

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
<p>6:00 Open Swim (6:00 - 8:15 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 Balance &amp; Core (IFC)</p> <p><b>9:45 Fall Fling (sign up required) (OCO)</b></p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:00 "Judges" Ladies Bible Study (TPDR)</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>12:45 "Judges" Ladies Bible Study (RI)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Tai Chi (TT) (CANCELLED)</p> <p>2:00 Yarnstastics (TT)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Balance &amp; Core (IFC)</p> <p>2:30 Balance &amp; Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>7:00 "Deuteronomy" Bible Study w/ Gerrit Koedoot (RI)</p> <p>2:30 Bretonaires Practice (TT)</p> <p>3:00 RAC Meeting (VI)</p> <p>6:30 Games (TT) (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>9:30 Balance &amp; Core (IFC)</p> <p><b>9:45 Fall Fling (sign up required) (OCO)</b></p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:00 "Judges" Ladies Bible Study (TPDR)</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>12:45 "Judges" Ladies Bible Study (RI)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Tai Chi (TT) (CANCELLED)</p> <p>2:00 Yarnstastics (TT)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Balance &amp; Core (IFC)</p> <p>2:30 Balance &amp; Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>7:00 "Deuteronomy" Bible Study w/ Gerrit Koedoot (RI)</p> <p>2:30 Bretonaires Practice (TT)</p> <p>3:00 RAC Meeting (VI)</p> <p>6:30 Games (TT) (TL) (TB)</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 &amp; Flex (BS)</p> <p>8:30 Aqua Fit &amp; Pool Volleyball (POOL)</p> <p>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC) (CANCELLED)</p> <p><b>9:00 Walk-in Flu Clinic (9:00 am - 12:00 pm) (TPDR)</b></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 (TT)</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 &amp; Flex (TT)</p> <p>11:35 Speed Walking (RL)</p> <p>12:30 Mah Jongg (TL)</p> <p>1:00 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 Men's Billiards (TBR)</p> <p><b>2:00 Oct. Birthday Celebration - Meet &amp; Greet w/ Rev. Les Wiseman (VI)</b></p> <p><b>2:00 Walk-in Flu Clinic (2:00 pm - 4:00 pm) (TPDR)</b></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 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>9:30 Balance &amp; 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 Shuffleboard (resident led) (BP)</p> <p>11:00 Water Walking (POOL)</p> <p><b>11:30 Lunch &amp; Brewery Tour - Founders Brewery (sign up required) (OCO)</b></p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Line Dancing Basics (VI)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Line Dancing (VI)</p> <p>2:00 Balance &amp; Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:30 Bretonaires Practice (TT)</p> <p>2:30 Balance &amp; Core (BS)</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 &amp; Flex (BS)</p> <p>8:30 Aqua Fit &amp; Pool Volleyball (POOL)</p> <p>9:00 Pickleball (resident led) (BP)</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 &amp; Flex (TT)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Movement &amp; Mobility (BS)</p> <p>1:15 Strength Training (IFC)</p> <p><b>3:00 Ridge Worship Service w/ Rev. Linda Lee (VI)</b></p> <p>7:00 Movie Night - "Monster-in-Law" (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>10:00 Hymn Sing (TL)</p> <p>7:00 Movie Night - "Trust Fund" (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>

### Location Key

#### Breton Terrace

- AS - Art Studio
- CA - Cambridge
- CP - Centre Place
- EX - Expressions
- HC - Health Centre
- IFC - Israels 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

#### 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 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29	Sunday 30
<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 &amp; Flex (BS)</p> <p>8:30 Aqua Fit &amp; Pool Volleyball (POOL)</p> <p>9:15 Strength Training (BS)</p> <p>9:30 Strength Training (IFC)</p> <p>10:00 Prayer Group (TPDR)</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>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch &amp; Flex (TT)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 "Judges" Ladies Bible Study (RI)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 REAL - "Fitness Center Essentials" (IFC)</p> <p>2:30 Bretonaires Practice (TT)</p> <p>6:30 Games (TT) (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>9:30 Balance &amp; 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>10:00 "Judges" Ladies Bible Study (TPDR)</p> <p>10:00 HH Board Report (VI)</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>12:45 "Judges" Ladies Bible Study (RI)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Tai Chi (TT)</p> <p>1:30 Beats in Seats (BS)</p> <p>2:00 Yarnstastics (TT)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Balance &amp; Core (IFC)</p> <p>2:30 Balance &amp; Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>7:00 "Deuteronomy" Bible Study w/ Gerrit Koedoort (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 &amp; Flex (BS)</p> <p>8:30 Aqua Fit &amp; Pool Volleyball (POOL)</p> <p>9:00 Walk-in Flu Clinic (9:00 am - 2:00 pm) (RPDR)</p> <p>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC) (CANCELLED)</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 &amp; Flex (TT)</p> <p>11:35 Speed Walking (RL)</p> <p>12:30 Mah Jongg (TL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Bus to Cascade Township Meijer (OCO)</p> <p>1:00 Dog Pawty (TC)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Oct. Birthday Celebration - Meet &amp; Greet w/ Rev. Les Wiseman (WC)</p> <p>2:15 Total Body (BS)</p> <p>3:00 Breton Readers (TPDR)</p> <p>4:00 Ridge Social Hour (RPDR)</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 &amp; Core (IFC)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>11:00 Water Walking (POOL)</p> <p>11:30 ROMEO Men's Lunch @ Harmony Brewing (sign up required) (OCO)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Line Dancing Basics (VI) (CANCELLED)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Line Dancing (VI) (CANCELLED)</p> <p>1:30 Beats in Seats (BS)</p> <p>2:00 Balance &amp; Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:30 Bretonaires Practice (TT)</p> <p>2:30 Balance &amp; Core (BS)</p> <p>4:00 Terrace Social Hour (TPDR)</p> <p>Resident Health Centre will be closed from 12:00 pm - 3:00 pm</p> <p>Ridge Bistro will be closing at 2pm today</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 &amp; Flex (BS)</p> <p>8:30 Aqua Fit &amp; Pool Volleyball (POOL)</p> <p>9:00 Pickleball (resident led) (BP)</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 GR Most Haunted w/ Caroline Cook (CP)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch &amp; Flex (TT)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Movement &amp; Mobility (BS)</p> <p>1:15 Strength Training (IFC)</p> <p>3:00 Ridge Worship Service w/ Rev. Jim Evenhouse (VI)</p> <p>7:00 Movie Night - "Jobs" (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>10:00 Hymn Sing (TL)</p> <p>5:00 Singles Potluck (sign up required) (WC)</p> <p>7:00 Movie Night - "Rudy" (TT) (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Jim Evenhouse (CP)</p>

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