



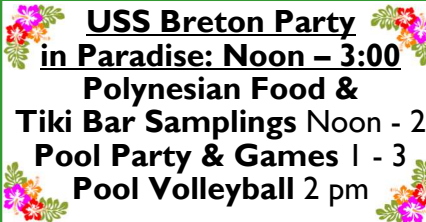












Spiritual, Intellectual, Physical,  
Social, Emotional

# FEBRUARY 17-23


Monday, Feb. 17	Tuesday, Feb. 18	Wednesday, Feb. 19	Thursday, Feb. 20	Friday, Feb. 21	Saturday, Feb. 22	Sunday, Feb. 23
<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 &amp; 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</p>  <p><b>Pineapple Painting</b> Art Studio - 10:00 am</p> <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 1:00 Open Gym - IFC 1:00 "The Armor of God" Bible Study - VI &amp; RI</p> <p><b>REAL</b> <b>Presidential Museums</b> Centre Place - 2:00 pm</p> <p>2:00-3:00 Adults Only - Pool</p>  <p><b>Ridge Birthday Social</b> Vineyard 2:15 pm</p> <p>2:30 Wii Bowling - VI 3:00 Resident Advisory Council Meeting - 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 9:00 Excel 6th Graders Activities - Ridge 9:30 Aqua Fit - Pool</p> <p><b>REAL</b> <b>"Alexa, How Do I Use My Echo?"</b> Vineyard - 10:00 am</p> <p>10:00 Ladies Billiards - GR 10:30 Feldenkrais - RPDR 11:15 Balance &amp; Core - IFC 1:00 Balance &amp; Core - IFC 1:00 Ping Pong - IFC 1:00 Men's Billiards - GR 1:00 Pinochle - TB 1:50 Fitness Fusion - BS</p>  <p><b>Mardi Gras Masks Class</b> Ristorante - 2:00 pm</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 - TL 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 9:00 Strength Training - IFC 9:10 Strength Training - canceled</p> <p><b>Island Cardio Drumming</b> Vineyard - 9:10 am</p> <p>9:30 "The New Heaven and the New Earth" Bible Study w/ Diane Bloem - CP 9:50 Circuit Training - BS 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:30 Pastoral Advisory Committee - TPDR 10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - Pool</p>  <p><b>USS Breton Party in Paradise: Noon - 3:00</b> Polynesian Food &amp; Tiki Bar Samplings Noon - 2 Pool Party &amp; Games 1 - 3 Pool Volleyball 2 pm</p> <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>  <p><b>Walking Club w/ Trivia</b> Terrace Lobby - canceled</p> <p>2:00 Coffee Break Bible Study "Sermon on the Mount" w/ JoAnn Miersma - canceled 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:00 Open Gym - canceled 2:30 Wii Bowling - VI 4:30 Social Hour - RPDR 6:45 Euchre - WC 7:00 Dominos - TL, RL 7:00 Games/Bridge/MahJongg - 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 Creative Writing - RPDR 9:30 Aqua Fit - canceled</p>  <p><b>"Pool-lates"</b> Pool 9:30 am</p>  <p><b>Towel &amp; Napkin Origami</b> Ristorante - 1:00 pm</p> <p>1:00 Men's Billiards - GR 1:00 Ping Pong - VI 1:00 Line Dancing - EX 1:00 Balance &amp; Core - IFC 1:50 Fitness Fusion - BS 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - Pool 2:30 Balance &amp; Core - BS 2:30 Ridge Dining Committee Meeting - canceled</p>  <p><b>Bible Journaling and Beignet in the Big Easy</b> Expressions - 3:00 pm</p> <p>3:00 Knit Wits - BI 4:00 Social Hour - TPDR 4:15 Choir Practice - CP</p>  <p><b>Mardi Gras Party and Boogie Woogie Kid in Concert</b> Vineyard - 6:30 pm (make ride requests by noon)</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 - canceled</p>  <p><b>Hot Beach Yoga</b> Pool area - 8:10 am</p> <p>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</b> <b>The African Americans - "Many Rivers to Cross"</b> (in honor of Black History Month) Part 3 of 6 Theatres - 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 - canceled</p>  <p><b>Captain's Italian Dessert Buffet</b> Woods Café - 1:30 pm</p> <p>2:00-3:00 Adults Only - Pool</p> <p><b>REAL</b> <b>Fitness On Fridays in Feb. - Exercise Equipment Education - BS - 2:30 pm</b></p>  <p><b>Watercolor Painting, Vino, Charcuterie &amp; Gourmet Pizza</b> Expressions - 4:00 pm</p> <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</p> <p>6:00 <b>Worship Service</b> in Centre Place w/ Rev. Safiyah Fosua Transportation pick-up at 5:30 pm (return ride after the service)</p>

LOCATION KEY	
<b>Breton Terrace</b>	<b>Breton Ridge</b>
AS - Art Studio	BI - Bistro
BR - Billiard Room	BS - Body Shop
CP - Centre Place	CR - Craft Room
EX - Expressions	GR - Game Room
HC - Health Centre	RI - Ristorante
IFC - Fitness Centre	RL - Ridge Lobby
TB - Terrace Balcony	RLI - Ridge Library
TL - Terrace Lobby	RPDR - Ridge Private Dining Room
TC - Terrace Courtyard	RT - Ridge Theatre
TLL - Terrace Lower Level	VI - Vineyard
TLI - Terrace Library	<b>BRLC</b> - Breton Rehab & Living Centre
TPDR - Terrace Private Dining Room	<b>BECC</b> - Breton Extended Care Centre
	<b>BECS</b> - Breton Extended Care South



*Spiritual, Intellectual, Physical,  
Social, Emotional*

# FEB. 24 - MAR. 1

Monday, Feb. 24	Tuesday, Feb. 25	Wednesday, Feb. 26	Thursday, Feb. 27	Friday, Feb. 28	Saturday, Feb. 29	Sunday, Mar. 1
<p><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></p> <p>8:00-10:00 Coffee - WC, BI 8:10 Stretch &amp; 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</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Monday Morning Music w/ Paul B. &amp; Pete O. &amp; Jane H.</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 10:20 Heart Healthy Dance - VI 10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - canceled</p> <div style="border: 1px solid blue; padding: 5px;"> <p><b>Functional Circuits</b> Israels Fitness Centre 11:20 - 11:45 am</p> </div> <p>1:00 "The Armor of God" Bible Study - VI &amp; RI 1:00 Open Gym - IFC 1:00 Men's Billiards - GR 2:00-3:00 Adults Only - canceled 2:15 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><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></p> <p>8:00-10:00 Coffee - WC, BI 8:30 "I Samuel" Bible Study - (Part I) - TPDR 9:30 Aqua Fit - canceled</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>REAL</b> Connect With Photos Centre Place - 10:00 am</p> </div> <div style="border: 1px solid blue; padding: 5px;"> <p><b>Heart Healthy Dance Expressions</b> 10:00 - 10:25 am</p> </div> <p>10:00 Ladies Billiards - GR 10:30 Feldenkrais - RPDR 11:15 Balance &amp; Core - IFC 1:00 Balance &amp; 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 - canceled 2:30 Balance &amp; Core - BS</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Classical Concerts with Harold Huizenga</b> Centre Place - 3:00 pm</p> </div> <div style="border: 1px solid orange; padding: 5px;"> <p><b>Genealogy</b> Terrace Lobby - canceled</p> </div> <p>3:00 Ladies Billiards - BR 7:00 Scrabble - TL 7:00 Square Dancing - EX</p>	<p><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></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 9:30 "The New Heaven and the New Earth" Bible Study w/ Diane Bloem - CP 9:50 Circuit Training - BS 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL</p> <div style="border: 1px solid purple; padding: 5px;"> <p><b>Ash Wednesday Service</b> Ristorante - 10:30 am</p> </div> <p>10:45 Strength Training - IFC 11:00 Stretch &amp; Flex - EX 11:20 Water Walking - canceled</p> <div style="border: 1px solid blue; padding: 5px;"> <p><b>Functional Circuits</b> Israels Fitness Centre 11:20 - 11:45 am</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 - PDR</p> <div style="border: 1px solid blue; padding: 5px;"> <p><b>Walking Club w/ Trivia</b> Terrace Lobby - 1:30 pm</p> </div> <p>2:00 Coffee Break Bible Study "Sermon on the Mount" w/ JoAnn Miersma - RPDR 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - canceled 2:00 Open Gym - BS 2:30 Wii Bowling - VI 3:00 Breton Readers - TPDR</p> <div style="border: 1px solid purple; padding: 5px;"> <p><b>Ash Wednesday Service</b> Centre Place - 3:30 pm</p> </div> <p>4:30 Social Hour - RPDR 6:45 Euchre - WC 7:00 Dominos - TL, RL 7:00 Games/Bridge/MahJongg - BI</p>	<p><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></p> <div style="border: 1px solid green; padding: 10px; text-align: center;"> <p><b>"National Retro Day"</b> Dress Retro!</p>  <p>Bring vintage items to Coffee and then display them in the lobbies until 5:00 pm. <i>(Please do NOT touch displayed items.)</i></p> </div> <p>6:30 St. Mary's Lab - RPDR 7:00 St. Mary's Lab - HC 8:00-10:00 Coffee - WC, BI 9:30 Aqua Fit - canceled</p> <div style="border: 1px solid blue; padding: 5px;"> <p><b>Heart Healthy Dance Expressions</b> 10:00 - 10:25 am</p> </div> <p>10:30 Prayer for Spiritual Awakening - TPDR 11:15 Balance &amp; Core - IFC 1:00 Men's Billiards - GR 1:00 Ping Pong - VI 1:00 Line Dancing - EX 1:00 Balance &amp; Core - IFC 1:50 Fitness Fusion - BS 2:00 Men's Billiards - BR 2:00-3:00 Adults Only - canceled 2:30 Balance &amp; 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> <div style="border: 1px solid green; padding: 5px;"> <p><b>Master Arts Theatre—"Father Down"</b> Bus pick-up: 6:30 pm (pre-ticketed event)</p> </div>	<p><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></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</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>REAL</b> The African Americans - "Many Rivers to Cross" (in honor of Black History Month) Part 4 of 6 Theatres - 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 - canceled</p> <div style="border: 1px solid blue; padding: 5px;"> <p><b>Functional Circuits</b> Israels Fitness Centre 11:20 - 11:45 am</p> </div> <p>1:00 Men's Billiards - GR 1:30 Ice Cream Social - WC 2:00-3:00 Adults Only - canceled</p> <div style="border: 1px solid orange; padding: 5px;"> <p><b>REAL</b> Fitness On Fridays in Feb. - Personal Training - Centre Place - 2:30 pm</p> </div> <p>7:00 Movie - TT 7:00 Family Movie - RT 7:00 Canasta and Scrabble - BI</p>	<p><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></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</p> <div style="border: 1px solid green; padding: 5px;"> <p><b>Singles' Potluck</b> Woods Café - 5:00 pm (seating begins at 4:45)</p> </div> <p>7:00 Family Movie - TT 7:00 Movie - RT</p>	<p><b>Pool &amp; Spa &amp; Locker Rooms - Closed for Routine Maintenance</b></p> <p>2:30 Table Games - BI 6:00 <b>Worship Service</b> in Centre Place w/ Rev. Garry Stoutmeyer Transportation pick-up at 5:30 pm (return ride after the service)</p>
<p><b>Reception Desk</b> Terrace: 643-2717 Ridge: 643-2582</p> <p><b>Resident Service Office</b> Mon-Fri 9:00 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p><b>Notary Services</b> Resident Service Offices</p> <p><b>Woods Café - 643-2716</b> Monday-Thursday: 11:30 am - 6:30 pm Friday: 5-6:30 pm</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>Noon Meals from BRLC</b> 643-2549</p> <p><b>Sales Department</b> 643-2730</p> <p><b>Salon - 643-2714</b> Tuesday-Friday by appt.</p>						<p><b>Facility Services</b> 235-2787</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>After Hours Nurse</b> Mon-Thurs: 11 pm - 7 am 7 pm Friday - 7 am Monday <b>485-7435</b></p> <p><b>Breton Market</b> Terrace Lower Level Mon. &amp; Wed. &amp; Fri. 10:00 am - 2:00 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>