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0; text-align: center;"> <p>Bostwick Lake Inn Patio Dinner Bus pick-up: 4:00 pm</p> </div> <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 - Ridge Patio & Woods Cafe</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> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Market Terrace Lower Level 10:00 am - 2:00 pm</p> </div> <p>10:45 Cardio Action - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - Pool</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 orange; padding: 5px; margin: 5px 0; text-align: center;"> <p>R.E.A.L. Small Wonders: All About Bugs Vineyard - 2:00pm</p> </div> <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>3:15 Praying the Rosary - RPDR</p> <p>4:30 Social Hour - RPDR</p> <p>6:45 Euchre - WC</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>8:30 Building & Grounds Committee Meeting - TPDR</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 Ping Pong - VI</p> <p>1:00 Flower Arranging - BRLC</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0; text-align: center;"> <p>Alley's Ragtime Band Expressions - 1:30 pm (all are welcome to play)</p> </div> <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 Knit Wits - BI</p> <p>4:00 Social Hour - TPDR</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0; text-align: center;"> <p>R.E.A.L. Jane Doyle: WASP WWII Centre Place - 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>9:50 Cardio Circuit - BS</p> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Market Terrace Lower Level 10:00 am - 2:00 pm</p> </div> <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 Men's Billiards - GR</p> <p>1:30 Birthday Ice Cream Social - WC</p> <p>2:00-3:00 Adults Only - Pool</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0; text-align: center;"> <p>Woods Café Dinner Hot Dog & Brat Bar 5:00 - 6:30 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>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>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI</p> <p>6:00 Worship Service & Communion Centre Place w/ Rev. Frank Guter Offering: Worship Fund</p> <p>7:00 After Service Social Woods Café</p> <p>Transportation pick-up at 5:30pm (return ride after the service & social)</p>

LOCATION KEY	
Breton Terrace	Breton Ridge
AS - Art Studio	BI - Bistro
BR - Billiard Room	BS - Body Shop
CP - Centre Place	CR - Craft Room
EX - Expressions	GR - Game Room
HC - Health Centre	RPDR - Ridge Private Dining Room
IFC - Fitness Centre	RI - Ristorante
TB - Terrace Balcony	RL - Ridge Lobby
TL - Terrace Lobby	RLI - Ridge Library
TLI - Terrace Library	VI - Vineyard
TPDR - Terrace Private Dining Room	BRLC - Breton Rehab & Living Centre
TH - Theatre	BECC - Breton Extended Care Centre
WC - Woods Café	BECS - Breton Extended Care South
WS - Woodshop	



Spiritual, Intellectual, Physical, Social

AUGUST 13 - 19



Monday, Aug. 13	Tuesday, Aug. 14	Wednesday, Aug. 15	Thursday, Aug. 16	Friday, Aug. 17	Saturday, Aug. 18	Sunday, Aug. 19
<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> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Market Terrace Lower Level 10:00 am - 2:00 pm</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p>REAL Unlocking the Mystery of Life Theatre - 10:00 am</p> </div> <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 Water Fusion - Pool</p> <p>2:00 Birthday Ice Cream Social - VI</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Wii Bowling - EX</p> <p>2:30 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>10:00 Water Fitness - Pool</p> <p>10:00 Ladies Billiards - GR</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Tai Chi - VI</p> <p>1:00 Ping Pong - IFC</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: 5px 0;"> <p>Song Requests by Bob Auerbach Centre Place - 2:00 pm</p> </div> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Ladies Billiards - BR</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 - Ridge Patio & Woods Cafe</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> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Market Terrace Lower Level 10:00 am - 2:00 pm</p> </div> <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 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 orange; padding: 5px; margin: 5px 0;"> <p>REAL Rock Mandala Art Ristorante - 2:00 pm (sign-up required)</p> </div> <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>6:45 Euchre - WC</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 Water Fusion - Pool</p> <p>10:00 Catholic Mass - CP</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p>REAL BW Woodworker's Creations Centre Place - 10:00 am</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Ladies' Lunch at Reds at Thousand Oaks Golf Club Bus pick-up: 11:00 am</p> </div> <p>11:15 Balance & Core - IFC</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Alley's Ragtime Band Expressions - 1:30 pm (all are welcome to play)</p> </div> <p>1:00 Ping Pong - VI</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 Knit Wits - BI</p> <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>9:00 Sonus Hearing - HC</p> <p>9:10 Cardio Action - BS</p> <p>9:20 Cardio Action - IFC</p> <p>9:50 Cardio Circuit - BS</p> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Market Terrace Lower Level 10:00 am - 2:00</p> </div> <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> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Grand Lady Riverboat Cruise Bus pick-up: 12:30 pm</p> </div> <p>1:00 Men's Billiards - GR</p> <p>1:30 Ice Cream Social - WC</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Woods Café Dinner Polish Bar 5:00 - 6:30 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>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: 5px 0;"> <p>Resident Service Office Monday-Fri. 9am - 4:30pm 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: 11:30am - 1:30pm Wednesday: 5 - 6:30pm</p> <p>After Hours Nurse Mon-Thurs: 11pm - 7am Friday-Sat: 7pm - 7am 485-7435</p> <p>Noon Meals from BRLC 643-2549</p> </div>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI</p> <p>6:00 Worship Service in Ridge Vineyard w/ Pastor Bob Zoerman Offering: Worship Fund</p> <p>Transportation pick-up at 5:30pm (return ride after the service)</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>Sales Department 643-2730</p> <p>Health Centre Open Monday-Friday Hours: 7:30am - 4pm 643-2712</p> <p>Woods Café - 643-2716 Monday-Thursday: 11:30am - 6:30pm</p> <p>On-Campus Rides M-F, 8:45am - 4:15pm 643-2582</p> <p>Resident Portal: mybretonwoods.org</p> <p>Breton Woods Vine mspweb1@gmail.com</p> <p>@ Breton Terrace Mon. & Wed. & Fri. 10:00 am - 2:00 pm</p> </div>