



Spiritual, Intellectual, Physical, Social

# AUGUST 5 - 11

Monday, August 5	Tuesday, August 6	Wednesday, August 7	Thursday, August 8	Friday, August 9	Saturday, August 10	Sunday, August 11
<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 10:00 Prayer Meeting - TPDR 10:00 Men's Circuit - IFC 10:20 Heart Healthy Dance - VI 10:45 Strength Training - IFC</p> <p><b>Monday Morning Music Hymn Sing-Along</b> Centre Place - 10:00 am</p> <p>11:00 Stretch &amp; Flex - EX 11:20 Water Walking - Pool</p> <p><b>Shuffleboard</b> 1:00 pm Expressions</p> <p>1:00 Men's Billiards - GR 1:15 Water Fusion - Pool 2:00-3:00 Adults Only - Pool 2:00 Ice Cream Social - RI</p> <p><b>REAL KDL Bookmobile</b> Terrace West Lot 2:30 - 4:00 pm</p> <p>2:30 Wii Bowling - BI</p> <p><b>Bean Bag Tournament</b> Ridge front entry - 3:00 pm</p> <p>3:00 Ladies Tea - TPDR 3:15 Praying the Rosary - RPDR 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><b>Ridge Billiards Room - CLOSED for repairs</b></p> <p>8:00-10:00 Coffee - WC, BI 9:00 Water Blast - Pool 10:00 Water Fusion - Pool 10:00 Ladies Billiards - GR</p> <p><b>Button Art</b> Art Studio 10:00 am</p> <p>10:30 Feldenkrais - BS 11:15 Balance &amp; Core - IFC 1:00 Ping Pong - IFC 1:00 Men's Billiards - GR 1:00 Pinochle - TB 1:30 Pinochle - BI 1:50 Fitness Fusion - BS</p> <p><b>REAL Teepa Snow Video &amp; Discussion - Diagnosis &amp; Common Issues</b> Centre Place - 2:00 pm</p> <p>2:00 Breton Readers - RI 2:00 Knitting/Crocheting - EX (supplies available) 2:00-3:00 Adults Only - Pool 2:30 Balance &amp; Core - BS 3:00 Ladies Billiards - BR 3:15 Praying the Rosary - RPDR</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>8:00 - 10:00 Coffee - WC, RI 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 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 1:00 Bus Pick-up for Meijer 1:00-2:00 Drop-in Blood Pressure Checks - RPDR</p> <p><b>REAL Bug Bytes</b> Vineyard - 2:00 pm</p> <p>2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Wii Bowling - VI 3:15 Praying the Rosary - RPDR 4:30 Social Hour - RPDR</p> <p><b>Ridge Patio Picnic</b> 5:00 - 6:30 pm (make ride requests by noon)</p> <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</p> <p>8:00-10:00 Coffee - WC, BI 8:30 Building &amp; Grounds Open Forum Meeting - CANCELED 9:00 Water Blast - Pool 9:30 Prayer for Spiritual Awakening - RPDR 10:00 Water Fusion - Pool</p> <p><b>Carnival, Car Show &amp; 36th Street Band Concert</b> South Patio &amp; Breton RLC 11:00 am - 2:00 pm</p> <p>11:15 Balance &amp; Core - IFC 1:00 Ping Pong - VI 1:00 Men's Billiards - GR 1:00 Volunteer Flower Arranging - BR/LC 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>8:00 - 10:00 Coffee - WC, 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 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> <p><b>GE's Generous Day of Giving</b> Ridge Patio 11:30 am - 1:00 pm: Grill &amp; Games 1:15 pm - Presentation 2:00 pm - Concert</p> <p>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 7:00 Canasta and Scrabble - BI</p>	<p><b>All Day Open Swim - Pool</b></p> <p>8:00-10:00 Coffee - WC, BI 1:00 Men's Billiards - GR 2:00 Color My World - BI 3:15 Afternoon Swing - VI 7:00 Family Movie - TH 7:00 Movie - VI</p>	<p><b>All Day Open Swim - Pool</b></p> <p>2:30 Table Games - BI 6:00 <b>Worship Service and Communion</b> in Centre Place w/ Rev. Frank Guter Transportation pick-up at 5:30 pm (return ride after the service)</p>

**LOCATION KEY**

<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	<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
<b>BRLC</b> - Breton Rehab & Living Centre <b>BECC</b> - Breton Extended Care Centre <b>BECS</b> - Breton Extended Care South	



Spiritual, Intellectual, Physical, Social

# AUG 12 - 18

Monday, August 12	Tuesday, August 13	Wednesday, August 14	Thursday, August 15	Friday, August 16	Saturday, August 17	Sunday, August 18		
<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 green; padding: 5px; margin: 10px 0;"> <p><b>Monday Morning Music</b> <b>1940's Sing-Along</b> Centre Place - 10:00 am</p> </div> <p>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> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Root Beer Float Birthday</b> <b>Ice Cream Social</b> Vinéyard - 2:00 pm</p> </div> <p>2:30 Wii Bowling - BI 3:00 Ladies Tea - TPDR 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</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Pancake Breakfast</b> Ridge Ristorante 8:30 am - 10:00 am</p> </div> <p>9:00 Water Blast - Pool 10:00 Ladies Billiards - GR 10:00 Water Fusion - Pool 10:30 Feldenkrais - BS 11:15 Balance &amp; Core - IFC</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Dog "Pawty" in the Terrace Courtyard</b> 1:00 pm</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p><b>REAL</b> <b>Teepa Snow Video &amp; Discussion - Caregivers Tips</b> Centre Place - 2:00 pm</p> </div> <p>1:00 Men's Billiards - GR 1:00 Ping Pong - IFC 1:00 Pinochle - TB 1:30 Pinochle - BI 1:50 Fitness Fusion - BS</p> <p>2:00 Knitting/Crocheting - EX (supplies available) 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</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Newton's Family Farmer's Market</b> 9:00 am - noon</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>The Salted Cupcake Truck</b> 10:00 am - noon Terrace Front Lot</p> </div> <p>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 1:00 Bus Pick-up for Meijer 1:00-2:00 Drop-in Blood Pressure Checks - PDR 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 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 2:30 Ridge Dining Committee Meeting - CANCELED 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>8:00 - 10:00 Coffee - WC, 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 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 style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p><b>Root Beer Float Birthday</b> <b>Ice Cream Social</b> Woods Café - 1:30 pm</p> </div> <p>1:30 Ice Cream Social - WC 2:00-3:00 Adults Only - Pool 7:00 Family Movie - VI 7:00 Movie - TH 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 1:00 Men's Billiards - GR 2:00 Color My World - BI 7:00 Family Movie - TH 7:00 Movie - VI</p>	<p><b>All Day Open Swim - Pool</b></p> <p>2:30 Table Games - BI 6:00 <b>Worship Service</b> w/ Pastor Bob Zoerman in the Ridge Vineyard Transportation pick-up at 5:30 pm (return ride after the service)</p>		
					<div style="border: 1px solid black; padding: 10px;"> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <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 <b>485-7435</b></p> <p><b>Noon Meals from BRLC</b> 643-2549</p> </td> <td style="width: 50%; vertical-align: top;"> <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. <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> </td> </tr> </table> </div>		<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 <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 - Friday 7:00 am - 5:00 pm 5:00 - 7:00 pm by appt. <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>
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