



MAY 3 - 9

Monday, May 3	Tuesday, May 4	Wednesday, May 5	Thursday, May 6	Friday, May 7	Saturday, May 8	Sunday, May 9
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <div style="border: 1px solid green; padding: 5px;"> <p>Sunrise Social (Monday - Saturday) 8:00 - 10:00 am Bistro & Woods Café (Bring your own beverage.)</p> </div> <p>8:15 Stretch and Flex - BS 8:30 Aqua Fit - Pool 9:15 Strength Training - VI 9:30 Strength Training - EX 10:00 Intercessory Prayer - TPDR 10:15 Heart Healthy Dance - VI 11:00 Stretch and Flex - EX 1:00 Bible Study w/ Suzie Z. - RI (check for availability) 1:00 Strength Training - VI 1:00 Men's Billiards - GR 1:15 Strength Training - EX 1:30 Open Gym - BS</p> <div style="border: 1px solid green; padding: 5px;"> <p>Ridge Ice Cream Social (every Monday) 2:15 pm - Bistro \$2.25/dish & \$1.25/drink</p> </div> <p>2:30 Bretonaires Practice - EX 6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:30 Open Gym - IFC 9:30 Balance and Core - EX 10:00 Bible Study w/ Mary Ann O. - EX (check for availability) 10:00-4:00 Quilting - AS 10:00 Ladies Billiards 10:15 Cardio Express - TPDR 10:30 Feldenkrais - VI 11:00 Water Walking - Pool 1:00 Bible Study w/ Mary Ann O. - RI (check for availability) 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - EX 1:00 Open Gym - BS 1:30 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Breton Readers - RI 2:00 Balance and Core - TPDR 2:30 Balance and Core - VI</p> <div style="border: 1px solid green; padding: 5px;"> <p>"Rise of the Chinese Communist Party" with Phil Bom 3:00 pm Centre Place / Live Stream</p> </div> <p>3:00 Ladies Tea - TPDR & BI 3:00 Ladies Billiards - BR 7:00 Scrabble - TL</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - BS 8:30 Aqua Fit - Pool 9:15 Strength Training - VI 9:30 Strength Training - EX</p> <div style="border: 1px solid pink; padding: 5px;"> <p>!!! Breton Market !!! Open: 10:00 am - 1:00 pm</p> </div> <p>10:15 Heart Healthy Dance - VI 11:00 Stretch and Flex - EX 12:30 Mah Jongg - TL 1:00 Men's Billiards - GR 1:00 Strength Training - VI</p> <div style="border: 1px solid green; padding: 5px;"> <p>Grocery Shopping to Meijer Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> </div> <p>1:15 Strength Training - EX 1:30 Open Gym - BS</p> <div style="border: 1px solid green; padding: 5px;"> <p>Wednesday Art "Art with Sea Shells" 2:00 pm Terrace Art Studio</p> </div> <p>2:00 Men's Billiards - BR</p> <div style="border: 1px solid blue; padding: 5px;"> <p>Walking Club w/ Liz Terrace Lobby - 2:15 pm</p> </div> <p>4:00 Social Hour - BI 6:45 Mah Jongg - RL 6:45 Euchre - TB 7:00 Dominos - TL, RL 7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:30 Open Gym - IFC 9:30 Balance and Core - EX</p> <div style="border: 1px solid green; padding: 5px;"> <p>"Veteran Art" with Pamela Alderman 10:00 am Expressions (all Vets/wives welcome; sign up required)</p> </div> <p>10:15 Cardio Express - TPDR 11:00 Water Walking - Pool 1:00 REAL Board Meeting - TPDR 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - VI 1:00 Line Dancing - EX</p> <div style="border: 1px solid green; padding: 5px;"> <p>Terrace Ice Cream Social (every Thursday) 1:30 pm - Woods Café \$2.25/dish & \$1.25/drink</p> </div> <p>1:30 Open Gym - BS 2:00 Men's Billiards - BR 2:00 Balance and Core - TPDR 2:30 Balance and Core - VI 2:30 Bretonaires Practice - EX</p> <div style="border: 1px solid green; padding: 5px;"> <p>"Global Reach of the People's Republic" with Phil Bom 3:00 pm Centre Place / Live Stream</p> </div> <p>4:00 Social Hour - TPDR</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - CX</p> <div style="border: 1px solid blue; padding: 5px;"> <p>Table Tennis Tournament 9:00 am Vineyard</p> </div> <p>9:15 Strength Training - CX 9:30 Strength Training - CX 10:15 Heart Healthy Dance - CX</p> <div style="border: 1px solid blue; padding: 5px;"> <p>PraiseMoves 11:00 am Expressions</p> </div> <p>11:00 Stretch and Flex - CX 1:00 Men's Billiards - GR</p> <div style="border: 1px solid green; padding: 5px;"> <p>Grocery Shopping to Horrock's Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> </div> <div style="border: 1px solid blue; padding: 5px;"> <p>Olympic Strength Training 1:15 pm Expressions</p> </div> <p>1:15 Strength Training - CX 1:30 Open Gym - CX</p> <div style="border: 1px solid purple; padding: 5px;"> <p>Breton Ridge Worship Service 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT /RT Movie: "The Guernsey Literary and the Potato Peel Society"</p> <div style="border: 1px solid blue; padding: 5px;"> <p>CX = canceled today Please join us for the Move In May Events!</p> </div>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 7:00 Movie Night - TT/RT Movie: "News of the World"</p>	<div style="text-align: center;"> <p>Happy Mother's Day</p> </div> <div style="border: 1px solid purple; padding: 5px; text-align: center;"> <p>Breton Terrace Worship Service 6:00 pm Centre Place</p> </div>
					<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <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>Postage Stamps & Notary Services Resident Service Offices</p> <p>Woods Café - 643-2716 Bistro - 643-2598 Monday-Friday 12:00 - 4:30 pm</p> <p>Sales Department 643-2730</p> <p>Salon - 643-2714 Tuesday-Friday by appt.</p> <p>Resident Portal: mybretonwoods.org</p> </div> <div style="width: 45%;"> <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: 11:00 pm - 7:00 am 7:00 pm Fri - 7:00 am Mon 485-7435</p> <p>Breton Market Orders due by noon on Thursday for Wednesday delivery. 643-2725</p> <p>On-Campus Rides M-Th, 9:00 am - 1:45 pm Call by noon the day prior to when you need a ride. 643-2627</p> <p>Breton Woods Vine mspweb1@gmail.com</p> </div> </div>	



MAY 10 - 16

Monday, May 10	Tuesday, May 11	Wednesday, May 12	Thursday, May 13	Friday, May 14	Saturday, May 15	Sunday, May 16
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Sunrise Social (Monday - Saturday) 8:00 - 10:00 am Bistro & Woods Café (Bring your own beverage.)</p> <p>8:15 Stretch and Flex - BS 8:30 Aqua Fit - Pool 9:15 Strength Training - VI 9:30 Strength Training - EX 10:00 Intercessory Prayer - TPDR 10:15 Heart Healthy Dance - VI 11:00 Stretch and Flex - EX</p> <p>Mother's Day Meal 12:00 - 2:00 pm Bistro & Woods Cafe</p> <p>1:00 Bible Study w/ Suzie Z. - RI (check for availability) 1:00 Men's Billiards - GR 1:00 Strength Training - VI 1:15 Strength Training - EX 1:30 Open Gym - BS 2:30 Bretonaires Practice - EX 6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:30 Open Gym - IFC 9:30 Balance and Core - EX 10:00 Bible Study w/ Mary Ann O. - EX (check for availability) 10:00-4:00 Quilting - AS 10:00 Ladies Billiards 10:15 Cardio Express - TPDR 10:30 Feldenkrais - VI 11:00 Water Walking - Pool 1:00 Bible Study w/ Mary Ann O. - RI (check for availability) 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - EX 1:00 Open Gym - BS 1:30 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Balance and Core - TPDR 2:30 Balance and Core - VI 3:00 Ladies Tea - TPDR & BI 3:00 Ladies Billiards - BR</p> <p>Caregiver Support Group 3:30 pm Terrace PDR</p> <p>7:00 Scrabble - TL</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - BS 8:30 Aqua Fit - Pool 9:15 Strength Training - RPDR 9:30 Strength Training - TPDR</p> <p>!!! Breton Market !!! Open: 10:00 am - 1:00 pm</p> <p>10:15 Heart Healthy Dance - RPDR 11:00 Stretch and Flex - TPDR 12:30 Mah Jongg - TL 1:00 Strength Training - RPDR 1:00 Men's Billiards - GR</p> <p>Grocery Shopping to Meijer Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:15 Strength Training - TPDR 1:30 Open Gym - BS 2:00 Men's Billiards - BR</p> <p>Walking Club w/ Liz Terrace Lobby - 2:15 pm</p> <p>Social Hour with Wine Tasting 4:00 pm - RI</p> <p>6:45 Mah Jongg - RL 6:45 Euchre - TB 7:00 Dominos - TL, RL 7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:30 Open Gym - IFC 9:30 Balance and Core - EX 10:15 Library Committee Meeting - BI 10:15 Cardio Express - TPDR 11:00 Water Walking - Pool 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - VI 1:00 Line Dancing - EX 1:30 Open Gym - BS 2:00 Men's Billiards - BR 2:00 Balance and Core - TPDR 2:30 Balance and Core - VI 2:30 Bretonaires Practice - EX</p> <p>Social Hour with Beer Tasting 4:00 pm - TPDR</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch and Flex - CX</p> <p>Balloon Volleyball Expressions 9:00 am</p> <p>9:15 Strength Training - CX 9:30 Strength Training - CX</p> <p>Zumba Gold Vineyard 10:00 am</p> <p>10:15 Heart Healthy Dance - CX</p> <p>Walk and Bike Event 11:00 am Terrace Front Entrance</p> <p>11:00 Stretch and Flex - CX 1:00 Men's Billiards - GR</p> <p>Grocery Shopping to Trader Joe's Terrace pick-up: 1:00 pm Ridge pick-up: 1:10 pm</p> <p>1:15 Strength Training - CX 1:30 Open Gym - CX</p> <p>Breton Ridge Worship Service 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "Wonder"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 7:00 Movie Night - TT /RT Movie: "Philomena"</p> <p>ARMED FORCES DAY</p> <p>LOCATION KEY</p> <p>Breton Terrace AS - Art Studio BR - Billiard Room CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness Centre TB - Terrace Balcony TL - Terrace Lobby TC - Terrace Courtyard TLL - Terrace Lower Level TLI - Terrace Library TPDR - Terrace Private Dining Room TT - Terrace Theatre WC - Woods Café WS - Woodshop</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Terrace Worship Service 6:00 pm Centre Place</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 CX = canceled today</p>
<p>Long Term Care Week: May 10-14 Check your "Together Through the Seasons" calendar for events.</p>				<p>CX = canceled today Please join us for the Move In May Events!</p>		