



# The Breton Buzz

September 2020

## From the Fitness Department

### **Feldenkrais:**

We are excited to announce that Feldenkrais will return on Tuesday, September 8. Class will be held on the Ridge Patio on Tuesdays at 10:30 am. There is no sign up required at this time.

### **Tai Chi:**

Tai Chi will continue outdoors through the end of September. Class is offered on Tuesdays at 9:30 am in the Terrace Courtyard and on Thursdays at 9:30 am on the Ridge Patio. Beginning October 1, we will offer indoor class options. Sign ups will be required. More information to come!

### **4th Annual Steps in September:**

During the month of September, the fitness team is challenging you to move one mile or more everyday. During your next Open Gym appointment, pick up a brochure that contains a calendar to record your progress. We ask that you please return your brochure during the first week in October to be entered to win an exercise journal and gift card. During Steps in September we will be collecting new and lightly worn shoes for In The Image. A donation box is located in the Fitness Centre and Body Shop. Let's walk together for health!

### **Outdoor Group Fitness Classes:**

The 8:30 am fitness classes will remain outdoors through the end of September. Beginning in October we plan to offer small-group classes indoors. Sign ups will be required. More information to come!

### **Special Facebook Live Fitness Class:**

The fitness team will offer a special Facebook Live fitness class on Thursday, September 3 at 1:00 pm. To tune in, go to:

**[facebook.com/hollandhome](https://www.facebook.com/hollandhome)**

### **Labor Day:**

There will be no fitness classes or Open Gym appointments on Monday, September 7 in observance of Labor Day.

## Volunteer Services

Robin Lambert, Volunteer Coordinator  
643-2725, [robin.lambert@hollandhome.org](mailto:robin.lambert@hollandhome.org)

**Have you heard our GREAT NEWS?** The first volunteers were able to start back on Monday, August 10! The On Campus Transportation program was able to resume and we have really missed our wonderful resident drivers. This service is operating on a modified schedule: Mondays, Tuesdays and Thursdays from 9:00 am - 1:45 pm (excluding holidays) by appointment only for on campus locations. **Appointments must be scheduled by 12:00 pm the day before the ride is needed by calling 643-2627.**

There are so many ways of volunteering so let's not wait until all our areas are opened back up. Think of different ways to reach others that can't go outside of their room or building. I heard that some Breton residents sent cards to residents in both Breton Rehab and Extended Care areas and how the residents were hugging the cards because of the joy they brought -WOW! A BIG THANK YOU to those that took time to do this. What a great way to give to others. Volunteers can do many different things such as write a card, draw a picture, make a sign, put out balloons, dress up like something funny, talk to someone outside their window, play an instrument outside a window.....ANYTHING to brighten someone's day. In turn it will also brighten yours. If you would like help with volunteering ideas or have questions about the Breton Market, please contact Robin at the information listed above.

*"Those who bring sunshine to the lives of others cannot keep it from themselves." James Matthew Barrie*

## Volunteer Services continued...

### **Breton Market Update**

Thank you for your continued support of the Breton Market! If you have questions about the Market or the ordering process, please contact Robin 643-2628 (the Market phone number). Please note that there is **no grocery delivery on Wednesday, September 2**. You can still place your order that week, however it will be delivered the following Wednesday, September 9.

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## Spiritual Care

Pastor Frank Guter, Breton Woods Chaplain  
643-2536, [frank.guter@hollandhome.org](mailto:frank.guter@hollandhome.org)

### **Worship Services:**

We will continue to hold outdoor weekly worship services during September, weather permitting. Services will be about 30-45 minutes long, and we will follow social distancing requirements (6' apart unless living in same household) and have masks on at all times. Bring your own chair or walker to sit on. If weather prevents, we will skip that service and try again the next week. We will observe a break during the Labor Day week (no service on September 2 or 4). If restrictions change and we are able to meet indoors, you will receive an update.

**Wednesdays** - Terrace South Patio at 10:30 am  
September 9, 16, 23 & 30

**Fridays** - Ridge main parking lot (A Wing) at 10:30 am  
September 11, 18, 25 & October 2

### **Resources:**

Please look for encouragement from our availability of devotional books on the counter by the Chaplain's office (Terrace) or in the mailroom (Ridge). You may also contact me at the information above to have one sent to your condo or put in your in-house mailbox.

### **Chaplain Gleanings:**

"This virus is creating new ways for everyone to think of how to keep your family and friends safe. We are in uncharted territory and we will all learn together. At one time I did not know how much time our family would have together. So I have gratitude now for every day that we get to be together." Christin Gigstad

### **Scripture for Thought:**

"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel." Philippians 1:27

## Announcements/Information

### **Dear friends:**

So many notes of concern and best wishes were received following my accident! Thank you to each! Physically I am healing well, but my head injury lingers. Your communications were very much appreciated. Thank you! Thank you! Arline Stoepker

### **Trash Talk:**

The trash receptacles in the common areas and garages of the Terrace and Ridge are NOT to be used for bags of every day household trash. Please use the trash room or the trash chute. Thank you!

### **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

### Line Dancing:

Give it a try! Research shows that line dancing improves cardiovascular function, bone strength, and brain function. Join in the fun on Thursdays at 1:00 pm in Expressions, beginning September 10. There is no sign up required at this time; class is limited to 9 participants.

### Kent District Library Book Mobile - Monday, September 14

This provides so many more books! You will not be able to enter the bus; call or go on-line to place all requests and they will be delivered to you.

- Use the iPad to communicate with staff.
- Place hold requests for pick up by calling Patron Services at 784-2007.
- Call 552-3341 the day of the visit for a virtual Material's Advisory Session.
- Checkouts are left at the main desk for pickup.

**Terrace** Main Entrance - 1:30 pm

**Ridge** Main Entrance - 2:30 pm

### Knitting / Crochet Club - Tuesdays at 2:00 pm - Expressions

Limited to 10 people.

### Knit Wits - Thursdays at 2:00 pm - Ristorante

Limited to 10 people.

### Ladies' Hawaiian Lunch on the Patios:

We may not be able to go out, but we're having Ladies' Hawaiian Lunch on the patios. Seating is limited to the proper capacity so sign up early. Lunch is \$15 and includes your meal, drink & dessert. Sign up by calling Patty; please note any food allergies. *Event will be rescheduled if it rains.*

**Terrace** - Wednesday, September 2 at 12 noon - Woods Café Patio

**Ridge** - Wednesday, September 9 at 12 noon - Ridge Vineyard Patio

### Men's Oktoberfest Lunch on the Patios:

We may not be able to go out, but we're having Men's Oktoberfest Lunch on the patios. Seating is limited to the proper capacity so sign up early. Lunch is \$15 and includes your meal, drink & dessert. Sign up by calling Patty; please note any food allergies. *Event will be rescheduled if it rains.*

**Terrace** - Thursday, September 3 at noon on the Woods Café Patio

**Ridge** - Thursday, September 10 at noon on the Ridge Vineyard Patio

### September Social Hours:

Homes residents are welcome! Social distancing applies and we ask that you not move any chairs; wear your mask until seated. Seating is limited to the proper capacity. Drinks and snacks cannot be shared. This activity is Weather permitting.

**Ridge Vineyard Patio:** Wednesdays at 4:00 pm

**Terrace Courtyard:** Thursdays at 4:00 pm

### Coffee on the Patios:

Bring your own mug and wear a mask until you sit down. Seating is limited to the proper capacity. This activity is Weather permitting.

**Ridge** - September 4 and 18 - Ridge Patio

**Terrace** - September 11 and 25 - Woods Café Patio

8:00 - 8:45 am - **Men's Coffee**

9:00 - 9:45 am - **Ladies' Coffee**

### Dog Paw-ty in the Terrace Courtyard:

Wednesdays at 10:30 am bring your dog and doggie (poo) bag; come and socialize with others. 6' social distancing is required. Weather permitting.

### ZOOM Bingo:

Wednesdays at 3:00 pm. Sign up on the Resident Portal or by calling Patty to get the ZOOM link.

### September Birthday Celebrations:

Due to restrictions, we will only be serving those celebrating birthdays in September and their spouses. If it rains it will be served as a grab-and-go.

**Terrace** Woods Café Patio - Monday, September 14 - 2:00 pm

**Ridge** Patio - Friday, September 18 - 2:00 pm

### B-I-N-G-O on the Patios:

Let's play Bingo in person! Bingo cards, prizes, and snacks are supplied for \$5. Limited to the first 20 that arrive. Weather permitting.

**Terrace** - Tuesday, September 8 at 3:30 pm - Woods Café Patio

**Ridge** - Tuesday, September 15 at 3:30 pm - Ridge Patio

### Arts & Crafts:

Classes are limited to the proper capacity.

- **Succulent Wreaths** - Design a multi-season wreath for your door.

**Ridge** - Monday, September 14 - 10:30 am - Ristorante

**Terrace** - Monday, September 28 - 10:30 am - Expressions

- **Active Aging Week Sign Decorating** -

Calling all residents who want to get creative: I need your help!

**Terrace** - Wednesday, September 16 - 1:00 pm - Expressions

**Patty's Pop-Up Pages Book Club:** Book discussions are limited to 9 residents, but we do have additional books for those that do not attend the discussion. Sign up on the Resident Portal or by calling Patty. Two large print books are available.

**Men Only:** This month we're doing a special men's only discussion on the book "Murder & Mayhem in Grand Rapids" by Tobin T. Buhk. While the River City is known for its history of furniture making, it also has a sinister side. Jennie Flood was a widow with a get-rich scheme that involved a shotgun and an insurance application. Reverend Ferris went undercover in his war against the city's purveyors of vice. The police rounded up the usual suspects in an attempt to solve the infamous 1921 bank heist that led to the slaying of two detectives. And the death of a teenager exposed "Aunty" Smith and her dangerous side business conducted in the shadows. Author Tobin T. Buhk delves into the colorful characters of Grand Rapids' past and the heinous crimes they committed.

- Pick up by September 8

- Discussion Monday, September 28 - 1:30 pm - Expressions.

**Open to all:** "The Paris Wife" by Paula McLain -

A deeply evocative story of ambition and betrayal, this book captures a remarkable period of time and a love affair between two unforgettable people: Ernest Hemingway and his wife Hadley.

- Pick up by September 8

- Discussion Wednesday, September 30 - 1:30 pm - Expressions.

### \*\*\* GOOD NEWS! \*\*\*

The Breton Readers will restart in October at both the Ridge and Terrace and will have books for November and December.

**October's book is: "The Queen of the Big Time" by Adriana Trigiani** Known and loved around the world for her sweeping "Big Stone Gap" trilogy and the instant New York Times bestseller "Lucia, Lucia", Adriana Trigiani returns to the charm and drama of small-town life with "The Queen of the Big Time". This heartfelt story of the limits and power of love chronicles the remarkable lives of the Castellucas, an Italian-American family, over the course of three generations.

**Ridge readers** will receive the book in September and will discuss it on Tuesday, October 6 at 2:00 pm in the Ristorante.

**Terrace readers** will receive the book after October 6 and will discuss it on Wednesday, October 28.

If you would like to be added to the Breton Readers list, contact Pat Keyser at 608-6258 or Kathy VanDeWeert at 608-6899. If you were already on the list previously, you are all set. Once books are distributed, the process will be to call Pat and Kathy to sign-up to be a part of the discussion group. The capacity of the group will be determined based on the executive order at that time.

### Ladies' Tea - Tuesday, September 29 - 3:00 pm - Expressions

Come enjoy a cup of tea and fellowship. Snacks will be provided. If a teacup was loaned to you as a "tea kit" delivery, please return it to Patty prior to this Tea. Call Patty to sign up. Seating is limited to proper capacity.

### Emotional & Spiritual Wellness Classes

#### "God Questions for the Covid Age" with Diane Bloem

One of the greatest gifts God has given human beings is the ability to speak - to communicate - and He has invited believers as His children to communicate with Him - including asking questions. The Bible contains hundreds of questions. In our 3 sessions we will ask questions and look for answers in the Bible. We will look for positive and negative answers.

**Week 1: "Where are you?"**

**Week 2: "Why is this happening?"**

**Week 3: "How do we go from here?"**

**Terrace** - Tuesdays, September 8, 15 & 29  
Expressions - 10:30 am

**Ridge** - Wednesdays, September 10, 17 & October 1  
Ristorante - 10:30 am

Call Patty to sign up. Be sure to state which location you are signing up for. \*Due to the limited number of seats (9), please only sign up if you can attend all 3 weeks.

### R.E.A.L. via ZOOM

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

#### **"Xfinity" (Comcast) w/Hugo via ZOOM**

**Wednesday, September 16 - 1:00 pm**

Learn about 'Peacock' and your access to more movies.

**Wednesday, September 30 - 1:00 pm**

Learn how to filter your movie selections and access more free movies.

These sessions will also include an open time with our Xfinity Rep who can assist with anything Xfinity related that you need help with. Sign up on the Resident Portal or by calling Patty.



# Vibrant Living Programming Calendar

## September 2020



S U	MON	TUES	WED	THURS	FRI	S A
	<p><b>Check the Buzz for sign-up information for all classes.</b></p> <p><b>Terrace Location Key:</b>  EX - Expressions  TCY - Courtyard  TME - Main Entrance  TSP - South Patio  WCP - Woods Café Patio</p> <p><b>Ridge Location Key:</b>  RI - Ristorante  RME - Main Entrance  RP - Patio</p>	<p>1</p> <p>8:30 – Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - TCY</p> <p>2:00 - Knitting/Crocheting - EX</p>	<p>2</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>10:30 - Dog Paw-ty - TCY</p> <p>12:00 Noon Terrace Ladies' Hawaiian Lunch - WCP</p> <p>3:00 - ZOOM Bingo</p> <p>4:00 - Social Hour - RP</p>	<p>3</p> <p>8:30 – Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - RP</p> <p>12:00 Noon - WCP Terrace Men's Oktoberfest Lunch </p> <p>2:00 - Knit Wits - RI</p> <p>4:00 - Social Hour - TCY</p>	<p>4</p> <p>Ridge Coffee - RP  8:00-8:45 - Men  9:00-9:45 - Women  BYO Mug</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - RME (BYO chair)</p>	5
6	<p>7</p> <p><b>LABOR DAY!</b>  All Fitness and Life Enrichment activities canceled today. Offices closed.</p> 	<p>8</p> <p>8:30 - Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - TCY</p> <p>10:30 - "God Questions for the Covid Age" by Diane Bloem - EX</p> <p>10:30 – Feldenkrais - RP</p> <p>2:00 - Knitting/Crocheting - EX</p> <p>3:30 - Bingo Party \$5 - WCP</p>	<p>9</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>10:30 - Dog Paw-ty -TCY</p> <p>12:00 Noon Ridge Ladies' Hawaiian Lunch - RP </p> <p>3:00 - ZOOM Bingo</p> <p>4:00 - Social Hour - RP</p>	<p>10</p> <p>8:30 - Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - RP</p> <p>10:30 - "God Questions for the Covid Age" by Diane Bloem - RI</p> <p>12:00 Noon - RP Ridge Men's Oktoberfest Lunch </p> <p>1:00 - Line Dancing - EX</p> <p>2:00 - Knit Wits - RI</p> <p>4:00 - Social Hour - TCY</p>	<p>11</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>Terrace Coffee - WCP  8:00-8:45 - Men  9:00-9:45 - Women  BYO Mug</p> <p>10:30 - Worship Service - RME (BYO chair)</p>	1 2
1 3	<p>14</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Decorative Succulent Wreath Class - RI</p> <p> KDL Bookmobile  1:30 pm - TME  2:30 pm - RME</p> <p>2:00 - Terrace September Birthday Social - WCP</p>	<p>15</p> <p>8:30 - Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - TCY</p> <p>10:30 - "God Questions for the Covid Age" by Diane Bloem - EX</p> <p>10:30 - Feldenkrais - RP</p> <p>2:00 - Knitting/Crocheting - EX</p> <p>3:30 - \$5 Bingo Party - RP</p>	<p>16</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>10:30 - Dog Paw-ty -TCY</p> <p>1:00 - AAW Decorating/Sign Party - EX</p> <p>1:00 - REAL ZOOM: Xfinity 'Peacock' with Hugo</p> <p>3:00 - ZOOM Bingo</p> <p>4:00 - Social Hour &amp; AAW Sign Making - RP</p>	<p>17</p> <p>8:30 - Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - RP</p> <p>10:30 - "God Questions for the Covid Age" by Diane Bloem - RI</p> <p>1:00 - Line Dancing - EX</p> <p>2:00 - Knit Wits - RI</p> <p>4:00 - Social Hour - TCY</p>	<p>18</p> <p>Ridge Coffee - RP  8:00-8:45 - Men  9:00-9:45 - Women  BYO Mug</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - RME (BYO chair)</p> <p>2:00 - Ridge September Birthday Social - RP</p>	1 9
2 0	<p>21</p> <p>8:30 - Woods Workout - <u>Canceled</u> due to AAW</p> <p><b>ACTIVE AGING WEEK!!</b>  Watch for a separate calendar for this week's themed activities!</p> 	<p>22</p> <p>8:30 - Stretch &amp; Flex - <u>Canceled</u> due to AAW</p> <p>9:30 - Tai Chi - TCY</p> <p>10:30 - Feldenkrais - RP</p> <p>2:00 - Knitting/Crocheting - <u>Canceled</u> due to AAW</p>	<p>23</p> <p>8:30 - Woods Workout - <u>Canceled</u> due to AAW</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>10:30 - Dog Paw-ty - TCY</p> <p>3:00 - ZOOM BINGO - <u>Canceled</u> due to AAW</p>	<p>24</p> <p>8:30 - Stretch &amp; Flex - <u>Canceled</u> due to AAW</p> <p>8:30 - Tai Chi - RP <i>(note time change)</i></p> <p>1:00 pm - Line Dancing - EX</p> <p>2:00 pm - Knit Wits Ristorante - <u>Canceled</u> due to AAW</p>	<p>25</p> <p>Terrace Coffee - WCP  8:00-8:45 - Men  9:00-9:45 - Women  BYO Mug</p> <p>8:30 - Woods Workout - <u>Canceled</u> due to AAW</p> <p>10:30 - Worship Service - RME (BYO chair)</p>	2 6
2 7	<p>28</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Decorative Succulent Wreath Class - EX</p> <p>1:30 - Patty's Pop-up Pages for Men "Murder &amp; Mayhem in Grand Rapids" - EX</p>	<p>29</p> <p>8:30 - Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - TCY</p> <p>10:30 - "God Questions for the Covid Age" by Diane Bloem - EX</p> <p>10:30 - Feldenkrais - RP</p> <p>2:00 - Knitting/Crocheting - EX</p> <p>3:00 - EX Ladies' Tea </p>	<p>30</p> <p>8:30 - Woods Workout - TCY/RP</p> <p>10:30 - Worship Service - TSP (BYO chair)</p> <p>10:30 - Dog Paw-ty -TCY</p> <p>1:00 - REAL ZOOM: Xfinity Movies w/ Hugo</p> <p>1:30 - Patty's Pop-up Pages "The Paris Wife" - EX</p> <p>3:00 - ZOOM BINGO</p> <p>4:00 - Social Hour - RP</p>	<p>1</p> <p>8:30 - Stretch &amp; Flex - TCY/RP</p> <p>9:30 - Tai Chi - RP</p> <p>10:30 - "God Questions for the Covid Age" by Diane Bloem - RI</p> <p>1:00 pm - Line Dancing - EX</p> <p>2:00 pm - Knit Wits - RI</p> <p>4:00 - Social Hour - TCY</p>		