



The Breton Buzz

February 2020

Volunteer Services

February is already here and with it comes Valentines Day. We will be reminded by Cupid and various retailers to show our LOVE to others by giving them cards and gifts. Many people think that "things" bring happiness and show love, but some of the real ways to show someone you love them is by spending quality time with them or helping them. The Bible is full of reminders that we must love one another - not just on Valentine's Day, but everyday!

One easy way to spread love is through volunteering. There are many volunteer opportunities around the Breton Campus that could benefit from your help. Maybe you would like to help at the Ridge, the Terrace, the Extended Care, or the Rehab area. We have volunteer roles that require sitting, standing, working alone, or in a group - there is something that will fit the needs your abilities.

If you would like to learn more about Volunteer opportunities and share some love with others by volunteering, please contact Robin in Volunteer Services at robin.lambert@hollandhome.org or 643-2725.

Love is not only something you feel, it is something you do.
- David Wilkerson

Fitness Information

Train your Brain with Walking Club Wednesday

Enjoy walking? Love trivia? Come join the walking club at 1:30 pm on Wednesdays for both! We will be engaging the brain and the body. Not only can you stretch your legs, but you can stretch your mind with some trivia as you walk. Every week there will be a different theme of trivia questions. This fun opportunity will start on Wednesday, February 12 and will continue throughout the rest of the month. Meet in the Terrace Lobby.

New Fitness Opportunities During Pool Closing

While the pool is closed, the fitness team encourages you to try one of the following fitness classes:

Beginning Monday, February 24:

- **Functional Circuits** - Mondays, Wednesday, and Fridays - 11:20-11:45 am in Israels Fitness Centre

Join Liz for this functional, total body workout. Each class we will complete different exercises and work all of our major muscle groups. We will use a variety of exercise equipment to challenge our balance, strength, endurance, and flexibility.

- **Heart Healthy Dance** - Tuesdays and Thursdays - 10:00-10:25 am in Expressions

Perfect for anyone who wants to add some fun to their current workout routine. Follow simple moves to great music. This class will get your heart pumping.

Walk in the New Year

Thank you to everyone who participated in the Walk in the New Year challenge! Did you know that walking improves both physical and mental health?

Physical:

- Increases muscle endurance & aerobic capacity.
- Improve sleep quality.
- Improves circulation, strengthens your heart, and reduces blood pressure.

Mental:

- Improves mood - exercise releases natural endorphins into the body.
- Improves cognitive functioning.
- Increases size of the hippocampus which is responsible for memory in our brains.

Chaplain's Corner

Announcements:

- Diane Bloem's weekly Wednesday Bible Study resumes at 9:30 am, February 5 in the Terrace Centre Place.
- A Memorial Service for all Breton Woods Independent Living residents who passed away during 2019 will be held in the Terrace Centre Place on Thursday, February 6 at 7:00 pm. All residents are invited to join this service along with family members of the deceased. It is led by Breton Woods staff.
- Ash Wednesday, February 26, begins the season of Lent in preparation for Easter, April 12. A time of observance will be held in the Ridge Ristorante at 10:30 am and in the Terrace Centre Place at 3:30 pm.

Chaplain Gleanings:

"Lord Jesus, You are my righteousness, I am your sin. You took on you what was mine; yet set on me what was yours. You became what you were not, that I might become what I was not." Martin Luther King

Scripture For Thought:

"Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow." Psalm 51:7

Pool, Spa & Locker Room Closing:

Beginning Monday, February 24, the pool, spa & locker rooms will be closed for annual cleaning and maintenance. All pool classes will be cancelled. The tentative re-open date is Monday, March 16. If you would like to use Raybrook's pool during this time, call Zack House at 235-5472 for class schedules and details.

New Resident Lunches:

If you are a new resident who has moved into the Breton campus within the past year, you are invited to join other new residents at a special "We'd like to get to know you" lunch with Mina Breuker, Holland Home President and CEO. Lunches are small groups of 8 residents - RSVP is required. Dates: Friday, March 27 or Friday, April 2 from 12:00 to 1:30 in the Breton Ridge Private Dining Room. To reserve your seat, please email Marcia Timmerman at marcia.timmerman@hollandhome.org or call her at 235-5118. We look forward to seeing you!

Wanted: Christian books and study materials:

Christian Resources International is an organization that collects Christian books and study materials and sends them all over the world to be used in Bible schools, seminaries, and private homes. Recent shipments have gone to Hong Kong, the Philippines, Ghana and South Sudan. Bibles and commentaries are especially needed (Christian novels and magazines such as Guideposts, The Banner, and Christianity Today CANNOT be used). Terrace residents Gord & Saramae VanderArk will pick these items up from you and deliver them to the CRI warehouse in Fowlerville, MI. Call them at 455-9647 to arrange pick-up or ask questions.

Learn a Fun New Game - MAH JONGG:

A beginner's class for this ancient Chinese game of tiles will be held in the Ridge Ristorante on Wednesday, March 4, at 1:00 pm, and repeated for those at the Terrace on Wednesday, March 11, at 1:00 pm, outside the library. If you can't come, but would still like to learn, call Pat Callaghan at (231) 420-2821.

You might have some money coming:

If you purchased a garage or carport and are no longer using that space, you may be eligible for a refund. A portion of the money you spent to buy the space was designated as refundable and when you vacate your space, the refundable will be paid back to you! If you are interested in knowing what you might be able to receive in a refund, please visit the Resident Services Office. Each resident's situation is different so the best way to know how this might apply to you is to check with the office.

Reminder on Prescription Disposal:

As of August 21, 2019, the U.S. Environmental Protection Agency prohibits the disposing of pharmaceuticals down the drain. Here are two ways to dispose of unused, unwanted, and/or outdated medications:

- 1: Take them to the Terrace Health Centre during business hours. They must be in their original containers and there is a \$3.00 fee for disposal.
- 2: Take them to Walgreens located on 60th and Kalamazoo. There is a kiosk inside the store and there is no fee for this service.

BRETON READERS

Reading is an important part of our growth as a person. Being a part of the Breton Woods Book Club is a great way to meet people and have interesting discussions. The Library Committee is encouraging all residents to join at least one Breton Readers book review this year. Contact the residents below to be placed on the list to get involved once a month with other readers.

**Carol Berghage (Ridge) at 827-1306 or
Delores DeKok (Terrace) at 455-2415.**

February: *My Mrs. Brown* by William Norwich

February 4 @ 2:00 pm - Ristorante

February 26 @ 3:00 pm - Terrace Private Dining Room

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

Soup & Salad every Friday: 11:30 am - 1:30 pm

Life Enrichment

Patty Alexander, Life Enrichment Coordinator
643-2707, patricia.alexander@hollandhome.org

When ***Sign up*** is noted, you must sign up at the Reception Desk or on the Resident Portal @ www.mybretonwoods.org

The abbreviation ***OCTA*** means **On-Campus Transportation is Available**. Call the Ridge receptionist at 643-2582 by **noon** to sign up for a ride.

Save the Dates! Summer in Winter Week is coming February 19 - 21. A separate schedule will come to your mailbox. Don't miss the USS Breton cruising to the ports of Bora Bora, New Orleans, and Naples, Italy. A fun cruise with food, drinks, games, and more!

Monday, February 3 - Breton Woods Chili Cook-off

The Breton Woods Chili Cook-off is open to staff and residents. Bring your best crockpot full of heated chili to the Terrace Woods Café by 10:00 am to join the competition. The categories will be: 4 legged (beef or pork), two legged (chicken/turkey), or vegetarian. There will be two chilis prepared by the chefs for lunch with salad and cornbread in addition to competitors' chili for only \$6. Competitors will receive free lunch that day and winners will be announced at the end of lunch.

Wednesday, February 5 - Breton Woods Veterans' Council

Any Veterans that would like to be on the Veterans' Council to help plan and manage events and affairs at Breton Woods, please come to a meeting at 10:00 am in the Vineyard, or let Patty know if you are interested but unable to attend.

Friday, February 7 - National Wear Red Day

February is American Heart Month and we're going RED in support of the healthy choices for our hearts. Today you can choose positive choices like a fitness class, REAL class, or healthy eating to reinvest in your healthy heart. Wear RED!!

Friday, February 7 - Art in the Studio with Carol Pratt

Carol will teach us how to make tissue paper flowers. See how these vibrant flowers bring life to an event. These flowers will help us decorate for our Summer in Winter events. Invite a friend to come with you at 10:00 am to the Terrace Art Studio and get creative.

Saturday, February 8 - Calvin vs Hope Rivalry Basketball Game

The men's Calvin vs. Hope series spans 100 years and 201 games with Hope leading the series 103-98. On the women's side, Calvin leads the series, 71-53. Join friends in the theatres to watch the game. Pre-game and snacks begin at 2:30 pm; tip-off at 3:00 pm. Bring a snack to share.

Monday, February 10 - Decorating Committee Members Needed!

We need your creative minds. With so many fun events during the year, and with all of our creativity you can help plan the themes and decorations for events. If you're interested, come to the Terrace Theatre at 10:00 am to discuss the possibilities of using your talents.

Monday, February 10 - Men's ROMEO Lunch at City Barbeque

The Men's ROMEO group will dine at City Barbeque. Not only excellent BBQ, but learn the lingo of "Bark", "Smoke Rings" and the process that goes into this quality barbeque. Everything is made fresh, from hand cut fries to homemade salads and smoked meats. The bus departs at 11:00 am. *Sign up*

Tuesday, February 11 - Men's Billiards Tournament

It's time to chalk-up those cue sticks and get your "sharking" strategy together. The Terrace will host the Men's Billiards Tournament at 1:00 pm in the Billiard's Room on the lower level. Don't miss out on the opportunity to win the traveling trophy and to have your name on the champions' plaque. *Sign up* by Friday, February 7.

Wednesday, February 12 - Ridge Valentine's Dinner and Entertainment with Magic Bob and SuZie Zoerman.

Love is in the air. Love thy neighbor; come enjoy a special dinner and show by Magic Bob and SuZie. Dinner begins at 5:00 pm; show begins at 6:00 pm.

Thursday, February 13 - Ladies Lunch at Kitchen 67

Voted as having the #1 Sandwich in America by the Huffington Post, the ladies will have lunch at Kitchen 67. They believe in the art of cooking and have received numerous awards for their freshly made food and creative ingredients. Be in the lobby at 11:00 am. *Sign up*

Thursday, February 13 - Valentine's Dinner & Robin Connell in Concert

Jazz pianist (& vocalist), Robin Connell, the ArtPrize 2016 jazz music award recipient, and who was also the West Michigan Jazz Society's pick for 2017 Musician of the Year, will perform at 7:00 pm in Centre Place. Sponsored by the Music Performer's Trust Fund. *OCTA*

Friday, February 14 - Terrace Birthday Social - 1:30 pm

Celebrating all February Birthdays at the Terrace! Join us for a special treat and fellowship with your friends at 1:30 pm in the Woods Café. Free for February birthday residents; \$1 for all others.

Friday, February 14 - Beaucoup de Soupe Dinner

Soups on! It may not sound good, but it ends up being "beaucoup de soupe" (lots of soup). Drop off a can of your favorite soup by 9:30 am to the Terrace Private Dining Room. **NO** cream based soups or tomato soup. Our core team will add the base. Soup, bread and dessert will be served at 5:00 pm. Contribute a can of soup to the pot and there's no additional charge. Bring your own beverage.

Life Enrichment continued...

Monday, February 17 - Bora Bora Pineapple Painting

We're preparing for a cruise on the USS Breton with the first stop in Bora Bora. In preparation of our Party in Paradise, we will paint pineapples for centerpieces. Learn how simple it is to make a centerpiece out of a pineapple. Bring a friend and brighten your day with pineapples and paint at 10:00 am in the Terrace Art Studio.

Monday, February 17 - Ridge Birthday Social

Let's celebrate February Birthdays! Join us in the Vineyard at the Ridge at 2:15 pm for our Birthday Social. Chef Brian will do a cooking demo of a special dessert for the celebration. \$1/person except for those celebrating a February Birthday.

Tuesday, February 18 - Mardi Gras Masks Class

Come to the Ristorante at the Ridge at 2:00 pm to design and make your mask for the Mardi Gras party during Summer in Winter Week. We'll get you started with a basic mask you can embellish.

Tuesday, February 25 - Classical Concerts with Harold Huizenga

Experience 45 minutes of the best classical music concerts collected by Harold. Not only hearing, but seeing the performances will make this an amazing event at 3:00 pm in Centre Place at the Terrace. A top attended event in January!

Thursday, February 27 - National Retro Day

That's right! We're going Retro at Breton Woods! Dress retro (check the back of your closet), share retro items at coffee time and set them on the tables in the lobbies to share. Please, do not touch displayed items. Pickup your items after 5:00 pm from the tables.

Saturday, February 29 - Singles' Potluck

On the last Saturday of the month, a potluck for single residents is held at 5:00 pm in the Woods Café at the Terrace. Sign up in the Life Enrichment book to bring a main dish, side dish or dessert. Bring your own place setting (napkin, plate, silverware, and glass); coffee and water provided. Wear your nametag.

Attention Veterans! Honor Flight Applications Due NOW

Veterans who have not been on an Honor Flight to Washington DC, please see Patty for an application. It would be best to submit them as a group to get as many as we can on the same flight. This is at no cost to you. You do not have to have served in war time. Call 643-2707 to have an application placed in your mailbox.

SIGN-UP by March 15 - Spectrum Brown Bag Tour to Shishewana on Tuesday, April 7

We've reserved 25 seats for Breton Woods residents to go together. We'll travel the Amish countryside of northern Indiana with our Step-On Guide, learning interesting facts about the Amish and collecting items to place in our brown bag. Transportation, coffee and doughnut en route, services of Step-On Guide, gift items, and an Amish style dinner at the Yoder's Farm is included all for \$105.00. Hurry! This fill up quickly, and we want to have room for you! *Sign-up and pay \$105 TO SPECTRUM TOURS* at the Reception Desks.

Veterans and your wives: SAVE the Date! ArtPrize Workshop with Pamela Alderman on Thursday, March 26 from 2:30 - 4:30 pm in Expressions. More information to come.

Sunday Brunch Buffet



February 9

Ridge Ristorante & Vineyard
Dining Times - 11:30 am - & - 12:30 pm



**Pancakes, Sausage, Scrambled Eggs, Hash Browns,
Biscuits & Gravy, Fresh Fruit Salad, Carved Roast Beef,
Chicken Dijon, Scalloped Potatoes, Green Beans,
Mixed Green Salad, Fresh Baked Rolls & Muffins
Includes Coffee, Tea, Juice and Ice Water
Assorted Desserts
\$18.00 per person**

**Please call 643-2598 for Reservations or
sign up at the Reception Desk [by February 3.](#)
Limited seating available.**



Valentine's Buffet



Ridge Vineyard - Wednesday, February 12
Terrace Woods Café - Thursday, February 13

**Tossed Salad, Assorted Rolls,
Choice of Prime Rib - OR - Fresh Salmon
Baked Potato, Fresh Vegetable
Beverage & Dessert**

\$17.00 per person