



# The Breton Buzz

May 2021

## From the Fitness Department

### **Move in May: Holland Home Summer Games**

Move in May is an exciting physical wellness program that encourages you to be active. The fitness team encourages you to try new Olympic-themed fitness classes and participate in as many opportunities as you can!

#### **Friday, May 7**

- 9:00 am - Table Tennis Tournament – Vineyard
  - 11:00 am - PraiseMoves with Deann – Expressions (Christian Alternative to Yoga)
  - 1:15 pm - Olympic Strength Training with Shila – Expressions
- Regular classes will be replaced with Move in May events.

#### **Friday, May 14**

- 9:00 am - Balloon Volleyball – Expressions
- 10:00 am - Zumba Gold with Judith – Vineyard
- 11:00 am - Campus Walk and Ride – Terrace Main Entrance  
Participants can bike or walk!

Regular classes will be replaced with Move in May events.

#### **Friday, May 21**

- 9:00 am - Weight Lifting with Hannah – Expressions
  - 11:00 am - Gymnastics with Hannah – Expressions (Stretching and Core Strengthening)
  - 1:00 pm - Shuffleboard – Expressions
  - 2:30 pm - Bean Bag Tournament – Ridge Main Entrance
- Regular classes will be replaced with Move in May events.

#### **Wednesday, May 26**

- 9:30 am - Karate and Cookies – Expressions
- Karate will replace the 9:30 am Strength Training class on this date. ALL other classes will be offered at their regular time.

### **Pool Classes**

We are excited to announce that some pool classes will resume in May! Please practice safe social distancing and wear a mask any time you are not in the pool.

- Aqua Fit will be offered on Monday and Wednesday at 8:30 am. Beginning May 28 Aqua Fit will also be offered on Fridays.
- Water Walking will be offered on Tuesday and Thursday at 11:00 am. Cardio Express will be moved to 10:15 am in May to accommodate the new classes.

### **Seated Tai Chi**

Did you know Tai Chi can help relieve the physical effects of stress! Try Seated Tai Chi with Denise on Tuesdays and Thursdays at 1:00 pm.

- Tuesdays at 1:00 pm in Expressions.
- Thursdays at 1:00 pm in the Vineyard.

### **Walking Club Wednesday**

Studies have shown that routine walking can help improve circulation and lower blood pressure. Join Liz for Walking Club on Wednesdays in May at 2:15 pm. Meet at the Terrace Main Entrance.

### **Personal Training**

Team up with a Certified Personal Trainer to achieve and maintain your health and fitness goals. Certified Personal Trainers work with you to create an exercise program that is safe and specific to your needs; whether you are seeking to keep up progress after physical therapy, improve cardiovascular health, or increase strength. Contact Madye Martin or Alisha VanEpps to learn more or to sign up for a complimentary consultation.

- Madye Martin: 643-2584
- Alisha Van Epps: 643-2636

## Spiritual Care

Pastor Frank Guter, Breton Woods Chaplain  
643-2536, frank.guter@hollandhome.org

### **Announcements**

Weekly worship times are as follows:

Terrace - Sundays - 6:00 pm - Centre Place  
Ridge - Fridays - 3:00 pm - Vineyard

### **Chaplain Gleanings**

- “Spring is when you feel like whistling, even with a shoe full of slush.” ~Doug Larson
- “If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome.” ~Ann Bradstreet

### **Scripture for Thought**

“See, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind... for I will create Jerusalem to be a delight and its people a joy. ~Isaiah 65:17, 18

## Announcements/Information

**Lost & Found:** Items from the Lost & Found will be displayed for owners to reunite with May 3-10. From the 10th to the 17th the remaining items will be available for any resident to rehome. On May 18 anything left will be donated to New 2 You. Items for the Terrace will be in the lower level behind the staircase; Ridge items will be in the Resident Mailroom. We are taking a ‘hands off’ approach this year in that we are asking that you don’t touch the items unless you intend on taking it.

### **Safety Reminders:**

- **On the Campus** - Grounds Department is hard at work getting the campus “summer beautiful”! Please be cautious and aware of their equipment while driving or walking on the campus. Please do not walk on the roads unless necessary. Use the sidewalk whenever possible. Use caution to avoid injury.
- **Building Security** - Please do not let anybody into the Terrace or Ridge that you do not know; this jeopardizes the security of the buildings. Visitors should report to the Reception Desk for screening.
- **Scams** - Here are some tips on how to spot, verify, and stop a scam:
  - Never provide personal identifying information to an incoming caller such as your bank account, credit card information, or social security number. Hang up and call the company or individual back on a phone number you know to be correct.
  - Spot the red flags:
    - ~If the caller is frantic and demands funds be wire transferred, sent in cash, or via gift cards - it’s probably fraud.
    - ~If the caller instructs you not to tell anyone - it’s probably fraud.
  - Slow down. Do not act right away, even though you will be pressured to do so.
  - If someone calls claiming to be a loved one of yours, double check by attempting to reach the loved one in question. Confirm their status or whereabouts with other family.

### **Attention All Golfers - Men and Women**

Beginning May 4 you can golf every Tuesday with your Holland Home neighbors. Managed by Terrace residents, Terry Sehl and Bill Olthoff, you are invited to play nine holes (with cart) at the Pines Golf Course, 5050 Byron Center Ave, SW, Wyoming, MI 49519. The first tee time is 9:00 am with foursomes following one another off the same tee box. Cost is \$16 per golfer paid to the course when you arrive. Men and women are invited to participate any Tuesday, weather permitting. For more information contact Terry Sehl at (616) 254-7621 or Bill Olthoff at (616) 455-0145.

### **Xfinity Updates 2021!**

**Xfinity Mobile:** Xfinity Internet customers can save hundreds per year on your wireless service by switching to Xfinity Mobile!

Great deals on Samsung and iPhones.

Bring your own device to save even more.

To learn more about all the amazing offers, Visit: [Xfinity.com/mobile](https://xfinity.com/mobile)

**Peacock:** Xfinity’s new streaming service is available to all residents. Peacock premium, normally \$4.99 a month is free to all residents who have Xfinity Internet!

If you have Xfinity internet, just say “Peacock” into the voice remote.

To learn more, visit: [Peacocktv.com](https://peacocktv.com)

**Disney Plus:** Effective 3-31-21, Disney Plus will be available to all X1 customers. Simply say “Disney Plus” into your voice remote to log in or sign up!

**Please join us for Mah Jongg every Wednesday** at 12:30 pm in the Terrace Lobby or 6:45 pm in the Ridge Lobby We will teach you if interested in learning. Please note: This is not the matching game that is online. If you have any questions call Pat (231) 420-2821.

**Dear Friends and Neighbors of Breton Ridge:** I am sincerely grateful for all of the beautiful expressions of cards, calls, prayers, concerns, love and sympathy at the time of the loss of Mary Kay. She was so loved by all; and we are so saddened. May God bless all of you for your very comforting expressions. Thankfully, Carol Nickles

## Dining Services

Celebrate all the Moms in your life by picking up a special Mother’s Day meal from the Bistro or Woods Café on Monday, May 10 from 12:00 - 2:00 pm.

## Life Enrichment

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

**Please wear your Name Tags to all events. With wearing masks for so long this will help with names and our new residents.**

**Long Term Care Week is May 11-14 this year!** We're going to be celebrating Tuesday - Friday and there are a ton of fun free events to attend. A special calendar with more details will come separately.

**Thursday, May 6 at 10:00 am: Veteran Art with Pamela Alderman**  
Veterans and their spouses may join Pamela for Tissue Paper Leaf Collage Art. A special art class sponsored by the Kent County Veterans Services free to our Holland Home Veterans. \*Sign up early as the class is limited to 25 at this time due to restrictions.\*

**Tuesday, May 11:** We will display items from a variety of countries in the lobbies. If you would like to share something that represents a country, please contact Patty. Your items will be out in the open and should be labeled with your name and apartment number.

**Tuesday, May 11:** Food trucks and music are coming from 4:30-6:30 pm at the Ridge and Terrace. Don't miss the BD BBQ Truck at the Ridge and Pizza Parliament at the Terrace. There will be a shuttle bus to pick up orders at each location. There are also ice cream/dessert trucks at both locations.

**Wednesday, May 12:** Sign up for the Women's and Men's Mini-Retreats. At 4:00 pm the Ridge will have a Wine Tasting.

**Thursday, May 13 at 10:00 am: Sing-a-Long with Pete and Jane** Join us for a sing-a-long in Centre Place at the Terrace. Limited to 25 people. First come, first in. Please adhere to the guidelines and wear your mask.

**Thursday, May 13:** Music! Sing-a-longs in the morning, Andrew Kapanowski in the afternoon and a beer tasting at 4:00 pm.

**Friday, May 14:** Get ready for Beach Volleyball, Zumba, an ALL Campus Walk and Summer Cook-outs at the Ridge and Terrace Cafes & Patios.

**Tuesday, May 18 at 11:30 am: Meet for Lunch at FireRock Grille**  
Sign up to have lunch with friends and reservations will be made for the group. Limited so sign up early via the Resident Portal at the Receptionist.

**Friday, May 21 at 10:00 am: Japanese Gardens at Fredrick Meijer Gardens**

Meet me at Fredrick Meijer Gardens to tour the Japanese Gardens. Tickets are provided. Busing is not available at this time. Sign up on the Resident Portal or at the Receptionist. Meet at the ticket counter to receive your free ticket. Wear your walking shoes for comfort. Tickets can be used for touring of all of the gardens, inside and out.

### **Sunrise Social**

Monday through Saturday from 8:00 - 10:00 am, bring your own beverage, sign in, wear your mask when not seated, return tables and chairs to how you found them, and best of all enjoy social time with friends in the Bistro and Woods Café.

### **Ice Cream Socials**

**Mondays at 2:15 pm - Ridge Vineyard**

**Thursdays at 1:30 pm - Terrace Woods Café**

Join us for ice cream and toppings weekly. It's a great way to get to know people and socialize. The new pricing is \$2.25/ice cream and toppings, and \$1.25 for coffee. These charges will be applied to your monthly bill. No cash will be accepted. Please wear your nametag.

### **Games, Games, Games! Euchre, Mexican Train, Dominos, and more!**

Game nights are in full swing. Check the calendar for days and times. Please adhere to the maximum capacity guidelines, wear your masks, social distance responsibly, sanitize your hand before and after. If you move tables and chairs, please return them to where you found them.

### **Knitting & Crocheting Groups are meeting on Tuesdays**

• **Ridge Knit Wits - 1:30 pm - Bistro**

• **Terrace Knitting Group - 2:00 pm - Expressions**

Work on your own projects or assist with group projects.

### **Ladies Tea on Tuesdays at 3:00 pm**

Each Tuesday we will have a ladies tea in the Private Dining Room at the Terrace and the Bistro at the Ridge. Tea is provided. Snacks cannot be shared at this time.

### **Social Hours at the Ridge (Wednesdays) and Terrace (Thursdays)**

Join us for Social Hour on Wednesdays at 4:00 pm in the Ridge Bistro and Thursdays at 4:00 pm in the Terrace Private Dining Room (overflow to the Woods Café). Please bring your own beverage. Dining Services will sell some wine/beer options in the Woods Cafe or Bistro ahead of time. Please adhere to the guidelines and wear your mask when standing up and maintain a safe distance. Snacks cannot be shared.

### **Movie Nights on Friday and Saturday at 7:00 pm**

Join us in the Theatres on Fridays and Saturdays. See the calendar for the movies that will be playing. Please note that capacity will be limited

## **(Life Enrichment continued)**

to the current restrictions. First Come, First In, and seats may NOT be saved earlier in the day.

### **Art on Wednesdays at 2:00 pm**

Get artistic and use your Right Brain! Join Patty to create fun projects! Sign up on the Resident Portal or at the Reception Desk.

Wednesday, May 5: "Art with Sea Shells" - Terrace Art Studio

Wednesday, May 12: No Art - Sign up for LTCW Mini-Retreats

Wednesday, May 19: "Shadow Box Art" - Ridge Ristorante. Bring 4-5 mementos that you'd like to put in a Shadow Memory Box.

Wednesday, May 26: "Painting Flamingos in Watercolor" with Marian Houtman - Terrace Art Studio

### **May Birthdays at Ice Cream Socials**

Monday, May 17 at 2:15 pm - Ridge Bistro

Thursday, May 20 at 1:30 pm - Terrace Woods Café

Those celebrating birthdays in May will have their ice cream and cake FREE at the Ice Cream Socials.

## **Breton Readers**

Call Pat Keyser (Ridge) at 608-6258 or Kathy VandeWeert (Terrace) at 608-6899 to reserve a book and/or for updates.

**Ridge:** Book discussion on May 4 - "News of the World" by Paulette Jiles. In the aftermath of the Civil War, Captain Jefferson Kyle Kidd, an elderly widower and itinerant news reader, is offered fifty dollars to bring an orphan girl, who was kidnapped and raised by Kiowa raiders, from Wichita Falls back to her family in San Antonio. (Recently made into a film).

**Terrace:** Book discussion on May 26 - "A Long Way Home" by Saroo Brierley. "The miraculous and triumphant story of a young man who rediscovers not only his childhood life and home...but an identity long-since left behind".

**Coming to the Ridge** on June 2 - "Wonder" by R.J. Palacio. Ten-year-old Auggie Pullman, who was born with extreme facial abnormalities and was not expected to survive, goes from being home-schooled to entering fifth grade at a private middle school in Manhattan, which entails enduring the taunting and fear of his classmates as he struggles to be seen as just another student.

## **Volunteer Services**

Robin Lambert, Volunteer Coordinator  
643-2725, robin.lambert@hollandhome.org

Seasons. We all go through life seasons just as in nature where sometimes there is the beauty, like that of Spring or there is darkness, like the long cold days of Winter. Looking back through life's past seasons there may be memories of good or bad, but I was again reminded through a song by Pat Barrett called "Canvas and Clay" that nothing we go through is wasted. Some lyrics are: "In my mother's womb, You formed me with Your hands, Known and loved by You, Before I took a breath, When I doubt it, Lord, remind me, I'm wonderfully made... You make all things work together, For My Future and for my good, ... I know nothing has been wasted, No failure or mistake, You're an artist and a potter, I'm the canvas and the clay."

If you are feeling like you are in a dark season or just not ready to get back out into the nearby community again from when Covid first hit a year ago, volunteering within our Independent Living areas is a great way to get out again in a safe environment, where the majority are vaccinated, and are wearing masks. Please contact me if you would like to discuss volunteering. We could use more volunteers.

### **Postage Stamps & Greeting Cards:**

~ Ridge - stamps and cards - cash sales only in the RSO

~ Terrace - stamps - purchase by account only (no cash sales)  
- cards - now only available in the Breton Market

**Breton Market:** The Breton Market is now open Wednesdays from 10:00 am to 1:00 pm. Stop in and see the great selection! All purchases are charged to your account.

**On Campus Transportation:** Rides are available Monday through Thursday from 9:00 am - 1:45 pm. Rides must be scheduled by calling 643-2627 before 12:00 noon the day prior to when the ride is needed.



**Breton Terrace Woods Café**  
**and Breton Ridge Bistro**

Monday - Friday

12:00 - 4:30 pm