

PHYSICAL
WELLNESS

EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

Nov. 30 - Dec. 6

Monday, Nov. 30	Tuesday, Dec. 1	Wednesday, Dec. 2	Thursday, Dec. 3	Friday, Dec. 4	Saturday, Dec. 5	Sunday, Dec. 6
<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 9:15 - 3:25 (by appointment only)</p> <p>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Stretch and Flex 9:15 Balance & Core Stability 3:45 Cardio Drumming</p> <p>2:00 - ZOOM BINGO Sign up on the Resident Portal to get the link</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 9:15 - 3:25 (by appointment only)</p> <p>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Cardio Express 9:15 Strength Training 2:15 Barre Workout 3:45 Seated Stretching</p> <p>"Tuesday Trivia" Topic: The Bible 1:00 pm via Zoom Sign up on the Resident Portal</p> <p>"Christmas Door Decorating Competition" Begins (Judging starts on December 8)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC 12:45 - 3:25 (by appointment only) BS - 9:15 - 3:25 (by appointment only)</p> <p>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Stretch and Flex 9:15 Balance & Core Stability 3:45 Bootcamp</p> <p>"Acrylic Pour Marbled Christmas Ornaments" 10:00 am via ZOOM Supplies provided. Instructions via ZOOM. Sign up on the Resident Portal</p> <p>"It is Well with My Soul" Canvas Painting 1:00 pm Supplies provided. Instructions via ZOOM. Sign up on the Resident Portal</p> <p>Breton Woods Worship 3:00 pm Centre Place (newcomers sign up at the reception desk)</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 9:15 - 3:25 (by appointment only)</p> <p>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Cardio Express 9:15 Strength Training 2:15 Brain & Body Exercise 3:45 First Step</p> <p>Christmas Movie Madness 10:00 am via ZOOM: "Christmas Inheritance" 12:00 pm via ZOOM: "Dolly Parton's Christmas on the Square" Sign up on the Resident Portal to receive the link. Popcorn included.</p> <p>Breton Market orders for December 9 delivery are due by noon today.</p> <p>REAL "Coping with Grief During the Holidays" 2:00 pm via ZOOM</p> <p>"Cooking with Chef Jenna from Amore' Trattoria" 4:30 pm via ZOOM</p>	<p>Open Swim Pool - 8:30 - 3:15 (by appointment only)</p> <p>Open Gym IFC and BS - 9:15 - 3:25 (by appointment only)</p> <p>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Stretch & Flex 9:15 Balance & Core Stability</p> <p>REAL "Forty Functional Exercises" 2:30 pm via ZOOM</p> <p>Breton Woods Worship 3:00 pm Vineyard (newcomers sign up at the reception desk)</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>	



December 7-13

Monday, Dec. 7	Tuesday, Dec. 8	Wednesday, Dec. 9	Thursday, Dec. 10	Friday, Dec. 11	Saturday, Dec. 12	Sunday, Dec. 13
<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>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Stretch and Flex 9:15 Balance & Core Stability 3:45 Cardio Drumming</p> <p>2:00 - ZOOM BINGO Sign up on the Resident Portal to get the link</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>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Cardio Express 9:15 Strength Training 2:15 Barre Workout 3:45 Seated Stretching</p> <p>“Tuesday Trivia” via Topic: Classic Movies 1:00 pm via ZOOM Sign-up on the Resident Portal</p> <p>Caregiver Support Group 3:30 pm Terrace Private Dining Room</p> <p>“Christmas Door Decorating Competition” Judging</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>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Stretch and Flex 9:15 Balance & Core Stability 3:45 Bootcamp</p> <p>“Snowy Pinecone Candle Jars” Art Project 1:00 pm Supplies provided. Instructions via ZOOM. Sign up on the Resident Portal</p> <p>Breton Woods Worship 3:00 pm Centre Place (newcomers sign up at the reception desk)</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>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Cardio Express 9:15 Strength Training 2:15 Brain & Body Exercise 3:45 First Step</p> <p>Breton Market orders for December 16 delivery are due by noon today.</p> <p>Christmas Movie Madness: 12:00 pm via ZOOM “The Christmas Chronicals I” 2:00 pm via ZOOM “The Christmas Chronicals II” Sign-up on the Resident Portal to receive the Link Popcorn included.</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>FACEBOOK LIVE CLASSES: Facebook.com/HollandHome 8:15 Stretch & Flex 9:15 Balance & Core Stability</p> <p>Breton Woods Worship 3:00 pm Vineyard (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 - Friday: 11:30 am - 3:30 pm</p> <p>Bistro - 643-2598 Monday - Friday: 11:30 am - 3:30 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 mbspweb1@gmail.com</p>