

PHYSICAL WELLNESS

EMOTIONAL WELL-BEING

SPIRITUAL FULFILLMENT

INTELLECTUAL DISCOVERY

SOCIAL ENGAGEMENT

November 2-8

Monday, Nov. 2	Tuesday, Nov. 3	Wednesday, Nov. 4	Thursday, Nov. 5	Friday, Nov. 6	Saturday, Nov. 7	Sunday, Nov. 8
<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Wood's Workout - EX</p> <p>9:00 Wood's Workout - VI</p> <p>9:15 Wood's Workout - EX</p> <p>10:30 Making Christmas Cards - RI</p> <p>Music with Pete & Jane Centre Place 1:00 pm</p> <p>1:00 Book of Luke Bible Study - RI</p> <p>3:00 Ladies Tea - EX</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Stretch and Flex - RI, IFC</p> <p>Tai Chi Expressions 9:30 am</p> <p>1:00 Ice Cream Social - EX</p> <p>2:00 Knitting & Crocheting - AS</p> <p>October Board Coffee Recorded Presentation - Centre Place 2:00 pm</p> <p>Breton Readers Ridge Ristorante 2:00 pm</p> <p>Bingo & Pizza 4:00 pm - RI \$5 includes pizza</p> <p>ELECTION DAY</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Wood's Workout - EX</p> <p>9:00 Wood's Workout - VI</p> <p>9:15 Wood's Workout - EX</p> <p>10:00 Book of Luke Bible Study - EX</p> <p>Movie Madness: "Holiday in the Wild" 10:30 - Terrace Theatre 1:00 - Ridge Theatre (limited capacity - sign up at the Life Enrichment board by the mailboxes)</p> <p>1:00 Study of Luke Bible Study - RI</p> <p>2:00 ZOOM Bingo</p> <p>Breton Woods Worship Centre Place 3:00 pm (newcomers sign up at the reception desk)</p> <p>4:00 Social Hour - RI</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Stretch and Flex - RI, IFC</p> <p>Tai Chi Vineyard 9:30 am</p> <p>10:00 Pumpkins & Flowers Arrangement Class - RI</p> <p>Line Dancing Expressions 1:00 pm</p> <p>R.E.A.L "Loss of Speech" Centre Place - 1:30 pm</p> <p>2:30 Knit Wits - RI</p> <p>4:00 Social Hour - EX</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>Coffee Time Ridge Ristorante 8:00 am - Men 9:00 am - Women</p> <p>8:30 Wood's Workout - EX</p> <p>9:00 Wood's Workout - VI</p> <p>9:15 Wood's Workout - EX</p> <p>October Board Coffee Recorded Presentation - Vineyard 10:00 am</p> <p>Breton Woods Worship Vineyard 3:00 pm (newcomers sign up at the reception desk)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC, BS - 10:15 - 3:25 (by appointment only)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC, BS - 10:15 - 3:25 (by appointment only)</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</p> <p>BRLC - Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South</p>	



November 9-15

Monday, Nov. 9	Tuesday, Nov. 10	Wednesday, Nov. 11	Thursday, Nov. 12	Friday, Nov. 13	Saturday, Nov. 14	Sunday, Nov. 15
<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Wood's Workout - EX</p> <p>9:00 Wood's Workout - VI</p> <p>9:15 Wood's Workout - EX</p> <p>10:30 Making Christmas Cards - EX</p> <p>1:00 Book of Luke Bible Study - RI</p> <p>Music with Pete & Jane Vineyard 2:00 pm</p> <p>3:00 Ladies Tea - EX</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Stretch and Flex - RI, IFC</p> <p>Tai Chi Expressions 9:30</p> <p>Movie Madness: "Paddleton" 10:00 - Terrace Theatre (limited capacity - sign up at the Life Enrichment board by the mailboxes)</p> <p>Feldenkrais Ristorante 10:30</p> <p>1:00 Ice Cream Social - RI</p> <p>2:00 Knitting & Crocheting - AS</p> <p>Bingo & Pizza 4:00 pm - EX \$5 includes Pizza</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Wood's Workout - EX 9:00 Wood's Workout - VI 9:15 Wood's Workout - EX 10:00 Book of Luke Bible Study - EX</p> <p>Veterans Day Social 10:00 am - Ridge Vineyard 1:00 pm - Terrace Expressions (Veteran's only)</p> <p>*****</p> <p>R.E.A.L. "Xfinity Q & A" via ZOOM - 1:00 pm</p> <p>1:00 Book of Luke Bible Study - RI 2:00 ZOOM Bingo</p> <p>Breton Woods Worship Centre Place 3:00 pm (newcomers sign up at the reception desk)</p> <p>Wine Tasting & Pairing - Ristorante 4:00 pm (sign up; \$20/person)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>8:30 Stretch and Flex - RI, IFC</p> <p>Tai Chi Vineyard 9:30</p> <p>R.E.A.L. "Miles and Miles of Murals" Part II via ZOOM - 10:00 am</p> <p>10:15 Library Committee Meeting - EX</p> <p>1:00 R.E.A.L. Board Meeting - EX</p> <p>Line Dancing Expressions 1:00 pm</p> <p>2:30 Knit Wits - RI</p> <p>Wine Tasting & Pairing - Expressions 4:00 pm (sign up; \$20/person)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 10:15 - 3:25 (by appointment only)</p> <p>Coffee Time Terrace Expressions 8:00 am - Men 9:00 am - Women</p> <p>8:30 Wood's Workout - EX</p> <p>9:00 Wood's Workout - VI</p> <p>9:15 Wood's Workout - EX</p> <p>Breton Woods Worship Vineyard 3:00 pm (newcomers sign up at the reception desk)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC, BS - 10:15 - 3:25 (by appointment only)</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>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC, BS - 10:15 - 3:25 (by appointment only)</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>