



Spiritual, Intellectual, Physical,
Social, Emotional

JANUARY 20 - 26

Monday, Jan. 20	Tuesday, Jan. 21	Wednesday, Jan. 22	Thursday, Jan. 23	Friday, Jan. 24	Saturday, Jan. 25	Sunday, Jan. 26		
<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI 8:10 Stretch & Flex - BS 8:30 Women's Circuit - IFC 8:30 "I Samuel" Bible Study - (Part I) - TPDR 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 & Flex - EX 11:20 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px;"> <p>January Series: In Celebration of MLK Day "After Life: My Journey from Incarceration to Freedom" Alice Marie Johnson 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:00 Men's Billiards - GR 1:00 Open Gym - IFC 1:30 "The Armor of God" Bible Study - VI & RI 2:00-3:00 Adults Only - Pool 2:30 Ice Cream Social - canceled</p> <div style="border: 1px solid blue; padding: 5px;"> <p>Body Shop Open House Vineyard - 2:00 - 3:30 pm (shuttle available)</p> </div> <p>2:30 Wii Bowling - VI 3:00 Ladies Tea - TPDR 3:30 Resident Advisory Council 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, BI 8:30 "I Samuel" Bible Study - (Part I) - RPDR 9:00 Excel 6th Graders Activities - Ridge 9:30 Aqua Fit - Pool 10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:15 Balance & Core - IFC</p> <div style="border: 1px solid orange; padding: 5px;"> <p>January Series: "A Little Girl, an Earthquake, and the Making of a Family" Mitch Albom 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:00 Balance & Core - IFC 1:00 Ping Pong - IFC 1:00 Men's Billiards - GR 1:00 Pinochle - TB 1:30 "Hamilton" Soundtrack - TT 1:50 Fitness Fusion - BS 2:00 Knitting/Crocheting - EX (supplies available) 2:00-3:00 Adults Only - Pool 2:30 Balance & Core - BS</p> <div style="border: 1px solid green; padding: 5px;"> <p>Classical Concerts with Harold Huizenga Centre Place - 3:00 pm</p> </div> <p>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 & 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 & Flex - EX 11:20 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px;"> <p>January Series: "Up Close and Very Personal: My 41 Years in the White House Press Corps" Ann Compton 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:00 Men's Billiards - GR 1:00 Bus Pick-up for Meijer 1:00-2:00 Drop-in Blood Pressure Checks - RPDR</p> <div style="border: 1px solid blue; padding: 5px;"> <p>Walking Club Terrace Lobby - 1:30 pm</p>  </div> <p>2:00 Coffee Break Bible Study on the book of Genesis w/ Joanne Miersma - RPDR 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:00 Open Gym - BS 2:30 Wii Bowling - VI 4:30 Social Hour - RPDR</p> <div style="border: 1px solid green; padding: 5px;"> <p>Opera in the Woods: "Falstaff" - Verdi Theatre - 6:30 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 9:15 Bowen Readers - TL, RL (bus) 9:30 Aqua Fit - Pool 10:30 Prayer for Spiritual Awakening - TPDR 11:15 Balance & Core - IFC</p> <div style="border: 1px solid orange; padding: 5px;"> <p>January Series: "Solving America's Hunger Crisis" Jeremy Evertt 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:00 Men's Billiards - GR 1:00 Ping Pong - VI 1:00 Volunteer Flower Arranging - BRLC 1:00 Balance & Core - IFC 1:50 Fitness Fusion - BS 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Balance & Core - BS 2:30 Terrace Dining Service Meeting - Open Forum- TPDR 3:00 Knit Wits - BI 4:00 Social Hour - TPDR 4:15 Choir Practice - CP</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 & 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 & Flex - EX 11:20 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px;"> <p>January Series: "Progress: 10 Reasons to Look Forward to the Future" Johan Norberg 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:00 Men's Billiards - GR 1:30 Ice Cream Social - canceled</p> <div style="border: 1px solid blue; padding: 5px;"> <p>Walking Club Ridge Lobby - 2:00 pm</p>  </div> <p>2:00-3:00 Adults Only - Pool</p> <div style="border: 1px solid green; padding: 5px;"> <p>Chinese New Year Dinner Party Woods Cafe 5:00 - 6:30 pm (make ride requests by noon)</p> </div> <p>7:00 Movie - TT 7:00 Family Movie - RT 7:00 Canasta and Scrabble - BI</p>	<p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI 10:00 Hymn Sing - TL 1:00 Men's Billiards - GR</p> <div style="border: 1px solid green; padding: 5px;"> <p>Singles' Potluck Woods Café - 5:00 pm (seating begins at 4:45)</p> </div> <p>2:00 Color My World - BI 7:00 Family Movie - TT 7:00 Movie - RT</p>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI</p> <p>6:00 Worship Service in Centre Place w/ Rev. Jerry DeVries Transportation pick-up at 5:30 pm (return ride after the service)</p>		
<div style="border: 1px solid black; padding: 10px;"> <p>LOCATION KEY</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Breton Terrace</p> <p>AS - Art Studio BR - Billiard Room CP - Centre Place EX - Expressions HC - Health Centre IFC - Fitness Centre TB - Terrace Balcony TL - Terrace Lobby TC - Terrace Courtyard TLL - Terrace Lower Level TLI - Terrace Library TPDR - Terrace Private Dining Room</p> <p>TT - Theatre WC - Woods Café WS - Woodshop</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Breton Ridge</p> <p>BI - Bistro BS - Body Shop CR - Craft Room GR - Game Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RPDR - Ridge Private Dining Room RT - Ridge Theatre VI - Vineyard</p> <p>BRLC - Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South</p> </td> </tr> </table> </div>						<p>Breton Terrace</p> <p>AS - Art Studio BR - Billiard Room CP - Centre Place EX - Expressions HC - Health Centre IFC - Fitness Centre TB - Terrace Balcony TL - Terrace Lobby TC - Terrace Courtyard TLL - Terrace Lower Level TLI - Terrace Library TPDR - Terrace Private Dining Room</p> <p>TT - Theatre WC - Woods Café WS - Woodshop</p>	<p>Breton Ridge</p> <p>BI - Bistro BS - Body Shop CR - Craft Room GR - Game Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RPDR - Ridge Private Dining Room RT - Ridge Theatre VI - Vineyard</p> <p>BRLC - Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South</p>	
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JAN. 27 - FEB. 2

Monday, Jan.27	Tuesday, Jan.28	Wednesday, Jan.29	Thursday, Jan.30	Friday, Jan.31	Saturday, Feb. 1	Sunday, Feb. 2
<p>6:00 - 11:00 am OPEN SWIM 12:30 - 10:00 pm -POOL</p> <p>8:00-10:00 Coffee - WC, BI 8:10 Stretch & Flex - BS 8:30 Women's Circuit - IFC 8:30 "I Samuel" Bible Study - (Part I) - TPDR 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 10:20 Heart Healthy Dance - VI 10:45 Strength Training - IFC 11:00 Stretch & Flex - EX 11:20 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p>January Series: "The God Who Sees: Immigrants, the Bible, and the Journey to Belong" Karen Gonzalez 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:30 "The Armor of God" Bible Study - VI & RI 1:00 Open Gym - IFC 1:00 Men's Billiards - GR 2:00-3:00 Adults Only - Pool 2:30 Ice Cream Social - VI 2:30 Wii Bowling - VI 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, BI 8:30 "I Samuel" Bible Study - (Part I) - RPDR 9:30 "Hamilton" Soundtrack - TT 9:30 Aqua Fit - Pool</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Art in the Studio Art on Tote Bags Art Studio 10:00 am</p> </div> <p>10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:15 Balance & Core - IFC</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p>January Series: "The Reformed Church in the Middle East: Hopes and Challenges" Najla Kassab 12:30 pm Terrace - CP 12:30 pm Ridge - VI</p> </div> <p>1:00 Balance & Core - IFC 1:00 Ping Pong - IFC 1:00 Men's Billiards - GR 1:00 Pinochle - TB 1:50 Fitness Fusion - BS 2:00 Knitting/Crocheting - EX (supplies available) 2:00-3:00 Adults Only - Pool 2:30 Balance & 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 & 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 & 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</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Walking Club Terrace Lobby - 1:30 pm</p>  </div> <p>2:00 Coffee Break Bible Study on the book of Genesis w/ Joanne Miersma - RPDR 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:00 Open Gym - BS 2:30 Wii Bowling - VI 3:00 Breton Readers - TPDR 4:30 Social Hour - RPDR 6:45 Euchre - WC 7:00 Dominos - EX, 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</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Breakfast at Morning Belle Lobbies - 8:30 am (bus)</p>  </div> <p>9:30 Aqua Fit - Pool 11:15 Balance & Core - IFC 1:00 Line Dancing - EX 1:00 Men's Billiards - GR 1:00 Ping Pong - VI 1:00 Volunteer Flower Arranging - BRLC 1:00 Balance & Core - IFC 1:50 Fitness Fusion - BS 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Balance & Core - BS 3:00 Knit Wits - BI 4:00 Social Hour - TPDR 4:15 Choir Practice - CP</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>"Hamilton" Bus pick-up - 6:30 pm (pre-ticketed event)</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 & Flex - BS 8:30 Women's Circuit - IFC 8:30-11:15 Drop-in hours for Blood Pressure Checks - HC</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Coffee Classics Bus pick-up: 8:30 am (pre-ticketed event)</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 & 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</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Walking Club Ridge Lobby - 2:00 pm</p>  </div> <p>7:00 Movie - TT 7:00 Family Movie - RT 7:00 Canasta and Scrabble - BI</p>	<p>All Day Open Swim - Pool</p> <p>8:00-10:00 Coffee - WC, BI 10:00 Hymn Sing - TL 1:00 Men's Billiards - GR 2:00 Color My World - BI 7:00 Family Movie - TT 7:00 Movie - RT</p>	<p>All Day Open Swim - Pool</p> <p>2:30 Table Games - BI 6:00 Worship Service in Centre Place w/ Rev. Carolyn Cammenga Transportation pick-up at 5:30 pm (return ride after the service)</p>
					<div style="border: 1px solid black; padding: 5px;"> <p>Reception Desk Terrace: 643-2717 Ridge: 643-2582</p> <p>Resident Service Office Mon-Fri 9:00 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p>Notary Services Resident Service Offices</p> <p>Woods Café - 643-2716 Monday-Thursday: 11:30 am - 6:30 pm Friday: 5-6:30 pm</p> <p>Bistro - 643-2598 Tuesday & Friday: 11:30 am - 1:30 pm Mon & Wed: 5 - 6:30 pm</p> <p>Noon Meals from BRLC 643-2549</p> <p>Sales Department 643-2730</p> <p>Salon - 643-2714 Tuesday-Friday by appt.</p> </div>	