



*Spiritual, Intellectual, Physical,
Social, Emotional*

MARCH 2 - 8

Monday, Mar. 2	Tuesday, Mar. 3	Wednesday, Mar. 4	Thursday, Mar. 5	Friday, Mar. 6	Saturday, Mar. 7	Sunday, Mar. 8
<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</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</p> <p>Art in the Studio 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 & Flex - EX</p> <p>Functional Circuits Israels Fitness Centre 11:20 - 11:45 am</p> <p>11:20 Water Walking - canceled</p> <p>1:00 Men's Billiards - GR 1:00 Open Gym - IFC 1:00 "The Armor of God" Bible Study - VI & RI 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>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>8:00-10:00 Coffee - WC, BI 9:30 Aqua Fit - canceled</p> <p>Heart Healthy Dance Expressions 10:00 - 10:25 am</p> <p>10:00 Ladies Billiards - GR 10:30 Feldenkrais - canceled 11:15 Balance & Core - IFC 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 Breton Readers - RI 2:00 Knitting/Crocheting - EX (supplies available) 2:30 Balance & Core - BS 3:00 Ladies Billiards - BR 7:00 Scrabble - TL 7:00 Square Dancing - EX</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</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 9:30 Bible Study w/ Diane Bloem - CP 9:50 Circuit Training - BS 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:45 Strength Training - IFC 11:00 Stretch & Flex - EX 11:20 Water Walking - canceled</p> <p>Functional Circuits Israels Fitness Centre 11:20 - 11:45 am</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>Learn to Play MahJongg Ridge Vineyard - 1:00 pm</p> <p>REAL Mixed Media 3DArt with Buttons, Paint & Canvas Ristorante - 2:00 pm</p> <p>2:00 Coffee Break Bible Study w/ JoAnn Miersma - RPDR 2:00 Men's Billiards - BR 2:00 Open Gym - BS 2:30 Wii Bowling - VI</p> <p>Lenten Series Centre Place - 3:30 pm</p> <p>Spanish Wine Tasting Terrace PDR - 4:00 pm</p> <p>4:30 Social Hour - RPDR 6:45 Euchre - WC 7:00 Dominos - TL, RL 7:00 Games/Bridge/MahJongg - BI</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</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>Heart Healthy Dance Expressions 10:00 - 10:25 am</p> <p>10:00 Catholic Mass - CP 11:15 Balance & Core - IFC 1:00 Men's Billiards - GR 1:00 Ping Pong - VI 1:00 Line Dancing - EX 1:00 Balance & Core - IFC 1:50 Fitness Fusion - BS</p> <p>REAL The Highs and Lows of Hypertension Centre Place - 2:00 pm</p> <p>Breton Woods in Motion Support Group Terrace Private Dining Room 2:00 pm</p> <p>2:00 Men's Billiards - BR 2:30 Balance & Core - BS 3:00 Knit Wits - BI 4:00 Social Hour - TPDR 4:15 Choir Practice - CP</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</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> <p>Memory Screening Resident Services Office Conference Room - Ridge 9:00 am - noon (by appointment only)</p> <p>9:00 Strength Training - IFC 9:10 Strength Training - BS 9:50 Circuit Training - BS</p> <p>REAL The African Americans - "Many Rivers to Cross" (in honor of Black History Month) Part 5 of 6 Theatres - 10:00 am</p> <p>10:00 Ridge Volunteer Receptionists Meeting - RPDR 10:00 Catholics Connecting - TPDR 10:00 Men's Circuit - IFC 10:00-2:00 Breton Market - TLL 10:00 Woodshop Cleaning - WS 10:45 Strength Training - IFC 11:00 Stretch & Flex - EX</p> <p>Functional Circuits Israels Fitness Centre 11:20 - 11:45 am</p> <p>11:20 Water Walking - canceled 1:00 Men's Billiards - GR 1:30 Ice Cream Social - WC 7:00 Movie - TT 7:00 Canasta and Scrabble - BI</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</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>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>Daylight Saving Time - Don't forget to set your clocks ahead one hour!</p> <p>2:30 Table Games - BI 6:00 Worship Service & Communion in Centre Place w/ Rev. Frank Guter 7:00 Coffee/Fellowship - WC Transportation pick-up at 5:30 pm (return ride after the service and after fellowship)</p>
<p>LOCATION KEY</p> <p>Breton Terrace 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 TT - Theatre WC - Woods Café WS - Woodshop</p> <p>Breton Ridge 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 BRLC - Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South</p>						



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MARCH 9 - 15

Monday, Mar. 9	Tuesday, Mar. 10	Wednesday, Mar. 11	Thursday, Mar. 12	Friday, Mar. 13	Saturday, Mar. 14	Sunday, Mar. 15
<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:10 Stretch & Flex - BS</p> <p>8:30 Women's Circuit - IFC</p> <p>9:00 Strength Training - IFC</p> <p>9:10 Strength Training - BS</p> <p>9:50 Circuit Training - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Art in the Studio Art Studio 10:00 am</p> </div> <p>10:00 Sew Wonderful Quilters (open quilting until 4:00 pm) AS</p> <p>10:00 Prayer Meeting - TPDR</p> <p>10:00 Men's Circuit - IFC</p> <p>10:20 Heart Healthy Dance - VI</p> <p>10:45 Strength Training - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - canceled</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Functional Circuits Israels Fitness Centre 11:20 - 11:45 am</p> </div> <p>1:00 "The Armor of God" Bible Study - VI & RI</p> <p>1:00 Open Gym - IFC</p> <p>1:00 Men's Billiards - GR</p> <p>2:15 Ice Cream Social - VI</p> <p>2:30 Wii Bowling - VI</p> <p>3:00 Ladies Tea - TPDR</p> <p>6:30 Games - EX, TL, TB</p> <p>6:30 Bridge - WC</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>9:30 Aqua Fit - canceled</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Heart Healthy Dance Expressions 10:00 - 10:25 am</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Pictorial Directory Picture Retakes Resident Services Offices 10:00 - 11:00 am</p> </div> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <p>11:15 Balance & Core - IFC</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p>REAL Mel Trotter Lunch & Meet Bus pick-up: 11:15 am</p> </div> <p>1:00 Balance & Core - IFC</p> <p>1:00 Ping Pong - IFC</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Pinochle - TB</p> <p>1:50 Fitness Fusion - BS</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Pictorial Directory Picture Retakes Resident Services Offices 2:00 - 3:00 pm</p> </div> <p>2:00 Knitting/Crocheting - EX (supplies available)</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TL</p> <p>7:00 Square Dancing - EX</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>8:00 - 10:00 Coffee - WC, BI</p> <p>8:10 Stretch & Flex - BS</p> <p>8:30 Women's Circuit - IFC</p> <p>9:00 Strength Training - IFC</p> <p>9:10 Strength Training - BS</p> <p>9:30 Bible Study w/ Diane Bloem - CP</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>"God Moments" Writing w/ Legacy Christian Students Terrace Lobby 9:30 - 11:15 am</p> </div> <p>9:50 Circuit Training - BS</p> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Strength Training - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - canceled</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Functional Circuits Israels Fitness Centre 11:20 - 11:45 am</p> </div> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p>Learn to Play Mahjongg Terrace Library area 1:00 pm</p> </div> <p>1:00 Men's Billiards - GR</p> <p>1:00 Bus Pick-up for Meijer</p> <p>1:00-2:00 Drop-in Blood Pressure Checks - PDR</p> <p>2:00 Coffee Break Bible Study w/ JoAnn Miersma - RPDR</p> <p>2:00 Men's Billiards - BR</p> <p>2:00 Open Gym - BS</p> <p>2:30 Wii Bowling - VI</p> <div style="border: 1px solid purple; padding: 5px; margin: 10px 0;"> <p>Lenten Series Centre Place - 3:30 pm</p> </div> <p>4:30 Social Hour - RPDR</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Ardan Academy of Irish Dance Vineyard 6:30 pm</p> </div> <p>6:45 Euchre - WC</p> <p>7:00 Dominos - TL, RL</p> <p>7:00 Games/Bridge/Mahjongg - BI</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>6:30 St. Mary's Lab - RPDR</p> <p>7:00 St. Mary's Lab - HC</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>8:30 Building & Grounds Open Forum Meeting - RPDR</p> <p>9:30 Prayer for Spiritual Awakening - RPDR</p> <p>9:30 Aqua Fit - canceled</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Heart Healthy Dance Israels Fitness Centre 10:00 - 10:25 am</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Crafters' Show n' Tell Terrace Expressions 10:00 am - noon</p> </div> <p>10:15 Library Committee Meeting - TPDR</p> <p>11:15 Balance & Core - IFC</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Ping Pong - VI</p> <p>1:00 Line Dancing - EX</p> <p>1:00 Balance & Core - IFC</p> <p>1:50 Fitness Fusion - BS</p> <p>2:00 Men's Billiards - BR</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Knit Wits - BI</p> <p>4:00 Social Hour - TPDR</p> <p>4:15 Choir Practice - CP</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p>Passport to Adventure @ Calvin College Bus pick-up: 5:45 pm (pre-ticketed event)</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>"Wild Alaska" DVD Theatres 6:30 pm</p> </div>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>8:00 - 10:00 Coffee - WC, BI</p> <p>8:10 Stretch & Flex - BS</p> <p>8:30 Women's Circuit - IFC</p> <p>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</p> <p>9:10 Strength Training - BS</p> <p>9:50 Circuit Training - BS</p> <div style="border: 1px solid orange; padding: 5px; margin: 10px 0;"> <p>REAL The African Americans - "Many Rivers to Cross" (in honor of Black History Month) Part 6 of 6 Theatres - 10:00 am</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Crafters' Show n' Tell Ridge Private Dining Room 10:00 am - noon</p> </div> <p>10:00 Men's Circuit - IFC</p> <p>10:00-2:00 Breton Market - TLL</p> <p>10:45 Strength Training - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>11:20 Water Walking - canceled</p> <div style="border: 1px solid blue; padding: 5px; margin: 10px 0;"> <p>Functional Circuits Israels Fitness Centre 11:20 - 11:45 am</p> </div> <p>1:00 Men's Billiards - GR</p> <p>1:30 Birthday Social - WC </p> <p>7:00 Movie - TT </p> <p>7:00 Family Movie - RT</p> <p>7:00 Canasta and Scrabble - BI</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>8:00-10:00 Coffee - WC, BI</p> <p>10:00 Hymn Sing - TL</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Bingo in the Bistro 12:30 - 3:30 pm</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>"Newsies" (pre-ticketed event) Bus pick-up - 2:00 pm</p> </div> <p>1:00 Men's Billiards - GR</p> <p>2:00 Color My World - BI</p> <p>7:00 Family Movie - TT</p> <p>7:00 Movie - RT</p>	<p>Pool & Spa & Locker Rooms - Closed for Routine Maintenance</p> <p>2:30 Table Games - BI</p> <p>6:00 Worship Service in Centre Place w/ Rev. Jerry DeVries</p> <p>Transportation pick-up at 5:30 pm (return ride after the service)</p>
<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>						<p>Facility Services 235-2787</p> <p>Health Centre Open Monday - Friday 7:00 am - 5:00 pm 5:00 - 7:00 pm by appt. 643-2712</p> <p>After Hours Nurse Mon-Thurs: 11 pm - 7 am 7 pm Friday - 7 am Monday 485-7435</p> <p>Breton Market Terrace Lower Level Mon. & Wed. & Fri. 10:00 am - 2:00 pm</p> <p>On-Campus Rides M-F, 8:45 am - 4:15 pm 643-2582</p> <p>Resident Portal: mybretonwoods.org</p> <p>Breton Woods Vine mspweb1@gmail.com</p>