



Spiritual, Intellectual, Physical, Social

# JANUARY 21 - 27

Tuesday, Jan. 21	Tuesday, Jan. 22	Wednesday, Jan. 23	Thursday, Jan. 24	Friday, Jan. 25	Saturday, Jan. 26	Sunday, Jan. 27
<p>6:00 - 11:00 am OPEN SWIM 2:00 - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI 8:10 Stretch &amp; Flex - BS 8:30 Women's Circuit - IFC 9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>Martin Luther King Day</b> <b>King: Man of Peace in a Time of War</b> Theatre 10:00 am</p> </div> <p>10:00-2:00 Breton Market - TLL 10:00 Prayer Meeting - TPDR 10:00 Men's Circuit - IFC 10:20 Heart Healthy Dance - VI 10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>January Series:</b> <b>"The Christian Imagination: Theology and the Origins of Race"</b> Willie Jennings in celebration of MLK Day 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:15 Water Fusion - Pool 1:00 Women's Bible Study - (resumes February 4) 1:30 Ice Cream Social - VI 2:00-3:00 Adults Only - Pool 2:30 Wii Bowling - EX 2:30 Wii Bowling - VI 3:00 Resident Representative Committee Meeting - CP 3:00 Ladies Tea - TPDR 6:30 Games - EX 6:30 Bridge - WC</p>	<p>6:00 - 8:00 am OPEN SWIM 11:00 am - 10:00 pm -POOL</p> <p>8-10:00 Coffee - WC, RI 9:00 Water Blast - Pool 10:15 Water Fusion - Pool 10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:15 Balance &amp; Core - IFC</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>January Series:</b> <b>"A Time to Speak: Addressing Justice and Forgiveness"</b> Rachael Denhollander 12:30 pm Terrace - CP (discussion following) 12:30 pm Ridge - VI</p> </div> <p>1:00 Ping Pong - IFC 1:00 Pinochle - TB 1:30 Pinochle - BI 1:50 Fitness Fusion - BS 2:00 Knitting/Crocheting - EX 2:00-3:00 Adults Only - Pool 2:30 Balance &amp; Core - BS 3:00 Ladies Billiards - BR 7:00 Scrabble - TF 7:00 Square Dancing - EX</p>	<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI 8:10 Stretch &amp; Flex - BS 8:30 Women's Circuit - IFC 9:00 Strength Training - IFC 9:10 Strength Training - BS 9:30 Bible Study - (resumes February 6) 9:50 Circuit Training - BS 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>January Series:</b> <b>"Climate Justice: Hope, Resilience &amp; the Fight for a Sustainable Future"</b> Mary Robinson 12:30 pm Terrace - CP 12:30 pm Ridge - VI (discussion following)</p> </div> <p>1:00 Podiatrist - HC 1:00 Bus Pick-up for Meijer 1:00-2:00 Drop-in Blood Pressure Checks - RPDR 1:30 Quilting - AS 2:00 Coffee Break Bible Study - RPDR 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Wii Bowling - VI 4:30 Social Hour - RPDR</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Opera in the Woods:</b> <b>"The Tales of Hoffman"</b> Theatre - 6:30pm</p> </div> <p>6:45 Euchre - WC 7:00 Dominos - TL, RL 7:00 Games/Bridge/Mahjong - BI</p>	<p>6:00 - 8:00 am OPEN SWIM 11:00 am - 10:00 pm -POOL</p> <p>6:30 St. Mary's Lab - RPDR 7:00 St. Mary's Lab - HC 8:00-10:00 Coffee - WC, BI 9:00 Water Blast - Pool 9:30 Prayer for Spiritual Awakening - RPDR 10:15 Water Fusion - Pool 10:00 Wii Bowling - BECS 10:20 Library Committee Meeting - TLI</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Ladies Lunch at SanChez</b> Bus pick-up: 11:00 am</p> </div> <p>11:15 Balance &amp; Core - IFC 1:00 Line Dancing - EX 1:00 Ping Pong - VI 1:00 Flower Arranging - BRLC 1:50 Fitness Fusion - BS 2:15 Alley's Ragtime Band - EX 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Balance &amp; Core - BS 3:00 Knit Wits - BI 3:30 Choir Rehearsal - CP 4:00 Social Hour - TPDR</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>Tell Us Your Story with Anthoinette Bom</b> Vineyard 7:00 pm</p> </div>	<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI 8:10 Stretch &amp; Flex - BS 8:30-11:15 Drop-in hours for Blood Pressure Checks - HC 8:30 Women's Circuit - IFC 9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - Pool 1:00 Men's Billiards - GR 1:30 Ice Cream Social - WC 2:00-3:00 Adults Only - Pool 2:30 Terrace Dining Committee Meeting - TPDR 7:00 Family Movie - VI 7:00 Movie - TH 7:00 Canasta and Scrabble - BI 7:00 Family Movie - VI 7:00 Movie - TH 7:00 Canasta and Scrabble - BI</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>POP's Symphony at DeVos Hall</b> Lobby - 7:00 pm (pre-ticketed event)</p> </div>	<p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI 9:00 Hymn Sing - TL 2:00 Color My World - BI 3:15 Afternoon Swing - VI</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Singles' Potluck</b> Woods Café 5:00 pm (seating begins at 4:45)</p> </div> <p>7:00 Family Movie - TH 7:00 Movie - VI</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>LOCATION KEY</b></p> <p><b>Breton Terrace</b> AS - Art Studio BR - Billiard Room CP - Centre Place EX - Expressions HC - Health Centre IFC - Fitness Centre TB - Terrace Balcony TL - Terrace Lobby TLL - Terrace Lower Level TLI - Terrace Library TPDR - Terrace Private Dining Room TH - Theatre WC - Woods Café WS - Woodshop</p> </div>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI</p> <p>6:00 <b>Worship Service</b> in Centre Place w/ Rev. Jerry DeVries Offering: Worship Fund Transportation pick-up at 5:30 pm (return ride after the service)</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>Breton Ridge</b> BI - Bistro BS - Body Shop CR - Craft Room GR - Game Room RPDR - Ridge Private Dining Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library VI - Vineyard</p> <p><b>BRLC</b> - Breton Rehab &amp; Living Centre <b>BECC</b> - Breton Extended Care Centre <b>BECS</b> - Breton Extended Care South</p> </div>



*Spiritual, Intellectual, Physical, Social*

# JAN. 28 - FEB. 3

Monday, Jan. 28	Tuesday, Jan. 29	Wednesday, Jan. 30	Thursday, Jan. 31	Friday, Feb. 1	Saturday, Feb. 2	Sunday, Feb. 3
<p>6:00 - 11:00 am OPEN SWIM 2:00 - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:30 Women's Circuit - IFC</p> <p>9:00 Strength Training - IFC</p> <p>9:10 Strength Training - BS</p> <p>9:50 Circuit Training - BS</p> <p>10:00 Prayer Meeting - TPDR</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:20 Heart Healthy Dance - VI</p> <p>10:45 Strength Training - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Women's Bible Study - (resumes February 4)</p> <p>1:15 Water Fusion - Pool</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Wii Bowling - EX</p> <p>2:30 Wii Bowling - BI</p> <p>2:30 Ice Cream Social - BI</p> <p>3:00 Ladies Tea - TPDR</p> <p>6:30 Games - EX, TL, TB</p> <p>6:30 Bridge - WC</p>	<p>6:00 - 8:00 am OPEN SWIM 11:00 am - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, RI</p> <p>9:00 Water Blast - Pool</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p><b>Mandala Dot Art</b> Art Studio - 10:00 am (prior sign-up required)</p> </div> <p>10:00 Ladies Billiards - GR</p> <p>10:15 Water Fusion - Pool</p> <p>10:30 Feldenkrais - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>ROMEO Men's Lunch</b> Railtown Brewing Bus pick-up: 11:00 am</p> </div> <p>11:15 Balance &amp; Core - IFC</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 Knitting/Crocheting - EX</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance &amp; Core - BS</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TF</p> <p>7:00 Square Dancing - EX</p>	<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:30 Women's Circuit - IFC</p> <p>9:00 Strength Training - IFC</p> <p>9:10 Strength Training - BS</p> <p>9:30 Bible Study - (resumes February 6)</p> <p>9:50 Circuit Training - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Strength Training - IFC</p> <p>11:00 Stretch &amp; 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 - PDR</p> <p>1:30 Quilting- AS</p> <p>2:00 Coffee Break Bible Study - RPDR</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Wii Bowling - VI - CANCELLED</p> <p>3:00 Breton Readers - TPDR</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>6:00 - 8:00 am OPEN SWIM 11:00 am - 10:00 pm -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>10:15 Water Fusion - Pool</p> <p>10:00 Wii Bowling - BECS</p> <p>11:15 Balance &amp; Core - IFC</p> <p>1:00 Line Dancing - EX</p> <p>1:00 Ping Pong - VI, CANCELLED</p> <p>1:00 Flower Arranging - BRLC</p> <p>1:50 Fitness Fusion - BS</p> <p>2:15 Alley's Ragtime Band - EX</p> <p>2:00 Men's Billiards - BR</p> <p>2:00-3:00 Adults Only - Pool</p> <p>2:30 Balance &amp; Core - BS</p> <p>3:00 Knit Wits - BI</p> <p>3:30 Choir Rehearsal - CP</p> <p>4:00 Social Hour - TPDR</p>	<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10 pm -POOL</p> <div style="border: 1px solid black; padding: 10px; text-align: center; margin: 10px 0;"> <p><b>Terrace Resident Services Office - CLOSED</b></p> </div> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:10 Stretch &amp; Flex - BS</p> <p>8:30-11:15 Drop-in hours for Blood Pressure Checks - HC</p> <p>8:30 Women's Circuit - IFC</p> <p>9:00 Woodshop Cleaning - WS</p> <p>9:00 Strength Training - IFC</p> <p>9:10 Strength Training - BS</p> <p>9:50 Circuit Training- BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Strength Training - IFC</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>11:20 Water Walking - Pool</p> <p>1:00 Men's Billiards - GR</p> <p>1:30 Ice Cream Social - WC</p> <p>2:00-3:00 Adults Only - Pool</p> <p>7:00 Family Movie - VI CANCELLED</p> <p>7:00 Movie - TH</p> <p>7:00 Canasta and Scrabble - BI</p>	<p><b>All Day Open Swim - Pool</b></p> <p>8:00-10:00 Coffee - WC &amp; BI</p> <p>9:00 Hymn Sing - TL</p> <p>2:00 Color My World - BI</p> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px 0;"> <p><b>Calvin vs Hope</b> Saturday, February 2nd Pregame 2:30 p.m. * Tip-off: 3:00 p.m. Terrace Theatre, Bring a snack to share</p> </div> <p>3:15 Afternoon Swing - VI, CANCELLED</p> <p>7:00 Family Movie - TH</p> <p>7:00 Movie VI, CANCELLED</p>	<p><b>All Day Open Swim - Pool</b></p> <p>2:30 Table Games - BI</p> <p>6:00 <b>Worship Service</b> w/ Rev. Ruth Romeyn</p> <p style="text-align: center;"><b>Centre Place</b></p> <p style="text-align: center;">Transportation pick-up at 5:30 pm (return ride after the service)</p>
					<p><b>Resident Service Office</b> Monday-Fri. 9 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p><b>Facility Services</b> 235-2787</p> <p><b>Salon - 643-2714</b> Tuesday-Friday by Appt.</p> <p><b>Notary Services</b> Resident Service Offices</p> <p><b>Bistro - 643-2598</b> Tuesday &amp; Friday: 11:30 am - 1:30 pm Mon &amp; Wed: 5 - 6:30 pm</p> <p><b>After Hours Nurse</b> Mon-Thurs: 11 pm - 7 am 7 pm Friday - 7 am Monday <b>485-7435</b></p> <p><b>Noon Meals from BRLC</b> 643-2549</p>	<p><b>Sales Department</b> 643-2730</p> <p><b>Health Centre</b> Open Monday - Thursday 7:30 am - 4 pm Friday 7:30 am - noon <b>643-2712</b></p> <p><b>Woods Café - 643-2716</b> Monday-Thursday: 11:30 am - 6:30 pm Friday: 5-6:30 pm</p> <p><b>On-Campus Rides</b> M-F, 8:45 am - 4:15 pm <b>643-2582</b></p> <p><b>Resident Portal:</b> mybretonwoods.org</p> <p><b>Breton Woods Vine</b> mspweb1@gmail.com</p> <p><b>Breton Market</b> Terrace Lower Level Mon. &amp; Wed. &amp; Fri. 10:00 am - 2:00 pm</p>