

PHYSICAL
WELLNESS

EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

December 13-19

Monday, Dec. 13	Tuesday, Dec. 14	Wednesday, Dec. 15	Thursday, Dec. 16	Friday, Dec. 17	Saturday, Dec. 18	Sunday, Dec. 19
<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</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> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Sinterklaas w/ Pastor Frank 1:00 pm - Expressions</p> </div> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p>2:30 Bretonaires Practice - canceled</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Ladies Christmas Tea (sign-up required) 3:00 pm - Ristorante</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Twinkle Tour Bus Outing (sign-up required) Bus pick-up: 6:30 pm</p> </div> <p>6:30 Games - EX, TL, TB</p> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Video w/ Pastor Frank "Saint Augustine - A Voice for All Generations" 7:00 pm - RT</p> </div>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Donuts w/ HH Development 8:30 - 10:00 am - BI</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Diane Bloem's Christmas Mystery Tour (sign-up required) Bus pick-up: 9:30 am</p> </div> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance & Core - IFC</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>1:00 Men's Billiards - GR</p> <p>1:00 Seated Tai Chi - canceled</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 & BI</p> <p>3:00 Ladies Billiards - BR</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Caregiver Support Group 3:30 pm - TPDR</p> </div> <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>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>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <p>12:30 What's in My Body? Support Group w/ Patty - 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> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p>R.E.A.L "Care Partner Support Series" 2:00 pm - Centre Place</p> </div> <p>2:00 Men's Billiards - BR</p> <p>4:00 Social Hour - BI</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Christmas Dinner w/ "Voices of Victory" "Sam's Swing Band" (sign-up required; no walk-ins) 5:00 pm Ridge Vineyard</p> </div> <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>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance and Core - IFC</p> <p>9:30 Creative Writing - RPDR</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Christmas Sing-Along w/ Pete and Jane 10:00 am - Centre Place</p> </div> <p>10:00 - 12:00 Breton Market</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Frederik Meijer Gardens Christmas Walk (sign-up required) Bus pick-up: 10:15 am</p> </div> <p>11:00 Water Walking - Pool</p> <p>11:00 Seated Tai Chi - canceled</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</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 - VI</p> <p>4:00 Social Hour - TPDR</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Christmas Dinner w/ "Voices of Victory" "Sam's Swing Band" (sign-up required; no walk-ins) 5:00 pm Terrace Woods Cafe</p> </div>	<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</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; margin: 5px 0;"> <p>Shopping Trip to Trader Joe's 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 orange; padding: 5px; margin: 5px 0;"> <p>R.E.A.L "The Outhouse Adventure" 10:00 am - TT</p> </div> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Video w/ Pastor Frank "Saint Augustine - A Voice for All Generations" 1:00 pm - TT</p> </div> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Ridge Worship Service w/ Rev. Carolyn Cammenga 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT /RT Movie: "Christmas in the Heartland"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>10:00 Hymn Sing - canceled</p> <p>7:00 Bretonaires Christmas Concert & Carol Sing - VI</p> <p>7:00 Movie Night - TT Movie: "Claus Family" (Ridge movie is canceled due to the concert.)</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <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> </div> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <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> </div>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <div style="border: 1px solid purple; padding: 5px; margin: 5px 0;"> <p>Breton Terrace Worship Service w/ Rev. Carolyn Cammenga 6:00 pm - Centre Place</p> </div>

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December 20-26

Monday, Dec. 20	Tuesday, Dec. 21	Wednesday, Dec. 22	Thursday, Dec. 23	Friday, Dec. 24	Saturday, Dec. 25	Sunday, Dec. 26
<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</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 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p>December Birthday Social (by invitation only) (RSVP to Patty) 2:00 pm - Woods Cafe</p> </div> <p>6:30 Games - EX, TL, TB</p> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p>Twinkle Tour Bus Outing (sign-up required) Bus pick-up: 6:30 pm</p> </div>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance & Core - IFC</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>1:00 Men's Billiards - GR</p> <p>1:00 Seated Tai Chi - canceled</p> <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> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <p>POPs Symphony at DeVos Hall (pre-ticketed event) Bus pick-up - 6:30 pm</p> </div> <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>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> <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 & WC</p> <p>7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Terrace Resident Services Office - CLOSED</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Ridge Resident Services Office - Closes at 3:00 pm</p> </div> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:30 Circuit Training - IFC</p> <div style="border: 1px solid green; padding: 5px; margin: 10px 0;"> <p>Shopping Trip to The Dutch Store and Marge's Donut Den Bus pick-up: 9:15 am</p> </div> <p>9:30 Balance and Core - IFC</p> <p>10:00 - 12:00 Breton Market</p> <p>11:00 Water Walking - Pool</p> <p>11:00 Seated Tai Chi - canceled</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</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>4:00 Social Hour - TPDR</p>	<p>Open Swim - Pool 6:00 - 10:00 pm</p> <p>All Life Enrichment and Fitness Class are canceled today.</p> <p>All Offices are closed.</p> <p>Health Centre is closed.</p> <p>Woods Café & Bistro are closed.</p> <p>No On-Campus Transportation</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>1:00 Men's Billiards - GR</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p>Breton Ridge Worship Service w/ Pastor Frank 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT /RT Movie: "Home for Christmas"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <div style="text-align: center;">  <p>7:00 Movie Night - TT /RT Movie: "The Holiday"</p> </div> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <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 TT - Terrace Theatre WC - Woods Café WCP - Woods Café Patio WS - Woodshop</p> </div> <div style="border: 1px solid green; padding: 5px; margin-top: 10px;"> <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>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <div style="border: 1px solid purple; padding: 5px; margin-top: 10px;"> <p>Breton Terrace Worship Service w/ Pastor Frank 6:00 pm - Centre Place</p> </div>