



The Breton Buzz

December 2018

Fitness Information

Farewell to Vibrant Living Intern, Nick with Noodle Hockey!

Join Nick during his last week, for Noodle Hockey fun on Thursday, December 6 at 1 pm at Israel's Fitness Centre. Try to help your team outscore your opponents in this fun, seated, hockey style game. Come thank Nick for his hard work this semester and wish him well in his next adventure!

Vibrant Living Class of the Month - Weight Training with Zack H.

Join Zack House for this seated weight training program Wednesday, December 12 at 1:00 pm in the Body Shop. We will perform many different strengthening exercises using the dumbbells. This session is appropriate for all fitness levels.

Welcome Back, Liz Norry!

Beginning December 14, Liz Norry, our former Vibrant Living Intern, will be serving as a Fitness Coordinator. Liz will be leading the Monday, Wednesday, Friday morning classes at the Ridge as well as Stretch and Flex at the Terrace.

Foam Rolling - Part Two

Foam rolling is a proven method for releasing muscles to improve flexibility, manage muscle pain, increase muscle recovery, and maximize muscle performance. Try out our foam rollers and massage roller stick on Friday, December 21 at 1:00 pm in Israel's Fitness Centre!

Christmas Eve Fitness

The fitness classes held in Israel's Fitness Centre/Pool will be **resident led** on December 24. The classes that are held in the Body Shop and Expressions will continue as normal.

Fitness Updates Beginning Monday, December 31

Beginning Monday, December 31, you will notice a few updates to the Terrace Fitness schedule. The updates have been made based on attendance numbers and current trends. See the updates below or stop by the Fitness Center for an updated Fitness brochure.

Monday, Wednesday, Friday

- Women's Circuit Training 8:30 - 9:00 am
- Open Gym 9:00 - 9:30 am
- Men's Circuit Training 10:00 - 10:30 am
- Strength Training (formally Cardio Action) 10:45 - 11:15 am
- Stretch and Flex 11:00 - 11:40 am
- Water Walking 11:20 - 11:50 am
- Water Fusion 1:15 - 2:00 pm (Monday only)

Tuesday, Thursday

- Water Blast 9:00 - 10:00 am
- Water Fusion 10:15 - 11:00 am
- Balance and Core Stability 11:15 - 11:45 am

At both the Ridge and Terrace you will notice that "Cardio Action" will be called "Strength Training" and "Cardio Circuit" will be called "Circuit Training".

Chaplain's Corner

Please join us for a special Christmas Sing-Along on Saturday, December 15 at 10:00 am in Centre Place. This event is sponsored by the Breton Woods Choir and will be hosted by Calvin College Music Department volunteers.

There will be two services in honor of Christmas:

At the Ridge Vineyard on Sunday, December 16 at 6:00 pm.

At the Terrace Centre Place on Sunday, December 23 at 6:00 pm.

A service recognizing the changing of the year will be held on Sunday, December 30 at 6:00 pm in Centre Place.

Chaplain Gleanings:

"It is good to be children sometimes, and never better than Christmas, when its mighty Founder was a child Himself." [Charles Dickens]

"Be at war with your vices, at peace with your neighbors, and let every new year find you a better man." [Benjamin Franklin]

"Long ago God spoke many times and in many ways to our ancestors through the prophets. And now in these final days, he has spoken to us through his Son." [Hebrews 1:2]

Health Centre Information

Medicare Open Enrollment:

The deadline to change your Medicare health plan and prescription drug coverage for 2019 is December 7. Call Jill England with questions at 643-2735. Additional organizations that help support seniors during this process that could be contacted are:

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

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

Operating Train Layout:

There will be an Open House to display a Lionel O gauge operating train layout in Gary Deckert's basement, 2502 Red Maple Drive, from 1:00 - 4:00 pm on Saturday, December 1. All are welcome. Grandchildren are welcome with at least one grandparent along for the ride. Please be aware that the layout is in the basement, which will require going up and down one flight of stairs.

Phone Books: In an effort to save money and resources, Breton Woods will no longer be ordering bulk supplies of the Yellow Pages and/or White Pages phone books. If you wish to receive a copy, you may call and place an order for one to be delivered to your specific address. Orders can be made by calling 1-866-329-7118.

Breton Woods Holiday Decorating Guidelines: Please be mindful when decorating for the holidays by following these rules:

- Live or artificial trees may be used inside. If residing at the Homes, live or artificial wreaths may be placed on the outside door of the home. If residing at the Terrace or Ridge, only an artificial wreath can be hung on the door of the apartment.
- Please do not use extension cords as they are a potential fire hazard. Power strips are recommended instead.
- Equipment or property of Breton Woods may not be moved from its original location in or around the building without prior consent of management.
- Exterior Christmas lights must be non-blinking. The lights must be turned off from 11:00 pm to 7:00 am.

"Tis the Season for Package Delivery: During the holidays, be prompt in picking up your packages at Reception. Space is very limited in these areas, and with so many packages coming in, your timeliness is appreciated! Thank you in advance.

Resident Representative Election Results:

Congratulations to the following 2019/2020 Resident Representatives:

- 1st floor west - Sue Colligan
- 2nd floor east - Diane Broersma
- 2nd floor west - Dorothy Bonnema
- 2nd floor east - Carol DeVries
- 3rd floor west - Jill Wadin
- 3rd floor east - Margery VanderPloeg
- Autumn Ash - John & Janice Borst

Salt & Snow Removal: This year there is a shortage of salt due to a salt mine strike that took place earlier in the year. As a result, the government had priority on the purchase of salt which added to the shortage. Holland Home was able to purchase approximately half of the normal salt used for the winter season. Because of this, we will only be salting in the licensed areas and when there are extreme ice conditions. Please note that there may be ice and slippery areas on the sidewalks and parking lots, so please be careful. Holland Home will continue the routine snow plowing and shoveling of parking lots and sidewalks when there are snow accumulations of 1.5 inches or more.

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 and Friday: 11:30 am - 1:30 pm
Monday & Wednesday: 5:00 - 6:30 pm
Soup & Salad every Friday: 11:30 am - 1:30 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.

Monday, November 26: Christmas Decorating at the Terrace
Deck the Halls! It's time to decorate the Terrace for the Bretonaires concert on December 1 and for the Christmas season. Volunteers are needed to help make it festive. Come to the Lobby at 9:30 am for donuts before we get started. *OCTA*

Tuesday, November 27 and Wednesday, November 28: Christmas Decorating at the Ridge
Deck the Halls! It's time to decorate the Ridge for the Christmas season and get ready for the festivities. Volunteers are needed to help make it merry. Come to the Lobby at 9:30 am for donuts before we get started. *OCTA*

Saturday, December 1: Bretonaires Christmas Concert
Hey! What are you doing this evening? Coming to the Annual Bretonaires Christmas Concert, of course! We will also salute the military. Your donated refreshments are appreciated but not required for this 7:00 pm event in the Terrace Woods Café. *OCTA*

Monday, December 3: Ridge Ice Cream Social
Due to the Employee Service Awards the Ridge Ice Cream Social will be in the Bistro at 2:15 pm.

Tuesday, December 4: Frederick Meijer Gardens Christmas Trees
Excitement surrounds the holiday season as the annual Christmas and Holiday Traditions Around the World exhibition brings the glow of nearly 400,000 lights, strolling carolers, rooftop reindeer and 42 international trees and displays. Enter into the Season of Joy with our annual tour at Frederick Meijer Gardens on Tuesday, December 4. Be in the lobby at 5:30 pm. *Sign-up*

Thursday, December 6: Ladies' Lunch
The gals will venture to Rose's on Reed's Lake for lunch. Please be in the lobby by 10:45 am. *Sign-up*

Friday, December 7: Raybrook Christmas Tea & Bake Sale
Estates II warmly invites all Raybrook & Breton residents, staff, family and friends to their annual Christmas Tea & Bake Sale from 2:00 – 4:00 pm in Estates II Small & Large Dining Rooms. A host will be at the front door to greet you. Many specially baked goods, breads, and homemade soups will be featured. Come and enjoy the fellowship over a cup of hot tea to celebrate the blessings of the Christmas Season. *Sign-up*

Friday, December 7: Pops Symphony
Pre-ticketed event at DeVos Place. Be in the lobby at 7:00 pm.

Monday, December 10: Snow Globes!
There's nothing like a snow globe to remind us of the beauty of winter and we'll be making them in the Art Studio on Monday, December 10 at 10:00 am. This class is free, but is limited to 15. *Sign-up*

Monday, December 10: Holland Home Christmas Party at DeVos Place
Sign up for the bus in the Red Book at the Reception Desk.

Thursday, December 13: ROMEO Men's Lunch
The ROMEO Men's Lunch will venture out to the Mitten Brewing Company on Thursday, December 13 at 10:45 am. *Sign-up*

Thursday, December 13: Terrace Christmas Dinner with the Kings Choraliers
The Terrace Christmas Dinner and Concert will feature a special concert by the Kings Choraliers beginning at 7:00 pm in the Terrace lobby. This is a campus wide concert. A shuttle bus will be available to go to the concert. *Sign-up*

Friday, December 14: Ridge Christmas Dinner with the East Kentwood Jazz Band
The Ridge Christmas Dinner and Concert will feature a special concert by the talented East Kentwood Jazz Band beginning at 7:00 pm in the Ridge Vineyard. *OCTA*

Life Enrichment continued...

Saturday, December 15: The Grand Rapids Choir of Men and Boys
A concert of Lessons and Carols will be at the beautiful Cathedral of St. Andrews on Saturday, December 15. Please be in the lobby by 5:30 pm. *Sign-up is limited to the first 23.*

Monday, December 17: Ladies' Christmas Tea & Cookie Exchange at the Terrace
This annual event is at 3:00 pm in the Private Dining room. Please bring a plate of cookies to exchange.

Tuesday, December 18: Ladies' Christmas Tea & Cookie Exchange at the Ridge
This annual event is at 3:00 pm in the Bistro. Please bring a plate of cookies to exchange.

Wednesday, December 19: Christmas Caroling at BEC & BRLC
At 1:30 pm bring your beautiful voices and come caroling with us and bring joy to our friends at Assisted Living at BEC South. We will then proceed to the BEC Centre and end in the BRLC.

Wednesday, December 19: Christmas Social
We will do some caroling in the Ridge and Terrace at 6:30 pm, have cookies and egg nog, and view our neighbors' Christmas decorations. A shuttle will be provided. Baked goods are appreciated.

Thursday, December 20: City of Lights Twilight Tour
Buckle your seatbelt for the City of Christmas Lights tour on Thursday, December 20. We will have our hot chocolate in hand as we load the bus at 6:00 pm. We'll view hundreds of thousands of lights. *Sign-up*

Friday, December 21: GRPM Organ Concert
Pre-ticketed event. We will have a bus going to the Organ Concert at the Grand Rapids Public Museum. If you have a ticket, call Patty to be put on the bus list. Call 616-929-1700 for ticket purchases and availability. Be in the lobby at 6:00 pm.

Thursday, March 21, 2019: The Book of Mormon by BroadwayGR
The New York Times calls it "the best musical of this century." *The Washington Post* says, "It is the kind of evening that restores your faith in musicals." *THE BOOK OF MORMON*, the nine-time Tony Award® winning Best Musical is coming to DeVos, and we've reserved tickets. Sign-up and pay \$65.00 for premium seating in the lower loge and mezzanine. Seating is assigned according to dated and paid sign-up. Sign-up deadline is January 9, 2019. Contains some colorful language.

Ark & Creation Museum Trip:
We are coordinating with Spectrum Tours for a trip to the Ark in Kentucky, Creation Museum, a Broadway Show and more! The trip is being planned for April 16-19 and the cost is \$689.00 each with double occupancy. If you are interested, see Patty for more information on the details and how to sign-up. Act quickly as these trips fill fast! Tour includes deluxe motor coach transportation, coffee and doughnut en route, three nights lodging, luggage handling, three breakfasts, three dinners, admittance to The Creation Museum and The Ark Encounter, Planetarium Presentation, La Comedia's Luncheon Buffet and seating for "Newsies," fun and fellowship.



Bretonaires Christmas Concert
Saturday, December 1 @ 7:00 pm
Terrace Woods Café

A program of Christmas songs and saluting the military.

Refreshments are appreciated, but not required.



BRETON READERS

Will resume in January