

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 31
<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>10:15 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>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) (VI)</p> <p>8:15 Total Body (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>11:30 Park Party Cookout (11:30 am - 1:00 pm) (BP)</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 Balance & Core (IFC)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Knit Wits (BI)</p> <p>2:30 Balance & Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (TPDR) (BI)</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>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)</p> <p>9:00 Blueberry Picking at Dykstra's Blueberry Farm (sign up required) (OCO)</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 Blood Pressure Clinic (10:00 - 11:00 am) (RPDR)</p> <p>10:00 REAL - Convenient iPhone Tips - Session 2 (TPDR)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</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 Dog Pawty (TC)</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>2:00 REAL - "iPad Basics" w/ Jessie Riley (class is full) (RPDR)</p> <p>2:15 Total Body (BS)</p> <p>3:00 Breton Readers (TPDR)</p> <p>4:00 Ridge Social Hour (BI)</p> <p>6:00 Games (BI) (RL)</p> <p>6:45 Euchre (WC)</p> <p>6:45 Mah Jongg (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 (IFC)</p> <p>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (WC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 REAL - "The Aging Mastery Program - Healthy Eating and Hydration" (VI)</p> <p>11:00 Water Walking (POOL)</p> <p>11:00 Ladies Lunch @ Anna's House (sign up required) (OCO)</p> <p>12:00 REAL - Live ZOOM Wellness Workshop - presented by Spiro100: "Nutrition - Eating Right - One Size Doesn't Fit All" (CP)</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>4:00 Terrace Social Hour (TPDR)</p> <p>5:00 The Dinner Detective (sign up required) (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 Yard Games with Lemonade and Fruit Kabobs (10:00 - 11:30 am) (BP)</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 Bob Zoerman (VI)</p> <p>7:00 Movie Night - "The Lake House" (TT) (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>5:00 Singles Potluck (sign up required) (WC)</p> <p>7:00 Movie Night - "The Amazing Spiderman" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Pastor Bob Zoerman (CP)</p>
					<h3>Location Key</h3> <p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness Centre SP - South Patio 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>

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7
<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>10:15 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>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) (VI)</p> <p>8:15 Total Body (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:30 Feldenkrais (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:30 National Ice Cream Sandwich Day (11:30 am - 12:30 pm) (TP)</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 Tai Chi (On break. Resumes 9/13/22) (EX)</p> <p>1:30 Basic Step Workout (IFC)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Breton Readers (RI)</p> <p>2:00 REAL - "Have I Gotta Story To Tell You" with Dave Kampfschulte (VI)</p> <p>2:30 Balance & Core (BS)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:30 National Ice Cream Sandwich Day (3:30 - 4:30 pm) (RP)</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>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)</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 Blood Pressure Clinic (10:00 - 11:00 am) (RPDR)</p> <p>10:00 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</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 Dog Pawty (TC)</p> <p>1:00 Basic Step Workout (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>6:00 Games (BI) (RL)</p> <p>6:45 Mah Jongg (RL)</p> <p>6:45 Euchre (WC)</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 (IFC)</p> <p>9:30 Balance & Core (IFC)</p> <p>9:30 Creative Writing (RPDR)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 REAL - "The Aging Mastery Program - Sleep" (VI)</p> <p>11:00 Water Walking (POOL)</p> <p>11:00 Ladies Lunch @ Tupelo Honey (sign up required) (OCO)</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 REAL - Living Well Series - "Patient Advocacy" with Atrio (CP)</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>9:15 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 REAL - "Go!Bus and RideLink" Presented by The Rapid (CP)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>12:15 Mini Golf at Loeschner's Village Green Mini Golf (sign up required) (OCO)</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. Linda Lee (VI)</p> <p>7:00 Movie Night - "Freedom" (TT) (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 - "90 Minutes in Heaven" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Linda Lee (CP)</p>
					<h3>Location Key</h3> <p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness Centre SP - South Patio 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>