

PHYSICAL  
WELLNESS


EMOTIONAL  
WELL-BEING

SPIRITUAL  
FULFILLMENT

INTELLECTUAL  
DISCOVERY

SOCIAL  
ENGAGEMENT

# November 1 - 7

Monday, Nov. 1	Tuesday, Nov. 2	Wednesday, Nov. 3	Thursday, Nov. 4	Friday, Nov. 5	Saturday, Nov. 6	Sunday, Nov. 7
<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 / 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> <p>10:00 - 12:00 Breton Market</p> <p>10:00 Prayer Group - TPDR</p> <p>10:15 Heart Healthy Dance - VI</p> <p>10:30 Circuit Training - BS</p> <p>11:00 Stretch &amp; Flex - EX</p> <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p><b>Celebrating Our Resident Authors</b> 1:00 - 3:00 pm Terrace &amp; Ridge Lobbies</p> </div> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Bible Study w/ Suzie Z. - RI (class filled)</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><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 / equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance &amp; Core - IFC</p> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <p><b>R.E.A.L.</b> Week 3: "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 filled)</p> <p>10:00-4:00 Quilting - AS</p> <p>10:00 Ladies Billiards - GR</p> <p>10:30 Feldenkrais - BS</p> <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p><b>Music at Mid-Day at Park Church w/ Dr. Christopher Dekker</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 filled)</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Seated Tai Chi - EX</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 &amp; 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><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 / 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; text-align: center;"> <p><b>Galations 6:2 Ladies Fellowship Group w/ Patty</b> (Call Patty to sign up) 10:00 am - TPDR</p> </div> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p><b>"What's in My Body?" Support Group w/ Patty</b> (Call Patty to sign up) 12:30 pm - TPDR</p> </div> <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 blue; padding: 5px; text-align: center;"> <p> <b>Pool Volleyball</b> 2:00 pm Pool</p> </div> <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 - dusk See Ridge Receptionist after 8:00 am to get key / equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance and Core - IFC</p> <p>9:30 Creative Writing - RPDR</p> <p>10:00 - 12:00 Breton Market</p> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <p><b>R.E.A.L.</b> "The Great Courses" DVDs 10:00 am - RT</p> </div> <p>11:00 Water Walking - Pool</p> <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p><b>"National Candy Day" Old Fashion Candy Social</b> 1:00 pm - Ridge BI</p> </div> <div style="border: 1px solid green; padding: 5px; text-align: center;"> <p><b>Genealogy Group</b> Terrace PDR - 1:00 pm</p> </div> <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> <div style="border: 1px solid orange; padding: 5px; text-align: center;"> <p><b>R.E.A.L.</b> "Atrio Home Care: Your Partner in Living Well" 2:00 pm - Centre Place</p> </div> <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><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 / 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; text-align: center;"> <p><b>Shopping Trip to Walmart</b> 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 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; text-align: center;"> <p><b>Breton Ridge Worship Service w/ Rev. Bob Zoerman</b> 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT /RT Movie: "The Outlaw Josey Wales"</p>	<p><b>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p><b>Breton Park Courts - Open: dawn - dusk</b> See Ridge Receptionist after 8:00 am to get key/ equipment.</p> </div> <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: "Five Feet Apart"</p> <div style="border: 1px solid orange; padding: 5px;"> <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>Open Swim - Pool</b> 6:00 am - 10:00 pm</p> <div style="border: 1px solid pink; padding: 5px; text-align: center;"> <p><b>Daylight Savings Time ENDS.</b> Don't forget to set your clocks <b>BACK</b> one hour!</p> </div> <div style="border: 1px solid purple; padding: 5px; text-align: center;"> <p><b>Breton Terrace Worship Service w/ Rev. Ruth Romeyn</b> 6:00 pm - Centre Place</p> </div> <div style="border: 1px solid orange; padding: 5px;"> <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. <b>643-2712</b></p> <p><b>After Hours Nurse</b> Mon-Thurs: 11:00 pm - 7:00 am 7:00 pm Fri - 7:00 am Mon <b>485-7435</b></p> <p><b>Breton Market</b> <b>643-2628</b> 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. <b>643-2627</b></p> <p><b>Breton Woods Vine and Care Concerns</b> mspweb1@gmail.com</p> </div>

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# November 8 - 14

Monday, Nov. 8	Tuesday, Nov. 9	Wednesday, Nov. 10	Thursday, Nov. 11	Friday, Nov. 12	Saturday, Nov. 13	Sunday, Nov. 14
<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 / 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> <p>10:00 - 12:00 Breton Market</p> <p>10:00 Prayer Group - TPDR</p> <p>10:15 Heart Healthy Dance - VI</p> <p>10:30 Circuit Training - BS</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 filled)</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><b>Chaplain Shows Movie "The 13th Day"</b> 7:00 pm - RT</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 / equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p><b>"Donut-less" Coffee w/ HH Development Team</b> 8:30 - 10:00 am Ridge Bistro</p> <p>8:30 Circuit Training - IFC 9:30 Balance &amp; Core - IFC</p> <p><b>R.E.A.L.</b> Week 4: "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 filled)</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 filled)</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 &amp; Core - IFC</p> <p>2:30 Balance &amp; Core - BS</p> <p>3:00 Ladies Tea - TPDR &amp; BI</p> <p>3:00 Ladies Billiards - BR</p> <p>3:30 Caregiver Support Group - TPDR</p> <p>7:00 Scrabble - TL</p> <p>7:00 Co-Ed Bible Study w/ Gerrit Koedoot - RI</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 / equipment.</p> <p>6:30 St. Mary's Lab - RPDR 7:00 St. Mary's Lab - HC</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> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch &amp; Flex - EX</p> <p><b>"What's in My Body?" Support Group w/ Patty</b> (Call Patty to sign up) 12:30 pm - TPDR</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> <p><b>R.E.A.L.</b> "Care Partner Support Series" 2:00 pm - Centre Place</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p><b>Veteran's Day Celebration</b> (Invitation only - RSVP to Patty) 2:00 pm - Vineyard</p> <p>2:00 Men's Billiards - BR</p> <p>4:00 Social Hour - BI</p> <p>6:30 Opera in the Woods - TT</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 - dusk See Ridge Receptionist after 8:00 am to get key / equipment.</p> <p><b>Veterans Day</b> NO mail today. Post offices and most banks are CLOSED.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p><b>R.E.A.L.</b> "The Great Courses" DVDs 10:00 am - RT</p> <p>8:30 Circuit Training - IFC 9:30 Balance &amp; Core - IFC</p> <p>10:00 - 12:00 Breton Market</p> <p>10:15 Library Committee Meeting - RPDR</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p> <p><b>Veterans Lunch At Brann's</b> (sign-up required) Bus pick-up - 11:00 am</p> <p>11:00 REAL Board Meeting - TPDR</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><b>R.E.A.L.</b> "Campus2Campus Video Calling" w/ Jessie Riley 2:00 pm - Centre Place</p> <p>2:00 Men's Billiards - BR</p> <p>2:00 Balance &amp; Core - IFC</p> <p>2:30 Balance &amp; Core - BS</p> <p>2:30 Bretonaires Practice - EX</p> <p>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 / 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> <p><b>Shopping Trip to Baker Book House</b> Bus pick-up: 9:15 am</p> <p>9:15 Strength Training - BS</p> <p>9:30 Strength Training - IFC</p> <p><b>Chaplain Shows Movie "The 13th Day"</b> 10:00 am - TT</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch &amp; Flex - EX</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p><b>Breton Ridge Worship Service w/ Rev. Frank Guter</b> 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT /RT Movie: "Les Miserables"</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 / equipment.</p> <p>8:00-10:00 Sunrise Social - BI &amp; WC</p> <p>10:00 Hymn Sing - CP</p> <p>1:00 Bingo - BI</p> <p>1:30 Opera in the Woods - RT</p> <p>7:00 Movie Night - TT /RT Movie: "Titanic"</p> <p><b>Breton Terrace Worship Service w/ Rev. Frank Guter</b> 6:00 pm - Centre Place</p>	<p><b>Breton Terrace Worship Service w/ Rev. Frank Guter</b> 6:00 pm - Centre Place</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 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><b>BRLC</b> - Breton Rehab &amp; Living Centre <b>BECC</b> - Breton Extended Care Centre <b>BECS</b> - Breton Extended Care South</p>