


May 30 – June 5

Breton Woods Independent Living

Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex - canceled today (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball - canceled today (POOL)</p> <p>9:15 Strength Training - canceled today (BS)</p> <p>9:30 Strength Training - canceled today (IFC)</p> <p>10:00 Prayer Group (TPDR)</p> <p>10:15 Heart Healthy Dance - canceled today (VI)</p> <p>11:00 Stretch & Flex - canceled today (EX)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:15 Strength Training - canceled today (IFC)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>5:00 Memorial Day Potluck at the Ridge (Social Hour at 5:00; Dinner at 6:00) (VI)</p> <p>6:30 Games (EX) (TL) (TB)</p>  <p>Closed today: ~ Health Centre ~ Resident Services Offices ~ Bistro & Woods Cafe ~ Breton Market</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Total Body (EX)</p> <p>8:50 Circuit Training (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Recycling Center Tour (sign up required) (OCO)</p> <p>10:30 Feldenkrais (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Tai Chi (EX)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Knit Wits (BI)</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 (TBR)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>7:00 St. Mary's Lab - By Appointment Only (RPDR)</p> <p>7:30 St. Mary's Lab - By Appointment Only (HC)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</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 Catholic Communion (TPDR)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 "The Upper Room" Bible Study w/ Bill Schotanus (CP)</p> <p>10:00 REAL - "iPad Basics" w/ Jessie Riley (RPDR)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:00 ROMEO Men's Lunch @ Founders Brewing Co. (sign up required) (OCO)</p> <p>11:35 Speed Walking (RL)</p> <p>12:30 Mah Jongg (TL)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 REAL - "Hidden Gems" (CP)</p> <p>1:00 Bus to Gaines Township Meijer (OCO)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Terrace Men's Billiards (TBR)</p> <p>2:15 Total Body (BS)</p> <p>4:00 Ridge Social Hour (BI)</p> <p>6:45 Euchre (WC)</p> <p>6:45 Mah Jongg (RL)</p> <p>7:00 Dominos (TL) (WC)</p> <p>7:00 Games (BI) (RL)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Total Body (EX)</p> <p>8:50 Circuit Training (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>9:30 Creative Writing (RPDR)</p> <p>9:30 Caroline Cook - Steeple Chase West Side, Part Two (sign up required) (OCO)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Line Dancing Basics (EX)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 Line Dancing (EX)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Terrace Men's Billiards (TBR)</p> <p>2:30 Balance & Core (BS)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>4:00 Terrace Social Hour (TPDR)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Stretch & Flex (BS)</p> <p>8:30 Aqua Fit & Pool Volleyball (POOL)</p> <p>9:00 Evergreen School Student Visit (9:00 - 9:30 am) (TL)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:00 Pool Volleyball (POOL)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 Movement & Mobility (BS)</p> <p>1:15 Strength Training (IFC)</p> <p>3:00 Ridge Worship Service w/ Rev. Carolyn Cammenga (VI)</p> <p>7:00 Movie Night (TT) "Soul Surfer" (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>7:00 Movie Night (TT) "42" (RT)</p> <p>LOCATION KEY</p> <p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard Room 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>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Carolyn Cammenga (CP)</p> <p>Breton Ridge</p> <p>BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room PC - Pickleball Courts RBR - Ridge Billiard 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>*****</p> <p>BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</p>

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</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 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Prayer Group (TPDR)</p> <p>10:00 Art w/ Hallie - Candle Making (sign up required) (RI)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Art w/ Hallie - Candle Making (sign up required) (AS)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>6:30 Games (EX) (TL) (TB)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Total Body (EX)</p> <p>8:50 Circuit Training (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:30 Feldenkrais (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Tai Chi (EX)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 REAL - "City of Kentwood Highlights & Planning" (VI)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Breton Readers (RI)</p> <p>2:30 Balance & Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>7:00 St. Mary's Lab - By Appointment Only (RPDR)</p> <p>7:30 St. Mary's Lab - By Appointment Only (HC)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</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 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 "The Upper Room" Bible Study w/ Bill Schotanus (CP)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:30 Ballroom Dance Lessons at Social Dance Studio (sign up required) (OCO)</p> <p>11:35 Speed Walking (RL)</p> <p>12:30 Mah Jongg (TL)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 Bus to Cascade Township Meijer (OCO)</p> <p>1:00 REAL - "Set Free Ministries" (VI)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Terrace Men's Billiards (TBR)</p> <p>2:15 Total Body (BS)</p> <p>4:00 Ridge Social Hour (BI)</p> <p>6:45 Mah Jongg (RL)</p> <p>6:45 Euchre (WC)</p> <p>7:00 Games (BI) (RL)</p> <p>7:00 Dominos (TL) (WC)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>8:15 Total Body (EX)</p> <p>8:50 Circuit Training (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>9:30 Outdoor Stretch & Flex (TC)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Sing-Along w/ Pete & Jane (CP)</p> <p>10:15 Library Committee (TPDR)</p> <p>11:00 Water Walking (POOL)</p> <p>11:00 REAL Board Meeting (RPDR)</p> <p>12:00 REAL - Live ZOOM Wellness Workshop - presented by Spiro100: "PTSD - What Can You Do About PTSD?" (CP)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Line Dancing - canceled today (EX)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Terrace Men's Billiards (TBR)</p> <p>2:30 Balance & Core (BS)</p> <p>2:30 Bretonaires Practice (EX)</p> <p>4:00 Terrace Social Hour (TPDR)</p> <p>7:00 Faithful Journey Quartet (VI)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</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 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 "Brothers In War" Documentary (TT)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Ridge Men's Billiards (RBR)</p> <p>1:00 Movement & Mobility (BS)</p> <p>1:15 Strength Training (IFC)</p> <p>3:00 Ridge Worship Service w/ Pastor Frank (VI)</p> <p>7:00 Movie Night (TT) "The Bucket List" (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)</p> <p>1:00 BINGO! (EX)</p> <p>7:00 Bretonaires Spring Concert (VI)</p> <p>7:00 Movie Night "My Fair Lady" (TT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Pastor Frank (CP)</p>
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					<p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard Room 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</p> <p>BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room PC - Pickleball Courts RBR - Ridge Billiard 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>*****</p> <p>BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off-Campus Outing</p>	