

PHYSICAL
WELLNESS

EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

January 10-16

Monday, Jan. 10	Tuesday, Jan. 11	Wednesday, Jan. 12	Thursday, Jan. 13	Friday, Jan. 14	Saturday, Jan. 15	Sunday, Jan. 16
<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>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p>Seated Dance Party & Demonstration with Patty and the Fitness Team 2:00 pm - Expressions</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>8:00-10:00 Sunrise Social - BI & WC</p> <p>Donuts w/ the HH Development Team 8:30 - 10:00 am - BI</p> <p>8:30 Circuit Training - IFC 9:30 Balance & Core - IFC 10:00-4:00 Quilting - AS 10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:00 Water Walking - Pool</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 Men's Billiards - GR 1:00 Standing Tai Chi - EX</p> <p>Jewelry with Julie Zwiers 2:00 pm - Expressions</p> <p>Movies with BRLC/BEC 2:00 pm - Terrace Theatre</p> <p>2:00 Seated Tai Chi - VI 2:00 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Balance and Core - IFC 2:30 Balance and Core - BS 3:00 Ladies Tea - TPDR & BI 3:00 Ladies Billiards - BR</p> <p>Caregiver Support Group 3:30 pm - Cambridge</p> <p>7:00 "The Parables of Jesus" Bible Study w/ Gerrit Koedoot - RI 7:00 Scrabble - TL</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 7:00 St. Mary's Lab - HC 8:00-10:00 Sunrise Social - BI & WC</p> <p>8:15 Stretch and Flex - BS 8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>9:15 Strength Training - BS 9:30 Strength Training - IFC</p> <p>Birds & Coffee Chats with the WK Kellogg Bird Sanctuary 10:00 am - Centre Place</p> <p>10:15 Heart Healthy Dance - VI 11:00 Stretch and Flex - EX</p> <p>Speed Walking 11:35 am - Ridge Lobby</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>"What's in My Body?" Support Group w/ Patty (Call Patty to sign up) 12:30 pm - TPDR</p> <p>12:30 Mah Jongg - TL 1:00 Bus to Meijer - lobbies 1:00 Men's Billiards - GR 1:15 Strength Training - IFC 2:00 Men's Billiards - BR 4:00 Social Hour - BI 6:45 Mah Jongg - RL 6:45 Euchre - WC 7:00 Dominos - TL & WC 7:00 Games - BI/RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:00 - 10:00 pm</p> <p>Rubber Ducky Hunt All day</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>10:00 - 12:00 Breton Market</p> <p>10:15 Library Committee Meeting - RPDR</p> <p>11:00 REAL Board Meeting - TPDR</p> <p>11:00 Water Walking - Pool</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 - 3:00 Breton Market</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Line Dancing - EX (resident led)</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 - 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 8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>Shopping Trip canceled</p> <p>9:15 Strength Training - BS 9:30 Strength Training - IFC 10:15 Heart Healthy Dance - VI</p> <p>Pool Volleyball 11:00 am - Pool</p> <p>11:00 Stretch & Flex - EX</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 Men's Billiards - GR 1:15 Strength Training - IFC</p> <p>"Dress Up Your Pet" Day 2:00 pm - Terrace Lobby</p> <p>Breton Ridge Worship Service w/ Pastor Frank 3:00 pm - Vineyard</p> <p>"Hairspray on Broadway" (pre-ticketed event) Bus pick-up - 6:30 pm</p> <p>7:00 Movie Night - "The Blazing Sun"</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 - CP</p> <p>7:00 Movie Night - TT & RT Movie: "Betty White - First Lady of Television"</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>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>

PHYSICAL WELLNESS

EMOTIONAL WELL-BEING

SPIRITUAL FULFILLMENT

INTELLECTUAL DISCOVERY

SOCIAL ENGAGEMENT

January 17-23

Monday, Jan. 17	Tuesday, Jan. 18	Wednesday, Jan. 19	Thursday, Jan. 20	Friday, Jan. 21	Saturday, Jan. 22	Sunday, Jan. 23
<p>Open Swim - Pool 6:00 - 8:15 am 9:15 am - 10:00 pm</p> <p>Martin Luther King Day No mail today; most banks are closed.</p> <p>8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch & Flex - BS 8:30 Aqua Fit & Pool Volleyball - Pool 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 & Flex - EX</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 - 3:00 Breton Market 1:00 Men's Billiards - GR 1:15 Strength Training - IFC</p> <p>Betty White's Birthday Party! 3:00 pm - Woods Cafe</p> <p>3:00 Resident Advisory Council Meeting - CP</p> <p>Betty White's Poker Tournament! (sign-up required) 6:00 pm - Woods Café</p> <p>6:30 Games - EX, TL, TB</p> <p>Chaplain's Monthly Video: "Calvin, Zwingli, and Brother Klaus" 7:00 pm - RT</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 Circuit Training - IFC 9:30 Balance & Core - IFC</p> <p>Holland Home Board Report / Coffee 10:00 am Ridge Vineyard</p> <p>10:00-4:00 Quilting - AS 10:00 Ladies Billiards - GR 10:30 Feldenkrais - BS 11:00 Water Walking - Pool</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 Men's Billiards - GR 1:00 Standing Tai Chi - EX 2:00 Seated Tai Chi - VI 2:00 Knit Wits - BI 2:00 Knitting/Crocheting - EX 2:00 Balance & Core - IFC 2:30 Balance & Core - BS 3:00 Ladies Tea - TPDR & BI 3:00 Ladies Billiards - BR 7:00 "The Parables of Jesus" Bible Study w/ Gerrit Koedoot - RI 7:00 Scrabble - TL</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 7:00 St. Mary's Lab - HC 8:00-10:00 Sunrise Social - BI & WC 8:15 Stretch & Flex - BS 8:30 Aqua Fit & Pool Volleyball - Pool 9:15 Strength Training - BS 9:30 Strength Training - IFC 10:00 Wood Shop Members Meeting - EX 10:00 "The Holy Spirit" Bible Study w/ Bill Schotanus - CP 10:15 Heart Healthy Dance - VI 11:00 Stretch & Flex - EX</p> <p>Speed Walking 11:35 am - RL</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>"What's in My Body?" Support Group w/ Patty (Call Patty to sign up) 12:30 pm - TPDR</p> <p>12:30 Mah Jongg - TL 1:00 Bus to Meijer - lobbies 1:00 Men's Billiards - GR 1:15 Strength Training - IFC 2:00 Building & Grounds Open Forum Meeting - CP 2:00 Men's Billiards - BR 4:00 Social Hour - BI 6:30 Opera in the Woods - TT 6:45 Mah Jongg - RL 6:45 Euchre - WC 7:00 Dominos - TL & WC 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 Circuit Training - IFC 9:30 Balance and Core - IFC 9:30 Creative Writing - RPDR 10:00 - 12:00 Breton Market 11:00 Water Walking - Pool</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 - 3:00 Breton Market 1:00 Men's Billiards - GR 1:00 Line Dancing - EX 2:00 Men's Billiards - BR 2:00 Balance and Core - IFC</p> <p>90's Birthday Party (by invitation only) 2:30 pm - Vineyard</p> <p>2:30 Balance and Core - BS 4:00 Social Hour - TPDR</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 & Flex - BS 8:30 Aqua Fit & Pool Volleyball - Pool</p> <p>Shopping Trip to Trader Joe's Bus pick-up: 9:15 am</p> <p>Chaplain's Monthly Video: "Calvin, Zwingli, and Brother Klaus" 10:00 am - TT</p> <p>January Series: (reference JS booklet for title & speaker) 12:30 pm - CP & VI</p> <p>1:00 Men's Billiards - GR 1:15 Strength Training - IFC</p> <p>Breton Ridge Worship Service w/ Rev. Kwasi Kena 3:00 pm - Vineyard</p> <p>POPs Symphony at DeVos Hall (pre-ticketed event) Bus pick-up - 6:30 pm</p> <p>7:00 Movie Night - TT /RT Movie: "The Shack"</p>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC 10:00 Hymn Sing - CP 1:30 Opera in the Woods - RT 7:00 Movie Night - TT & RT Movie: "Dances with Wolves"</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 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>	<p>Open Swim - Pool 6:00 am - 10:00 pm</p> <p>Breton Terrace Worship Service w/ Rev. Kwasi Kena 6:00 pm - Centre Place</p>