


Monday 5

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)
 8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)
 8:15 Stretch & Flex - canceled today (EX)
 8:30 Aqua Fit & Pool Volleyball - canceled today (POOL)
 9:15 Strength Training - canceled today (IFC)
 9:30 Strength Training - canceled today (IFC)
 10:00 Prayer Group (TPDR)
 10:00 Breton Market - closed today (TLL)
 10:15 Heart Healthy Dance - canceled today (VI)
 11:00 Stretch & Flex - canceled today (EX)
 1:00 Ridge Men's Billiards (RBR)
 1:00 Breton Market - closed today (TLL)
 1:15 Strength Training - canceled today (IFC)
 2:30 Bretonaires Practice (EX)
 5:00 Labor Day Potluck - Social Hour @ 5:00; Dinner @ 6:00 (resident-led) (VI)
 6:30 Games (EX) (TL) (TB)



Fitness Classes are canceled today - Open Swim all day
 Closed today:
 ~ Resident Service Office
 ~ Bistro & Woods Cafe
 ~ Breton Market
 ~ Health Centre
 ~ Salon
 ~ Sales Office

Tuesday 6

6:00 Open Swim (6:00 - 10:45 am) (POOL)
 8:00 Sunrise Social (8:00 - 10:00 am) (WC) (RI)
 8:15 Total Body (IFC)
 9:30 Balance & Core (IFC)
 10:00 Shuffleboard (resident led) (BP)
 10:00 Quilting (10:00 am - 4:00 pm) (AS)
 10:00 Ladies Billiards (RBR)
 10:30 Feldenkrais (canceled today) (BS)
 11:00 Water Walking (POOL)
 11:00 ROMEO Men's Lunch @ Bud & Stanley's (sign up required) (OCO)
 12:30 Open Swim (12:30 - 10:00 pm) (POOL)
 1:00 Tai Chi (On break. Resumes 9/13/22) (EX)
 1:00 Ridge Men's Billiards (RBR)
 1:00 Resistance Band Training w/ Liz (IFC)
 2:00 Balance & Core (IFC)
 2:00 Knit Wits (BI)
 2:00 Knitting & Crocheting (EX)
 2:00 Breton Readers (RI)
 2:30 Balance & Core (BS)
 3:00 Ladies Billiards (TBR)
 3:00 Ladies Tea (TPDR) (BI)

Wednesday 7

6:00 Open Swim (6:00 - 8:15 am) (POOL)
 7:00 St. Mary's Lab - by appointment only (RPDR)
 7:30 St. Mary's Lab - by appointment only (HC)
 8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)
 8:15 Stretch & Flex (BS)
 8:30 Aqua Fit & Pool Volleyball (POOL)
 9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)
 9:00 Veterans Only Woodworking Workshop w/ Veterans Rising (sign up required) 9:00 am - 3:00 pm (TWS)
 9:15 Strength Training (BS)
 9:30 Strength Training (IFC)
 10:00 Catholic Communion (TPDR)
 10:00 Open Swim (10:00 am - 10:00 pm) (POOL)
 10:15 Heart Healthy Dance (VI)
 11:00 Stretch & Flex (EX)
 11:35 Speed Walking (RL)
 12:30 Mah Jongg (TL)
 1:00 Ridge Men's Billiards (RBR)
 1:00 Dog Pawty (TC)
 1:00 Bus to Gaines Township Meijer (OCO)
 1:15 Strength Training (IFC)
 2:00 Terrace Men's Billiards (TBR)
 2:15 Total Body (BS)
 4:00 Ridge Social Hour (RPDR)
 6:00 Games (BI) (RL)
 6:45 Mah Jongg (RL)
 6:45 Euchre (WC)
 7:00 Dominos (TL) (WC)

Thursday 8

6:00 Open Swim (6:00 - 10:45 am) (POOL)
 8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)
 8:15 Total Body (IFC)
 9:30 Balance & Core (IFC)
 10:00 Shuffleboard (resident led) (BP)
 10:00 Breton Market (10:00 am - 12:00 pm) (TLL)
 10:00 REAL - "Healthy Relationships" w/ Marenta Klinger and Hallie Baker (CP)
 10:15 Library Committee (RPDR)
 11:00 Water Walking (POOL)
 12:30 Open Swim (12:30 - 10:00 pm) (POOL)
 12:30 Line Dancing Basics (EX)
 1:00 Line Dancing (EX)
 1:00 Breton Market (1:00 - 3:00 pm) (TLL)
 1:00 Men's Billiards (RBR)
 2:00 Balance & Core (IFC)
 2:00 Men's Billiards (TBR)
 2:00 REAL - "iPad Basics" w/ Jessie Riley (TPDR)
 2:30 Balance & Core (BS)
 2:30 Bretonaires Practice (EX)
 4:00 Terrace Social Hour (TPDR)
 7:00 REAL: "29th District State Senate Candidate Forum" w/ Tommy Brann (D) and Winnie Brinks (R) (Transportation available by calling 1-616-643-2627 by 10:00 am) (CP)

Friday 9

6:00 Open Swim (6:00 - 8:15 am) (POOL)
 8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)
 8:15 Stretch & Flex (BS)
 8:30 Aqua Fit & Pool Volleyball (POOL)
 9:15 Strength Training (BS)
 9:30 Strength Training (IFC)
 10:00 Open Swim (10:00 am - 10:00 pm) (POOL)
 10:15 Heart Healthy Dance (VI)
 11:00 Stretch & Flex (EX)
 1:00 Movement & Mobility (BS)
 1:00 Men's Billiards (RBR)
 1:15 Strength Training (IFC)
 2:00 September Birthday Celebration & Ice Cream Social (WC)
 3:00 Ridge Worship Service w/ Pastor Bob Zoerman (VI)
 7:00 Movie Night - "Women in Gold" (TT) (RT)

Saturday 10

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)
 8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)
 1:00 Bingo! (BI)
 7:00 Movie Night - "The Case for Christ" (TT) (RT)

Location Key

Breton Terrace
 AS - Art Studio
 CA - Cambridge
 CP - Centre Place
 EX - Expressions
 HC - Health Centre
 IFC - Israel's Fitness Centre
 TB - Terrace Balcony
 TBR - Terrace Billiard Room
 TC - Terrace Courtyard
 TL - Terrace Lobby
 TLI - Terrace Library
 TLL - Terrace Lower Level
 TME - Terrace Main Entrance
 TPDR - Terrace Private Dining Room
 TSP - Terrace South Patio
 TT - Terrace Theatre
 WC - Woods Café
 WCP - Woods Café Patio
 WS - Woodshop

Sunday 11

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)
 6:00 Terrace Worship Service w/ Pastor Bob Zoerman (CP)

Breton Ridge

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

BRLC- Breton Rehab & Living Centre
 BECC - Breton Extended Care Centre
 BECS - Breton Extended Care South
 OCO - Off Campus Outing

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
<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>11:00 REAL Board Meeting (TPDR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Art w/ Hallie - Beaded Name Tag Holder (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) (RI)</p> <p>8:15 Total Body (IFC)</p> <p>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (RI)</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>10:00 Shuffleboard (resident led) (BP)</p> <p>10:30 Feldenkrais (canceled today) (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Tai Chi (resumes from summer break) (EX)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Knitting & Crocheting (EX)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Dining Services Open Forum Meeting (CP)</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 Caregiver Support Group (CA)</p> <p>6:15 GR Accordion Ensemble Gala (sign-up required) (OCO)</p> <p>7:00 "Deuteronomy" Bible Study w/ Gerrit Koedoot (RI)</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 Open Swim (10:00 am - 10:00 pm) (POOL)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>10:15 "The Sermon On the Mount" Bible Study w/ Bill Schotanus (CP)</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 Dog Pawty (TC)</p> <p>1:00 Bus to Cascade Township Meijer (OCO)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 September Birthday Celebration & Ice Cream Social (VI)</p> <p>2:15 Total Body (BS)</p> <p>4:00 Ridge Social Hour (RPDR)</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 Shuffleboard (resident led) (BP)</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>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 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Line Dancing (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>2:00 Balance & Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 REAL - "iPad Basics" w/ Jessie Riley (TPDR)</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 REAL - "Kent County Commissioner District 13 Candidate Forum" w/ Michelle Cloud (D) and Tom McKelvey (R) (Transportation available by calling 1-616-643-2627 by 10:00 am) (CP)</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>8:15 Michigan Bible League Conference (sign-up required) (OCO)</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>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>1:00 Movement & Mobility (BS)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Strength Training (IFC)</p> <p>3:00 Ridge Worship Service w/ Rev. Ruth Romeyn (VI)</p> <p>7:00 Movie Night - "Seaspiracy" (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>11:00 Kentwood Food Truck Festival (sign-up required) (OCO)</p> <p>7:00 Movie Night - "Timeless Love" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Ruth Romeyn (CP)</p> <p>7:00 Fellowship and Coffee (WC)</p>
					<h3>Location Key</h3> <p>Breton Terrace</p> <p>AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israel's Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard Room TC - Terrace Courtyard TL - Terrace Lobby TLI - Terrace Library TLL - Terrace Lower Level TME - Terrace Main Entrance TPDR - Terrace Private Dining Room TSP - Terrace South Patio 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>
<p>Lost & Found items will be out at the Terrace & Ridge this week. Stop to see if anything belongs to you.</p>						