

PHYSICAL
WELLNESS

EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

October 18 - 24

Monday, Oct. 18	Tuesday, Oct. 19	Wednesday, Oct. 20	Thursday, Oct. 21	Friday, Oct. 22	Saturday, Oct. 23	Sunday, Oct. 24
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:15 Stretch & Flex - BS</p> <p>8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:00 - 12:00 Breton Market</p> <p>10:00 Prayer Group - TPDR</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch & 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> <p>Manicures & Music for Breast Cancer (sign up required) Ristorante - 2:30 pm</p> <p>2:30 Bretonaires Practice - EX</p> <p>3:00 Resident Advisory Council Meeting - CP</p> <p>6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>9:30 Balance & Core - IFC</p> <p>Board Coffee - Canceled</p> <p>REAL Week 1: "Living with the German Past: Stories of My Family" 10:00 am - Centre Place</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 - BS</p> <p>11:00 Water Walking - Pool</p> <p>Ladies Lunch at Roam by San Chez (sign up required) Bus pick-up: 11:15 am</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 - EX</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 & Cookies - TPDR</p> <p>3:00 Ladies Tea - BI</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TL</p> <p>7:00 Co-Ed Bible Study w/ Gerrit Koedoot - RI</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & 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 & WC</p> <p>8:15 Stretch and Flex - BS</p> <p>8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:00 Co-Ed Bible Study w/ Bob Schotanus - canceled</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <p>12:30 Mah Jongg - TL</p> <p>Pumpkin Art (no sign up required) 1:00 pm - AS</p> <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>Octoberfest Dinner (no sign up required) 5:00 pm - Bistro</p> <p>Bob & SuZie Zoerman Magic Show 6:15 pm - Vineyard</p> <p>6:45 Mah Jongg - RL</p> <p>6:45 Euchre - WC</p> <p>7:00 Dominos - TL & WC</p> <p>7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>Breton Park Courts Open: dawn - 10:00 am and 12:00 pm - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & 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> <p>REAL "The Great Courses" DVDs 10:00 am - RT</p> <p>Art on the iPad (sign up required) 10:30 am - Art Studio</p> <p>10:30 Pickleball & Shuffleboard - BP (weather permitting)</p> <p>11:00 Water Walking - Pool</p> <p>Ridge Fall Bingo (no sign up required) 1:00 pm - RI</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Seated Tai Chi - VI</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> <p>Octoberfest Dinner (no sign up required) 5:00 pm - Woods Cafe</p> <p>Bob & SuZie Zoerman Magic Show 6:15 pm - Centre Place</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:15 Stretch and Flex - BS</p> <p>8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>Shopping Trip to New2You & Mel Trotter Bus pick-up: 9:15 am</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>"What's in My Body?" Support Group w/ Patty (Call Patty to sign up) Postponed - See November Buzz</p> <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> <p>Breton Ridge Worship Service w/ Re. Carolyn Cammenga 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "A Champion Heart"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>10:00 Hymn Sing - CP</p> <p>7:00 Movie Night - TT/RT Movie: "Worth"</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>Postage Stamps (Ridge) & Notary Services Resident Service Offices</p> <p>Woods Café - 643-2716 Bistro - 643-2598 Monday - Thursday 12:00 - 5:00 pm Friday 12:00 - 2:00 pm (B) 12:00 - 5:00 pm (WC)</p> <p>Sales Department 643-2730</p> <p>Salon - 643-2714 Tuesday-Friday by appt.</p> <p>Resident Portal: mybretonwoods.org</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>Breton Terrace Worship Service w/ Rev. Carolyn Cammenga 6:00 pm - Centre Place</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: 11:00 pm - 7:00 am 7:00 pm Fri - 7:00 am Mon 485-7435</p> <p>Breton Market 643-2628 Open Mon. and Thurs. 10:00 am - 12:00 pm and 1:00 - 3:00 pm</p> <p>On-Campus Rides 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>Breton Woods Vine and Care Concerns mspweb1@gmail.com</p>

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October 25 - 31

Monday, Oct. 25	Tuesday, Oct. 26	Wednesday, Oct. 27	Thursday, Oct. 28	Friday, Oct. 29	Saturday, Oct. 30	Sunday, Oct. 31
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI</p> <p>8:15 Stretch & Flex - BS</p> <p>8:30 Aqua Fit & Pool Volleyball - Pool</p> <div style="border: 1px solid green; padding: 5px;"> <p>Ridge Sunrise Social: Memories on Monday w/ Donuts and Hot Cider 8:30 - 10:00am Ridge Bistro</p> </div> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:00 - 12:00 Breton Market</p> <p>10:00 Prayer Group - TPDR</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch & 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> <p>2:30 Bretonaires Practice - EX</p> <p>6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>9:30 Balance & Core - IFC</p> <div style="border: 1px solid orange; padding: 5px;"> <p>REAL Week 2: "Living with the German Past: Stories of My Family" 10:00 am - Centre Place</p> </div> <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 - BS</p> <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 - EX</p> <div style="border: 1px solid green; padding: 5px;"> <p>Terrace Fall Bingo (sign up required) 2:00 pm - Woods Cafe</p> </div> <p>2:00 Knit Wits - BI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00 Balance & Core - IFC</p> <p>2:30 Balance & Core - BS</p> <p>3:00 Ladies Tea - TPDR & BI</p> <p>3:00 Ladies Billiards - BR</p> <p>7:00 Scrabble - TL</p> <p>7:00 Co-Ed Bible Study w/ Gerrit Koedoot - RI</p>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & 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 & WC</p> <p>8:15 Stretch & Flex - BS</p> <p>8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch & Flex - EX</p> <p>12:30 Mah Jongg - TL</p> <p>1:00 Bus to Meijer - lobbies</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <div style="border: 1px solid orange; padding: 5px;"> <p>REAL "Care Partner Support Series" 2:00 pm - Centre Place</p> </div> <p>2:00 Men's Billiards - BR</p> <p>3:00 Breton Readers - TPDR</p> <div style="border: 1px solid green; padding: 5px;"> <p>National American Beer Day (sign up required) EX - 4:00 pm</p> </div> <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 & WC</p> <p>7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>Breton Park Courts Open: dawn - 10:00 am and 12:00 pm - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <div style="border: 1px solid green; padding: 5px;"> <p>Donuts w/ HH Development 8:30 - 10:00 am - WC</p> </div> <div style="border: 1px solid orange; padding: 5px;"> <p>REAL "The Great Courses" DVDs 10:00 am - RT</p> </div> <p>9:30 Balance & Core - IFC</p> <p>10:00 - 12:00 Breton Market</p> <p>10:30 Pickleball & Shuffleboard - BP (weather permitting)</p> <p>11:00 Water Walking - Pool</p> <p>1:00 Seated Tai Chi - VI</p> <p>1:00 Line Dancing - EX</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>2:00 Men's Billiards - BR</p> <p>2:00 Balance & Core - IFC</p> <p>2:30 Balance & 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;"> <p>Special Dinner Menu (sign up required) 5:00 - 6:00 pm Woods Cafe</p> </div> <div style="border: 1px solid green; padding: 5px;"> <p>Metropolitan Choir 7:00 pm - Terrace Lobby</p> </div>	<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:15 Stretch and Flex - BS</p> <p>8:30 Aqua Fit & Pool Volleyball - Pool</p> <div style="border: 1px solid green; padding: 5px;"> <p>Shopping Trip to Forest Hills Foods Bus pick-up: 9:15 am</p> </div> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch & 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;"> <p>Breton Ridge Worship Service w/ Rev. James Evenhouse 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT /RT Movie: "Fisherman's Friends"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Park Courts Open: dawn - dusk See Ridge Receptionist after 8:00 am to get key & equipment.</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>10:00 Hymn Sing - CP</p> <p>7:00 Movie Night - TT /RT Movie: "Three Words to Forever"</p> <div style="border: 1px solid purple; padding: 5px;"> <p>Breton Terrace Worship Service w/ Rev. James Evenhouse 6:00 pm - Centre Place</p> </div> <p> Halloween</p>	<div style="border: 1px solid green; padding: 5px;"> <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 TME - Terrace Main Entrance TPDR - Terrace Private Dining Room</p> <p>Breton Ridge BI - Bistro BP - Breton Park 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</p> <p>BRLC - Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South</p> </div>