



# The Breton Buzz

April 2019

## Something from Sara

The weather is warming up and you will start to see projects starting again on the campus. I want to invite you all to YOUR monthly Buildings and Grounds meeting. It is a new open forum - so everyone on the campus is invited to attend. Feel free to stop in the RSO or contact myself or Konika for more information. The next meeting is Thursday, April 11 at 8:30 am in The Terrace Private Dining Room. Hope to see you there!



## Share Your Holland Home Family History

Are you a 3rd, 4th + generation family member to live at Holland Home? If so, would you be willing to share your family's story? Please stop by either the Terrace or Ridge RSO and they will connect you with Gerilyn May, Development Specialist with Holland Home's Foundation. Thank You!

## New Digital Signage Feature: "Hey, I know you!"

Did you move in to Breton Woods only to find out that a former neighbor, classmate or distant relative already lives here? Or perhaps you chose to move here specifically because you already knew somebody living (and loving it) here? If you have a connection with somebody that you would be willing to have featured on the digital signage, please call or email Sara Wever at 643-2728 or sara.wever@hollandhome.org and YOU could be featured next! Note: These will be published in the order received.

## Health Services Information

**Prescription Disposal** - Unwanted medications can be brought to the Terrace Health Centre for disposal. They must be in their original containers and be dropped off during business hours. There is a \$3.00 fee for disposal. Please direct questions to Jill at 643-2735.

## Chaplain's Corner

### Announcements

- We will continue our Lenten Series on Friday afternoons at 3:00 pm in Centre Place on March 29, April 5 & 12.
- Our annual Good Friday communion service will be on April 19 at 3:00 pm in Centre Place, lead by Pastor Frank.
- A special Easter Sunday service is scheduled in the Breton Ridge Vineyard, April 21 at 6:00 pm with a visiting choir offering an Easter Cantata service. Transportation from the Terrace lobby leaves at 5:30 pm.

### Chaplain Gleanings

No pain, no palm; no thorns, no throne; no gall, no glory; no cross, no crown. [William Penn]

"I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death." [Phil. 3:10]

### Memorial Service for Irene Radecky

You are invited to share in a Memorial Service for Irene Radecky in the Vineyard Saturday, April 27 at 4:00 pm. Bill and Irene Radecky moved to Breton Ridge from Geneva, Illinois in 2009 and enjoyed the community and friendships they developed. Bill passed away December 2014 and Irene was able to continue living in their lovely apartment with assistance from others until November 2016. She received compassionate, excellent care at Raybrook Manor and the Cook Memory Unit until her death October 11, 2018. The family would be honored to share this time with you.

## Fitness Information

### Vibrant Living Class of the Month - Grip Strength

#### Friday April 12 - 1:00 pm - Body Shop

Grip Strength is a 20-25 minute exercise class. A variety of exercise equipment such as weights, towels and flex bars are used throughout the class. This class works on strengthening our grip by doing several strength exercises and stretches with our upper body, mainly focusing on the hands and fingers! Grip strength can be an important indicator of overall health. Come join the fun with Katarina and increase your grip strength!

### Bring a Friend Friday!

Exercising with a friend can make it more fun, and increase your chances of sticking to your exercise plan. On Fridays in April the Fitness Team is challenging you to bring a friend with you to any fitness classes you attend.

### Tips to Rethink Exercise from Autumn, Vibrant Living Intern

#### 1) Exercise is movement, not minutes.

Exercise shouldn't feel like a chore. Instead, think of exercise as simply moving your body. This can be as simple as a ten-minute walk around the house or even a few light yoga poses and stretches as you roll out of bed in the morning.

#### 2) Exercise does not require blood, sweat, and tears.

Discover ways to be active that you enjoy and will keep practicing regularly! Consistency is far superior to a short period of intense dedication.

#### 3) Exercise is (and should be) rewarding.

Exercise is not reserved for "the athletes." It's not a punishment, nor a grueling task waiting to be conquered each day. We are all meant to move, and the more frequently we do that the better off we are in terms of our health, mental clarity, and overall vitality.

### Move in May: Passport to Fitness

This is an exciting wellness program during the month of May that encourages us to be active. The goal is to try new fitness classes and participate in as many opportunities as you can! Stop by the fitness desk near the end of April to pick up your "passport". Look for more details in the next Breton Buzz.

### WANTED - Residents who are young-at-heart, love music and want to remain active.

#### LINE DANCING - Thursdays 1:00-2:00pm - Terrace Expressions

- No partner needed; no equipment needed.
- FREE class is open to both men and women .
- No dancing experience of any kind is necessary.
- Line dancing can be adaptable to meet physical limitations, and everyone gets the benefits of a physical workout.
- Dancing can be beneficial in reducing the risk of falls, because dance is just a series of balance tests.
- It exceeds the recommended daily 40 minutes of exercise to help prevent strokes and it is a FUN activity. (Class is 60 minutes with a 10-minute break midway.)
- Dancing may boost your memory and prevent the development of dementia. It maximizes cognitive function and muscle memory through practice.
- Each class is a step-by-step instruction until everyone is comfortable before dancing to the music.
- This is not just a Country-Western activity; all kinds of music are used, including: New York/New York, Cab Driver, Boogie Woogie Bugle Boy, Rockin' Robin, and yes, even The Last Cheaters' Waltz.
- The class meets every Thursday in the Terrace Expressions Room in the Lower Level. Held in the early afternoon from 1:00 pm to 2:00 pm, it means you can still get in your afternoon nap.
- Class runs from September through May and we take the summer off.
- There are currently residents from the Terrace, Ridge and Homes. It is a great way to establish lasting friendships.
- If you think you might enjoy this activity, you are welcome to come watch and decide for yourself. WARNING: Toe tapping to the music can become addictive!

### Breton Terrace Woods Café

Open Monday - Thursday: 11:30 am - 6:30 pm  
Soup & Salad every Wednesday: 11:30 am - 6:30 pm  
Friday: 5:00 - 6:30 pm

### Breton Ridge Bistro

Open Tuesday and Friday: 11:30 am - 1:30 pm  
Monday and Wednesday: 5:00 - 6:30 pm



### Breton Market Spring Special

For a limited time, all gift bags, including seasonal, are ½ off! The bags come in three sizes and each bag contains tissue paper and a bow.

## 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](http://www.mybretonwoods.org)

The abbreviation **\*OCTA\*** means **On-Campus Transportation is Available**. Sign up at Reception by **noon** for evening events.

**SEASON TICKET RENEWALS:** You have received a flyer in your mailboxes for Season Ticket Renewals/New for the Grand Rapids Symphony POPS, Coffee Classics and Pre-orders for Broadway GR for the 2019-2020 season. Please read these very carefully and return as soon as possible. You only need to pre-pay for the POPS and Coffee Classics. Payments should be made to Holland Home and placed in the black boxes at the Receptionist Desk. If you are interested in purchasing Season Tickets for Master Arts Theatre call 455-1001 to purchase them and then call Patty and leave her a voicemail to know you purchased them so she can make arrangements for busing.

### Monday, April 1 - Opening Day at the Ridge

Swing into Spring with the first Tigers Game vs the Yankees on Monday, April 1st at the Ridge. We'll start with a Baseball themed dinner at 5:00 pm and follow it with the first pitch of the season to be thrown at 6:35 pm. \*OCTA\*

### Thursday, April 4 - Opening Day Tigers Vintage Sports Party

We will begin Opening Day with a baseball themed lunch buffet at 11:30 am in the Woods Cafe'; Pre-game will be from 12:30 - 1:00 pm in the theatre - wear your Tigers gear or favorite team. The first pitch will be thrown at 1:10 pm as the Tigers take on the Royals. \*OCTA\*

### Thursday, April 4 - Variety Show

The best acts of Breton Woods will be entertaining you at 7:00 pm in the Vineyard at the Ridge. A pre-show Dessert Bar Social will be available for \$5 with beverages from 6:15 - 6:45 pm in the Ristorante. Sign-up in the Life Enrichment book for the Dessert Bar only. Payment will be added to your account. \*OCTA\*

### Tuesday, April 9 - Ladies Lunch at Pietros & Shopping

Join the ladies for lunch at Pietros and afterwards we'll shop at Christopher Banks for their big sale with special coupons for your spring wardrobe. Be in the lobby at 11:00 am. \*SIGN-UP\*

### Thursday, April 11 - Students Teaching Residents

Grand Rapids Christian Middle School students will come to Breton Woods to do an intergenerational morning for I Explore Week as part of their Makers Mash-up Class. Partner with the students to make seed paper, cards, and eat lunch. Class time is 9:30 am - noon, followed by lunch. Please note that you do not have to be present for the whole time. \*Sign-up\*

### Friday, April 12 - Birthday Ice Cream Social at the Terrace

Come celebrate April birthdays with cake and ice cream at 1:30 pm in the Woods Café at the Terrace. FREE for those with April birthdays and \$1 for all others. \*OCTA\*

### Monday, April 15 - Birthday Ice Cream Social at the Ridge

Come celebrate April birthdays with cake and ice cream at 2:15 pm in the Vineyard at the Ridge. FREE for those with April birthdays and \$1 for all others. \*OCTA\*

### Tuesday, April 16 - ROMEO Men's Lunch

The Men's ROMEO Lunch group is heading to Railtown Brewery in Dutton. They feature an excellent menu. Be in the lobby at 11:00 am. \*SIGN-UP\*

### Thursday, April 18 - Spring Bingo

Join us for Bingo in Expressions at 6:30 pm. Prizes, snacks and ice water are provided. \$1/card. Bring your own beverage. \*OCTA\*

### Monday, April 22 - Butterflies at Meijer Gardens

The Butterflies are blooming at Meijer Gardens! We will have lunch at Meijer Gardens and tour butterflies and some gardens. Be in the lobby at 10:45 am. \*SIGN-UP\*

## Life Enrichment continued...

### Tuesday, April 23 - Board Coffee

The quarterly Board Coffee is an opportunity to hear updates from Mina Breuker and David Tiesinga and have coffee and fellowship with your peers. Join us in Centre Place at the Terrace at 10:00 am. \*OCTA\*

### Tuesday, April 30 - Fishing with Great Lakes Fisherman's Digest Fisherman Host, John Bergsma

Don't miss fishing with Great Lakes Fisherman's Digest host, John Bergsma at 1:00 pm at the pond by the Breton Rehab Center. Fishing reels will be provided. \*SIGN-UP\* \*OCTA\*

**SAVE THE DATE!** We will have a Holland Home "Take Me Out to the Ballgame" on July 10th at the Whitecaps. More information about tickets and sign-up will come in the May Buzz!



### Tip Toe Through the Tulips and AH! Men!

On Tuesday, May 7, we will depart on a Coach Bus at 9:00 am to view thousands of tulips in the gardens, as well as a special treat of the Klompen Gardens, a public art project celebrating the 90th Tulip Time Festival, showcasing 45 pairs of artfully designed large 'wooden' shoes installed in city parks and tulip beds throughout the downtown Holland area. We will enjoy a delightful lunch coupled with a one-hour show. Holland's Ah!Men, one of West Michigan's most powerful and versatile singing groups, will showcase some of America's most prolific composers.

The price for this adventurous day is only \$55 and includes your coach bus, concert, lunch, tour, and ice cream at Captain Sundae!

### BRETON READERS

Get a copy of the book by calling Carol Berghage (Ridge) at 827-1306 or Delores DeKok (Terrace) at 455-2415.

**April:** *The Readers of Broken Wheel Recommend*  
by Katarina Bivald

April 2 @ 2:00 pm - Ristorante

April 24 @ 3:00 pm - Terrace Private Dining Room

## Detroit Tiger Baseball Buffet

Monday, April 1st  
Ridge Bistro 5:00-6:30pm

Top your All Beef Hot Dog with  
Coney Sauce, Cheese, Onion, Relish, Mustard, and Ketchup  
Accompanied with Coleslaw, Nachos with Cheese,  
Carmel Corn, Potato Chips, and Choice of Beverage!

\$10.00 per person

**Game Starts at 6:35pm**

