

PHYSICAL
WELLNESS

EMOTIONAL
WELL-BEING

SPIRITUAL
FULFILLMENT

INTELLECTUAL
DISCOVERY

SOCIAL
ENGAGEMENT

February 7-13

Monday, Feb. 7	Tuesday, Feb. 8	Wednesday, Feb. 9	Thursday, Feb. 10	Friday, Feb. 11	Saturday, Feb. 12	Sunday, Feb. 13
<p>Open Swim - Pool 6:00 - 8:15 am 10:00 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 Ladies Bible Study: "Joshua" - RI (class filled)</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>6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:30 - 10:00 pm</p> <p>8:00-10:00 Sunrise Social - BI & WC</p> <p>8:30-10:00 Donuts w/ HH Development - BI</p> <p>8:30 Circuit Training - IFC</p> <p>9:30 Balance & Core - IFC</p> <p>10:00 Ladies Bible Study: "Joshua" - 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; margin: 5px 0;"> <p>Ladies Lunch at Tupelo Honey (sign up required) Bus pick-up: 11:00 am</p> </div> <p>11:00 Water Walking - Pool</p> <p>12:45 Ladies Bible Study: "Joshua" - RI (class filled)</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Standing Tai Chi - EX</p> <div style="border: 1px solid blue; padding: 5px; margin: 5px 0;"> <p>Workout with Wearable Tech (sign up required) 1:15 pm - IFC</p> </div> <p>2:00 Knit Wits - BI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00 Seated Tai Chi - VI</p> <p>2:00 Balance and Core - IFC</p> <p>2:30 Balance and Core - BS</p> <p>3:00 Trivia Competition - CP</p> <p>3:00 Ladies Tea - TPDR & BI</p> <p>3:00 Ladies Billiards - BR</p> <p>3:30 Caregiver Support Group - CA</p> <p>7:00 "The Parables of Jesus" Bible Study w/ Gerrit Koedoot - RI</p> <p>7:00 Scrabble - TL</p>	<p>Open Swim - Pool 6:00 - 8:15 am 10:00 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>10:00 "The Holy Spirit" Bible Study w/ Bill Schotanus - CP</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch and Flex - EX</p> <div style="border: 1px solid blue; padding: 5px; margin: 5px 0;"> <p>Speed Walking 11:35 am - RL</p> </div> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>"What's in My Body?" Support Group w/ Patty (Call Patty to sign up) 12:30 pm - TPDR</p> </div> <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 green; padding: 5px; margin: 5px 0;"> <p>Cherry Blossom Art (sign up required) 2:00 pm - AS</p> </div> <p>2:00 Men's Billiards - BR</p> <p>4:00 Social Hour - BI</p> <p>6:45 Mah Jongg - RL</p> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Euchre Tournament (sign up required) 6:45 pm - WC</p> </div> <p>6:45 Euchre - <i>canceled for tourn.</i></p> <p>7:00 Dominos - TL & WC</p> <p>7:00 Games - BI & RL</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:30 - 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> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p>REAL "iPad Basics" (sign up required) 10:00 am - CP</p> </div> <p>10:00-12:00 Breton Market</p> <p>10:15 Library Committee Meeting - RPDR</p> <p>11:00 REAL Board Meeting - RPDR</p> <p>11:00 Water Walking - Pool</p> <div style="border: 1px solid orange; padding: 5px; margin: 5px 0;"> <p>REAL "Diabetes - Heavy on Your Heart" 12:00 pm - CP</p> </div> <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 - 8:15 am 10:00 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>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch & Flex - EX</p> <div style="border: 1px solid blue; padding: 5px; margin: 5px 0;"> <p>Workout with Wearable Tech (sign up required) 11:35 am - BS</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/ Pastor Frank 3:00 pm - Vineyard</p> </div> <p>7:00 Movie Night - TT & RT Movie: "POMS"</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> <div style="border: 1px solid green; padding: 5px; margin: 5px 0;"> <p>Game Day and Pizza Party (sign up & pay by 11:30 am) 11:00 am - 3:00 pm Vineyard & Ristorante</p> </div> <p>7:00 Movie Night - TT & RT Movie: "The Best of Enemies"</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 purple; padding: 5px; margin: 5px 0;"> <p>Breton Terrace Worship Service w/ Pastor Frank 6:00 pm - Centre Place</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/ Pastor Frank 6:00 pm - Centre Place</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>

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February 14-20

Monday, Feb. 14	Tuesday, Feb. 15	Wednesday, Feb. 16	Thursday, Feb. 17	Friday, Feb. 18	Saturday, Feb. 19	Sunday, Feb. 20
<p>Open Swim - Pool 6:00 - 8:15 am 10:00 am - 10:00 pm</p> <p>Happy Valentine's Day!</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 Ladies Bible Study: "Joshua" - RI (class filled)</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>Terrace Valentines Dinner Party (sign up required) 5:00 pm Woods Cafe</p> <p>6:30 Games - EX, TL, TB</p>	<p>Open Swim - Pool 6:00 - 10:45 am 12:30 - 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 Ladies Bible Study: "Joshua" - 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 Ladies Bible Study: "Joshua" - RI (class filled)</p> <p>1:00 Men's Billiards - GR</p> <p>1:00 Standing Tai Chi - EX</p> <p>Workout with Wearable Tech (sign up required) 1:15 pm - IFC</p> <p>February Birthday Social (by invitation only) (RSVP to Patty) 2:00 pm - Woods Cafe</p> <p>2:00 Knit Wits - BI</p> <p>2:00 Knitting/Crocheting - EX</p> <p>2:00 Seated Tai Chi - VI</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 "The Parables of Jesus" Bible Study w/ Gerrit Koedoot - RI</p> <p>7:00 Scrabble - TL</p>	<p>Open Swim - Pool 6:00 - 8:15 am 10:00 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>10:00 "The Holy Spirit" Bible Study w/ Bill Schotanus - CP</p> <p>10:15 Heart Healthy Dance - VI</p> <p>11:00 Stretch & Flex - EX</p> <p>"What's in My Body?" Support Group w/ Patty (Call Patty to sign up) 12:30 pm - TPDR</p> <p>Speed Walking 11:35 am - RL</p> <p>12:30 Mah Jongg - TL</p> <p>Jewelry with Julie 1:00 pm - AS</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>Ridge Valentines Dinner Party (sign up required) 5:00 pm Ristorante</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 12:30 - 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> <p>10:00-12:00 Breton Market</p> <p>ROMEO Men's Lunch at Bobcat Bonnie's (sign up required) Bus pick-up: 11:00 am</p> <p>11:00 Water Walking - Pool</p> <p>REAL "Your Heart on Stress" 12:00 pm - CP</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 - 8:15 am 10:00 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>10:15 Heart Healthy Dance - VI</p> <p>Indoor Cornhole 10:30 am - IFC</p> <p>11:00 Stretch & Flex - EX</p> <p>Workout with Wearable Tech (sign up required) 11:35 am - BS</p> <p>1:00 Men's Billiards - GR</p> <p>1:15 Strength Training - IFC</p> <p>Breton Ridge Worship Service w/ Rev. Carolyn Cammenga 3:00 pm - Vineyard</p> <p>7:00 Movie Night - TT & RT Movie: "Free Willy"</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: "#AnneFrank Parallel Stories"</p> <p>LOCATION KEY</p> <p>Breton Terrace AS - Art Studio BR - Billiard Room CA - Cambridge 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>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. Carolyn Cammenga 6:00 pm - Centre Place</p>