



Spiritual, Intellectual, Physical, Social

# JULY 8 - 14

Monday, July 8	Tuesday, July 9	Wednesday, July 10	Thursday, July 11	Friday, July 12	Saturday, July 13	Sunday, July 14
<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 10:00 Sew Wonderful Quilters (open quilting until 4:00 pm) AS 10:00-2:00 Breton Market - TLL</p> <p>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 - TPDR (note location change) 11:20 Water Walking - Pool 1:00 Men's Billiards - GR 1:15 Water Fusion - Pool 2:00-3:00 Adults Only - Pool 2:00 Ice Cream Social - VI 2:30 Wii Bowling - BI</p> <div data-bbox="87 1457 469 1634" style="border: 1px solid blue; padding: 5px;"> <p><b>Vibrant Living Class "Advanced Balance"</b> 2:30 pm Israels Fitness Centre</p> </div> <div data-bbox="87 1655 469 1840" style="border: 1px solid green; padding: 5px;"> <p><b>A Formal English Tea</b> Expressions 3:00 pm</p> </div> <p>6:30 Games - EX, TL, TB 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 9:00 Water Blast - Pool</p> <div data-bbox="509 612 891 770" style="border: 1px solid orange; padding: 5px;"> <p><b>R.E.A.L</b> Hydrate Right! Centre Place - 10:00 am</p> </div> <p>10:00 Water Fusion - Pool 10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:15 Balance &amp; Core - IFC</p> <div data-bbox="509 983 891 1185" style="border: 1px solid green; padding: 5px;"> <p><b>How to Play Pinochle</b> Terrace Lobby and Balcony 1:00 pm</p> </div> <p>1:00 Ping Pong - IFC 1:00 Men's Billiards - GR 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</p> <div data-bbox="509 1628 891 1830" style="border: 1px solid green; padding: 5px;"> <p><b>Tuesday Evening Music Club at Frederik Meijer Gardens</b> Bus pick-up: 5:00 pm (FREE - sign up)</p> </div> <p>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 - 10 Coffee - WC, VI PATIO 8:10 OUTDOOR Stretch &amp; Flex - meet in Ridge lobby 8:30 Women's Circuit - IFC 9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS</p> <div data-bbox="935 751 1339 943" style="border: 1px solid green; padding: 5px;"> <p><b>Newton's Family Farmer's Market &amp; The Salted Cupcake Truck</b> 9:00 am - noon Terrace Front Lot</p> </div> <div data-bbox="935 963 1339 1175" style="border: 1px solid purple; padding: 5px;"> <p><b>Summer Bible Study "Our Neighbor's Faith" w/ Carolyn Cammenga Part 3 of 4</b> Centre Place - 10:00 am</p> </div> <p>10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:45 Strength Training - IFC 11:00 OUTDOOR Stretch &amp; Flex - meet in Terrace lobby 11:20 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Bus Pick-up for Meijer 1:00-2:00 Drop-in Blood Pressure Checks - RPDR 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Wii Bowling - VI 2:30 Fitness Tech Hour - IFC/BS 4:30 Social Hour - RPDR</p> <div data-bbox="935 1669 1339 1840" style="border: 1px solid blue; padding: 5px;"> <p><b>West Michigan Whitecaps Game</b> Bus pick-up: 5:00 pm</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 8:30 Building &amp; Grounds Open Forum Meeting - RPDR 9:00 Water Blast - Pool 9:30 Creative Writing - RPDR 9:30 Prayer for Spiritual Awakening - RPDR</p> <div data-bbox="1370 923 1752 1084" style="border: 1px solid orange; padding: 5px;"> <p><b>R.E.A.L</b> Comcastic Tech Class Centre Place - 10:00 am</p> </div> <p>10:00 Water Fusion - Pool 10:20 Library Committee Meeting - TLI 11:15 Balance &amp; Core - IFC</p> <div data-bbox="1370 1292 1752 1467" style="border: 1px solid green; padding: 5px;"> <p><b>Dog "Pawty" in the Terrace Courtyard (then to BEC-C)</b> 1:00 pm</p> </div> <p>1:00 Ping Pong - VI 1:00 Men's Billiards - GR 1:00 Volunteer Flower Arranging - BRLC 1:50 Fitness Fusion - BS 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Balance &amp; Core - BS 3:00 Knit Wits - BI 4:00 Social Hour - TPDR</p>	<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10 pm -POOL</p> <p>8 - 10 Coffee - WC PATIO, BI 8:10 Stretch &amp; Flex - BS 8:30 Women's Circuit - IFC 8:30-11:15 Drop-in hours for Blood Pressure Checks - HC</p> <div data-bbox="1827 751 2200 963" style="border: 1px solid red; padding: 5px;"> <p><b>Memory Screening</b> Resident Services Office Conference Room - Ridge 9:00 am - noon (by appointment only)</p> </div> <p>9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS</p> <div data-bbox="1827 1104 2200 1316" style="border: 1px solid orange; padding: 5px;"> <p><b>R.E.A.L</b> John Adams Series - Part 5 of 7 Vineyard - 10:00 am</p> </div> <p>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</p> <div data-bbox="1827 1594 2200 1749" style="border: 1px solid green; padding: 5px;"> <p><b>Birthday Ice Cream Social</b> Terrace Courtyard 1:30 pm</p> </div> <p>2:00-3:00 Adults Only - Pool 7:00 Family Movie - VI 7:00 Movie - TH 7:00 Canasta and Scrabble - BI</p>	<p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI 1:00 Men's Billiards - GR</p> <div data-bbox="2250 653 2623 794" style="border: 1px solid green; padding: 5px;"> <p><b>Bingo</b> Bistro 1:00 - 3:00pm</p> </div> <p>2:00 Color My World - BI 7:00 Family Movie - TH 7:00 Movie - VI</p> <div data-bbox="2250 1036 2623 1951" 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> <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>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI 6:00 <b>Worship Service</b> in Centre Place w/ Rev. Kwasi Kena Transportation pick-up at 5:30 pm (return ride after the service)</p>



Spiritual, Intellectual, Physical, Social

# JULY 15 - 21

Monday, July 15	Tuesday, July 16	Wednesday, July 17	Thursday, July 18	Friday, July 19	Saturday, July 20	Sunday, July 21
<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 10:00 Sew Wonderful Quilters (open quilting until 4:00 pm) AS 10:00 Prayer Meeting - TPDR 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:20 Heart Healthy Dance - VI 10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - Pool 1:00 Men's Billiards - GR 1:15 Water Fusion - Pool 2:00-3:00 Adults Only - Pool</p> <p><b>Birthday Ice Cream Social</b> Vineyard Patio 2:00 pm</p> <p><b>Vibrant Living Class "Advanced Balance"</b> 2:30 pm Israels Fitness Centre</p> <p>2:30 Wii Bowling - EX 2:30 Wii Bowling - BI 3:00 Ladies Tea - TPDR 3:00 Resident Representative Committee Meeting - CP 6:30 Games - EX, TL, TB 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 9:00 Water Blast - Pool 10:00 Ladies Billiards - GR 10:00 Water Fusion - Pool 10:30 Feldenkrais - BS</p> <p><b>Ladies Patio Lunch at Fire Rock Grill</b> Bus pick-up: 11:00 am</p> <p>11:15 Balance &amp; Core - IFC 1:00 Men's Billiards - GR 1:00 Ping Pong - IFC 1:00 Pinochle - TB</p> <p><b>Veteran Pictures</b> *New Residents only Vineyard - 1:00 pm</p> <p>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</p> <p><b>Tuesday Evening Music Club at Frederik Meijer Gardens</b> Bus pick-up: 5:00 pm (FREE - sign up)</p> <p>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 - 10 Coffee - WC, VI PATIO 8:10 8:10 OUTDOOR Stretch &amp; Flex - meet in Ridge lobby 8:30 Women's Circuit - IFC 9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS</p> <p><b>Board Report w/ Mina &amp; David</b> Vineyard - 10:00 am</p> <p><b>Summer Bible Study "Our Neighbor's Faith" w/ Carolyn Cammenga Part 4 of 4</b> Centre Place - 10:00 am</p> <p>10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:45 Strength Training - IFC 11:00 OUTDOOR Stretch &amp; Flex - meet in Terrace lobby 11:20 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Bus Pick-up for Meijer 1:00-2:00 Drop-in Blood Pressure Checks - PDR</p> <p><b>REAL "In Full Bloom"</b> Centre Place - 2:00 pm</p> <p>2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Wii Bowling - VI 4:30 Social Hour - RPDR 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 Creative Writing - RPDR 10:00 Water Fusion - Pool 11:15 Balance &amp; Core - IFC</p> <p><b>Dog "Pawty" in the Terrace Courtyard (then to BEC-S)</b> 1:00 pm</p> <p>1:00 Men's Billiards - GR 1:00 Ping Pong - VI 1:00 Volunteer Flower Arranging - BRLC 1:50 Fitness Fusion - BS 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool</p> <p><b>REAL Mindfulness</b> Vineyard - 2:00 pm</p> <p>2:30 Balance &amp; Core - BS 2:30 Ridge Dining Committee Meeting - BI 3:00 Knit Wits - BI</p> <p><b>Cheese and Wine Pairing</b> Ridge Ristorante 3:00 pm</p> <p>4:00 Social Hour - TPDR</p> <p><b>Kentwood Summer Concert Series - Hannah Rose &amp; The GravesTones</b> Bus pick-up - 6:30pm (FREE - sign up)</p>	<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10 pm -POOL</p> <p>8 - 10 Coffee - WC PATIO, BI 8:10 Stretch &amp; Flex - BS 8:30 Women's Circuit - IFC 8:30-11:15 Drop-in hours for Blood Pressure Checks - HC 9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS</p> <p><b>REAL John Adams Series - Part 6 of 7</b> Vineyard - 10:00 am</p> <p>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 7:00 Family Movie - VI 7:00 Movie - TH</p>	<p><b>All Day Open Swim - Pool</b></p> <p>8:00-10:00 Coffee - WC &amp; BI 1:00 Men's Billiards - GR 2:00 Color My World - BI 7:00 Family Movie - TH 7:00 Movie - VI</p> <p><b>Resident Service Office</b> Mon-Fri 9:00 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 485-7435</p> <p><b>Noon Meals from BRLC</b> 643-2549</p>	<p><b>All Day Open Swim - Pool</b></p> <p>2:30 Table Games - BI 6:00 <b>Worship Service</b> in Centre Place w/ Rev. Carolyn Cammenga Transportation pick-up at 5:30 pm (return ride after the service)</p> <p><b>Sales Department</b> 643-2730</p> <p><b>Health Centre</b> Open Monday - Friday 7:00 am - 5:00 pm 5:00 - 7:00 pm by appt. 643-2712</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 643-2582</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>