

PHYSICAL  
WELLNESS

EMOTIONAL  
WELL-BEING

SPIRITUAL  
FULFILLMENT

INTELLECTUAL  
DISCOVERY

SOCIAL  
ENGAGEMENT

# October 4 - 10

Monday, Oct. 4	Tuesday, Oct. 5	Wednesday, Oct. 6	Thursday, Oct. 7	Friday, Oct. 8	Saturday, Oct. 9	Sunday, Oct. 10	
<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:15 Stretch &amp; Flex - BS</p> <p>8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>Thrift Stores and Lunch Outing</b> (sign-up required) Bus pick-up: 10:00 am 10:00 - 12:00 Breton Market</p> </div> <p>10:00 Prayer Group - TPDR</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Bible Study w/ Suzie Z. - RI (class closed)</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> <p><b>R.E.A.L.</b> "The Dutch Resistance During WWII" DVD 2:00 pm - Centre Place</p> </div> <p>2:30 Bretonaires Practice - EX</p> <p>6:30 Games - EX, TL, TB</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>9:30 Balance &amp; Core - IFC</p> <p>10:00 Bible Study w/ Mary Ann O. - TPDR (class closed)</p> <p>10:00-4:00 Quilting - AS</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - canceled</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>Co-Ed Lunch Outing at Rockwell Republic and Heritage Hill Bus Tour</b> (sign up required) Bus pick-up: 11:00 am</p> </div> <p>11:00 Water Walking - Pool</p> <p>12:45 Bible Study w/ Mary Ann O. - RI (class closed)</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Seated Tai Chi - canceled</p> <p>2:00 Breton Readers - RI</p> <p>2:00 Knit Wits - BI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00 Balance and Core - IFC</p> <p>2:30 Balance and Core - BS</p> <p>3:00 Ladies Tea - TPDR</p> <p>3:00 Ladies Tea &amp; Cookies - BI</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TL</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>6:30 St. Mary's Lab - RPDR</p> <p>7:00 St. Mary's Lab - HC</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:15 Stretch and Flex - BS</p> <p>8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>Galations 6:2 Ladies Fellowship Group w/ Patty</b> (sign up required) 10:00 am - TPDR</p> </div> <p>10:00 Co-Ed Bible Study w/ Bob Schotanus - CP (postponed to 10/20/21)</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <p>12:30 Mah Jongg - TL</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>Ed Dunneback &amp; Girls Farm Market Outing</b> (sign up required) Bus pick-up: 12:45 pm</p> </div> <p>1:00 Bus to Meijer - lobbies</p> <p>1:00 Dog Party - TC</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p>2:00 Men's Billiards - BR</p> <p>4:00 Social Hour - BI</p> <p>6:45 Mah Jongg - RL</p> <p>6:45 Euchre - WC</p> <p>7:00 Dominos - TL &amp; WC</p> <p>7:00 Games - BI/RL</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - 10:00 am and 12:00 pm - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>9:30 Creative Writing - RPDR</p> <p>9:30 Balance and Core - IFC</p> <p>10:00 - 12:00 Breton Market</p> <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> <p><b>R.E.A.L.</b> "The Great Courses" DVDs 10:00 am - RT</p> </div> <div style="border: 1px solid orange; padding: 5px; margin-top: 10px;"> <p><b>R.E.A.L.</b> "Being Social in the Age of Technology" 10:30 am - Vineyard</p> </div> <div style="border: 1px solid blue; padding: 5px; margin-top: 10px;"> <p><b>Pickleball and Shuffleboard</b> (NO sign-up required) 10:30 am - Breton Park</p> </div> <p>11:00 Water Walking - Pool</p> <p>1:00 Genealogy Group - TPDR</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Seated Tai Chi - canceled</p> <p>1:00 Line Dancing - EX</p> <p>2:00 Men's Billiards - BR</p> <p>2:00 Balance and Core - IFC</p> <p>2:30 Balance and Core - BS</p> <p>2:30 Bretonaires Practice - EX</p> <p>4:00 Social Hour - TPDR</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>The Jay &amp; Pete Show</b> 6:30 pm - Vineyard</p> </div>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:15 Stretch and Flex - BS</p> <p>8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>Shopping Trip to Aldi</b> Bus pick-up: 9:15 am</p> </div> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p><b>"What's in My Body?" Support Group w/ Patty</b> (sign up required) 10:00 am</p> </div> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Breton Ridge Worship Service w/ Pastor Frank Guter</b> 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT /RT Movie: "Letters to Juliet"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>10:00 Hymn Sing - CP</p> <p>7:00 Movie Night - TT/RT Movie: "At Eternity's Gate"</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p><b>Breton Terrace Worship Service w/ Pastor Frank Guter</b> 6:00 pm - Centre Place</p> </div>	<div style="border: 1px solid orange; padding: 10px;"> <p><b>Reception Desk</b> Terrace: 643-2717 Ridge: 643-2582</p> <p><b>Resident Service Office</b> Mon-Fri 9:00 am - 4:30 pm Terrace: 643-2720 Ridge: 643-2728</p> <p><b>Postage Stamps (Ridge) &amp; Notary Services</b> Resident Service Offices</p> <p><b>Woods Café - 643-2716</b> <b>Bistro - 643-2598</b> Monday - Thursday 12:00 - 5:00 pm Friday 12:00 - 2:00 pm (B) 12:00 - 5:00 pm (WC)</p> <p><b>Sales Department</b> 643-2730</p> <p><b>Salon - 643-2714</b> Tuesday-Friday by appt.</p> <p><b>Resident Portal:</b> mybretonwoods.org</p> </div>	<p><b>Facility Services</b> 235-2787</p> <p><b>Health Centre</b> Open Monday - Friday 7:00 am - 5:00 pm 5:00 - 7:00 pm by appt. 643-2712</p> <p><b>After Hours Nurse</b> Mon-Thurs: 11:00 pm - 7:00 am 7:00 pm Fri - 7:00 am Mon 485-7435</p> <p><b>Breton Market</b> 643-2628 Open Mon. and Thurs. 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p><b>On-Campus Rides</b> M-F, 9:00 am - 3:45 pm Schedule a ride no later than 10:00 am the day of the ride. 643-2627</p> <p><b>Breton Woods Vine and Care Concerns</b> mspweb1@gmail.com</p>

PHYSICAL WELLNESS

EMOTIONAL WELL-BEING

SPIRITUAL FULFILLMENT

INTELLECTUAL DISCOVERY

SOCIAL ENGAGEMENT

# October 11 - 17

Monday, Oct. 11	Tuesday, Oct. 12	Wednesday, Oct. 13	Thursday, Oct. 14	Friday, Oct. 15	Saturday, Oct. 16	Sunday, Oct. 17
<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p><b>Columbus Day</b> No mail. Post Office and most banks are closed.</p> <p>8:00-10:00 Sunrise Social - BI 8:15 Stretch &amp; Flex - BS 8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p><b>Terrace Sunrise Social: Memories on Monday w/ Donuts and Hot Cider</b> 8:30 - 10:00am Woods Cafe</p> <p>9:15 Strength Training - BS 9:30 Strength Training - IFC 10:00 - 12:00 Breton Market 10:00 Prayer Group - TPDR 10:15 Heart Healthy Dance - VI 11:00 Stretch &amp; Flex - EX 1:00 - 3:00 Breton Market 1:00 Bible Study w/ Suzie Z. - RI (class closed) 1:00 Men's Billiards - GR 1:15 Strength Training - IFC 2:30 Bretonaires Practice - EX</p> <p><b>Co-Ed Dinner Outing at Fricano's in Caledonia</b> (sign up required) Bus pick-up: 4:15 pm</p> <p>6:30 Games - EX, TL, TB</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p><b>Donuts w/ HH Development</b> 8:30 - 10:00 am - BI</p> <p>9:30 Balance &amp; Core - IFC</p> <p><b>Gourds &amp; Pumpkins Art</b> (no sign up required) 10:15 am - RI</p> <p>10:00 Bible Study w/ Mary Ann O. - TPDR (class closed) 10:00-4:00 Quilting - AS 10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:00 Water Walking - Pool 12:45 Bible Study w/ Mary Ann O. - RI (class closed) 1:00 Men's Billiards - GR 1:00 Seated Tai Chi - EX 2:00 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Balance &amp; Core - IFC 2:30 Balance &amp; Core - BS 3:00 Ladies Tea - TPDR &amp; BI 3:00 Ladies Billiards - BR</p> <p><b>October Birthday Social</b> 2:00 pm (by invitation only; rsvp)</p> <p><b>Caregiver Support Group</b> 3:30 pm - TPDR</p> <p>7:00 Scrabble - TL</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>6:30 St. Mary's Lab - RPDR 7:00 St. Mary's Lab - HC 8:00-10:00 Sunrise Social - BI &amp; WC 8:15 Stretch &amp; Flex - BS 8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p><b>Fall Color Mystery Tour</b> (sign up required) Bus pick-up: 8:30 am</p> <p>9:15 Strength Training - BS 9:30 Strength Training - IFC 10:00 Co-Ed Bible Study w/ Bob Schotanus - CP (postponed to 10/20/21) 10:15 Heart Healthy Dance - VI 11:00 Stretch &amp; Flex - EX 12:30 Mah Jongg - TL 1:00 Bus to Meijer - lobbies 1:00 Dog Party - TC 1:00 Men's Billiards - GR</p> <p><b>Exercise w/ the GR Ballet</b> 1:15 pm - IFC</p> <p><b>REAL "Care Partner Support Series"</b> 2:00 pm - Centre Place</p> <p>2:00 Men's Billiards - BR 4:00 Social Hour - BI 6:45 Mah Jongg - RL 6:45 Euchre - WC 7:00 Dominos - TL &amp; WC 7:00 Games - BI/RL</p>	<p><b>Open Swim - Pool</b> 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - 10:00 am and 12:00 pm - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC 9:30 Balance &amp; Core - IFC</p> <p><b>REAL "The Great Courses" DVDs</b> 10:00 am - RT</p> <p>10:00 - 12:00 Breton Market 10:15 Library Committee Meeting - TPDR</p> <p><b>Pickleball and Shuffleboard</b> (NO sign-up required) 10:30 am - Breton Park</p> <p><b>Founders Brewery Tour &amp; Lunch</b> (sign up required) Bus pick-up: 11:00 am</p> <p>11:00 Water Walking - Pool 11:00 REAL Board Meeting - RI 1:00 Seated Tai Chi - canceled 1:00 Line Dancing - EX 1:00 - 3:00 Breton Market 1:00 Men's Billiards - GR 2:00 Men's Billiards - BR 2:00 Balance &amp; Core - IFC 2:30 Balance &amp; Core - BS 2:30 Bretonaires Practice - EX 4:00 Social Hour - TPDR</p>	<p><b>Open Swim - Pool</b> 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC 8:15 Stretch and Flex - BS 8:30 Aqua Fit &amp; Pool Volleyball - Pool</p> <p><b>Shopping Trip to The Dutch Store</b> Bus pick-up: 9:15 am</p> <p>9:15 Strength Training - BS 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - VI 11:00 Stretch &amp; Flex - EX 1:00 Men's Billiards - GR 1:15 Strength Training - IFC</p> <p><b>REAL "Get Equipped to Use the Fitness Centre"</b> 2:15 pm - IFC</p> <p><b>Breton Ridge Worship Service w/ Rev. Jerry DeVries</b> 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "Miss Virginia"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC 10:00 Hymn Sing - CP 7:00 Movie Night - TT /RT Movie: "Our Souls at Night"</p> <p><b>LOCATION KEY</b></p> <p><b>Breton Terrace</b> 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 TME - Terrace Main Entrance TPDR - Terrace Private Dining Room TT - Terrace Theatre WC - Woods Café WCP - Woods Café Patio WS - Woodshop</p> <p><b>Breton Ridge</b> BI - Bistro BS - Body Shop CR - Craft Room GR - Game Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RME - Ridge Main Entrance RP - Ridge Patio RPDR - Ridge Private Dining Room RT - Ridge Theatre VI - Vineyard <b>BRCL</b> - Breton Rehab &amp; Living Centre <b>BECC</b> - Breton Extended Care Centre <b>BECS</b> - Breton Extended Care South</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <p><b>Breton Park Courts</b> Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key for courts &amp; equipment.</p> <p><b>Breton Terrace Worship Service w/ Rev. Jerry DeVries</b> 6:00 pm - Centre Place</p>