

## **January 23 – 29**

## dent Living



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT

	olland Home™	Breton Woo	ds Indeper	
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	
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) 9:00 Prayer Group (TPDR) 9:15 Strength Training (BS) 9:30 Strength Training (IFC) 10:00 Open Swim (10:00 am - 10:00 pm) (POOL) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:15 Heart Healthy Dance (VI) 11:00 Stretch & Flex (TT) 12:30 Calvin University - The January Series - "And the Answer Is: Why Is It Better to Be a Generalist" w/ Ken Jennings (CP) (VI) 1:00 Men's Billiards (RBR) 1:45 Strength Training (IFC) 6:00 Tai Chi (VI) 6:30 Games (TT) (TL) (TB) 7:00 "Tell Us Your Story" w/ Guest Hannah Malone "Musician's Ministry in Mozambique" (VI)	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 Quilting (10:00 am - 4:00 pm) (AS) 10:00 Ladies Billiards (RBR) 10:30 Feldenkrais (BS) 11:00 Water Walking (POOL) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 12:30 Calvin University - The January Series - "How Christianity Can Be a Healing Force in American Society" w/ Peter Wehner (CP) (VI) 1:00 Men's Billiards (RBR) 1:45 Balance & Core (IFC) 2:00 Yarntastics (TL) 2:00 Knit Wits (BI) 3:00 Balance & Core (BS) 3:00 Ladies Tea (TPDR) (BI) 3:00 Ladies Billiards (TBR) 7:00 "Who Is Jesus?" Bible Study w/ Gerrit Koedoot (RI)	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) 9:15 Strength Training (BS) 9:30 Strength Training (IFC) 10:00 Open Swim (10:00 am - 10:00 pm) (POOL) 10:00 Catholic Communion (TPDR) 10:15 Heart Healthy Dance (VI) 11:00 Stretch & Flex (TT) 11:35 Speed Walking (RL) 12:30 Mah Jongg (TL) 12:30 Calvin University - The January Series - "What Is African American Biblical Interpretation and Why Does the Whole Church Need It" w/ Esau McCaulley (CP) (VI) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Bus to Gaines Township Meijer (OCO) 1:45 Strength Training (IFC) 2:00 Men's Billiards (TBR) 2:00 BretonNext Campaign Coffee (sign up required) (RPDR) 3:00 Breton Readers (TPDR)	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) 8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (WC) 8:45 Breakfast and Thrift Shopping (sign up required) (OCO) 9:30 Balance & Core (IFC) 11:00 Water Walking (POOL) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 12:30 Calvin University - The January Series - "The Prosperity Paradox and the Power of Market-Creating Innovation" w/Efosa Ojomo (CP) (VI) 12:30 Line Dancing Basics - canceled today (VI) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Line Dancing - canceled today (VI) 1:45 Balance & Core (IFC) 2:00 Men's Billiards (TBR) 2:00 Bretonaires Practice (TT) 3:00 Balance & Core (BS) 4:00 Terrace Social Hour (TPDR)	1 1 1

4:00 Ridge Social Hour (RPDR)

6:00 Games (BI) (RL)

6:45 Mah Jongg (RL)

7:00 Dominos (TL) (WC)

6:45 Euchre (WC)

	Friday 27	Saturday				
8:00 8:15 8:30 9:15 9:30 10:00 10:00 10:15 11:00	Open Swim (6:00 - 8:15 am) (POOL) Sunrise Social (8:00 - 10:00 am) (WC) (BI) Stretch & Flex (BS) Aqua Fit & Pool Volleyball (POOL) Strength Training (BS) Strength Training (IFC) Open Swim (10:00 am - 10:00 pm) (POOL) Breton Market (10:00 am - 12:00 pm) (TLL) Heart Healthy Dance (VI) Stretch & Flex (TT) Calvin University - The January Series - "Life After Perfect" w/ Kate Bowler -	6:00 Open Swim (6: 10:00 pm) (POO 8:00 Sunrise Social ( am) (WC) (BI) 10:00 Hymn Sing (TL) 5:00 Singles Potluck required) (WC) 7:00 Movie Night - " Town" (TT) (RT)				
1:45 3:00	Perfect" w/ Kate Bowler- virtual (CP) (VI)  Men's Billiards (RBR)  Strength Training (IFC)  Ridge Worship Service w/ Rev. Lamarr Gibson (VI)  Movie Night - "The Volcano Rescue from Whakaari" (TT) (RT)	Breton Terrace  AS - Art Studio CA - Cambridge CP - Centre Place EX - Expressions HC - Health Centre IFC - Israels Fitness TB - Terrace Balcon TBR - Terrace Billia Room TC - Terrace Court TL - Terrace Lobby TLI - Terrace Loboy TLI - Terrace Lowe TME - Terrace Main Entrance TPDR - Terrace Priv Dining Roon TSP - Terrace Soutl TT - Terrace Theatr WC - Woods Café				

aturday 28 Sunday 29 0 Open Swim (6:00 am -6:00 Open Swim (6:00 am -10:00 pm) (POOL) 10:00 pm) (POOL) O Sunrise Social (8:00 - 10:00 6:00 Terrace Worship Service am) (WC) (BI) w/ Rev. Lamarr Gibson (CP) 0 Hymn Sing (TL) O Singles Potluck (sign up required) (WC) 0 Movie Night - "New in Town" (TT) (RT) **Breton Ridge** cation Key BI - Bistro eton Terrace BP - Breton Park BS - Body Shop Art Studio CR - Craft Room - Cambridge PC - Pickleball Courts · Centre Place **RBR** - Ridge Billiard Room Expressions RI - Ristorante - Health Centre RL - Ridge Lobby - Israels Fitness Centre RLI - Ridge Library Terrace Balcony RME - Ridge Main - Terrace Billiard Room Entrance RP - Ridge Patio - Terrace Courtyard RPDR - Řidge Private Terrace Lobby Dining Room Terrace Library RT - Ridge Theatre - Terrace Lower Level E - Terrace Main VI- Vineyard Entrance \*\*\*\*\*\*\* R - Terrace Private Dining Room BRLC- Breton Rehab &

Living Centre

Care Centre

BECC - Breton Extended

BECS - Breton Extended

Care South

OCO - Off Campus Outing

- Terrace South Patio

Terrace Theatre

WCP - Woods Café Patio

WS - Woodshop



## January 30 – February 5



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

of Holland Home"  Breton Woods Independent Living Wellness Well-Being Fulfillment Discovery Engagement								
Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5		
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)  9:00 Prayer Group (TPDR)  9:15 Strength Training (BS)  9:30 Strength Training (IFC)  10:00 Open Swim (10:00 am - 10:00 pm) (POOL)  10:00 Breton Market (10:00 am - 12:00 pm) (TLL)  10:15 Heart Healthy Dance (VI)  11:00 Stretch & Flex (EX)  11:00 Ladies Lunch @ Fire Rock Grille (sign up required) (OCO)  1:00 Men's Billiards (RBR)  1:15 Strength Training (IFC)  6:00 Tai Chi (EX)  6:30 Games (TT) (TL) (TB)	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 Quilting (10:00 am - 4:00 pm) (AS) 10:00 Ladies Billiards (RBR) 10:30 Feldenkrais (BS) 11:00 Water Walking (POOL) 11:00 ROMEO Men's Lunch @ Charlie's Bar & Grill (sign up required) (OCO) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:45 Balance & Core (IFC) 2:00 Yarntastics (TL) 2:00 Knit Wits (BI) 3:00 Balance & Core (BS) 3:00 Ladies Tea (TPDR) (BI) 3:00 Ladies Billiards (TBR) 7:00 "Who Is Jesus?" Bible Study w/ Gerrit Koedoot (RI)	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) 9:15 Strength Training (BS) 9:30 Strength Training (IFC) 10:00 Open Swim (10:00 am - 10:00 pm) (POOL) 10:00 Catholic Communion (TPDR) 10:15 Heart Healthy Dance (VI) 10:15 "The Parables of Jesus" Bible Study w/ Bill Schotanus (CP) 11:00 Stretch & Flex (EX) 11:35 Speed Walking (RL) 12:30 Mah Jongg (TL) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00	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) 9:30 Meyer May House Tour (sign up required) (OCO) 11:00 Water Walking (POOL) 11:00 Genealogy Group (TPDR) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 12:30 Line Dancing Basics (EX) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Line Dancing (EX) 1:45 Balance & Core (IFC) 2:00 Men's Billiards (TBR) 2:00 Bretonaires Practice (TT) 3:00 Balance & Core (BS) 4:00 Terrace Social Hour (TPDR)	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) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 REAL - "Ed's Story - Session 1" (CP) 10:15 Heart Healthy Dance (VI) 11:00 Stretch & Flex (EX) 1:00 Men's Billiards (RBR) 1:15 Strength Training (IFC) 3:00 Painting Party with Art Prize Winner Kristen Zamora (sign-up required) (RI) 3:00 Ridge Worship Service w/ Rev. Kwasi Kena (VI) 7:00 Movie Night - "Parenthood" (TT) (RT)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL)  8:00 Sunrise Social (8:00 - 10:00 am) (WC) (BI)  10:00 Hymn Sing (TL)  1:00 Bingo at the Terrace (WC)  7:00 Movie Night - "Rocky" (TT) (RT)   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	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 6:00 Terrace Worship Service w/ Rev. Kwasi Kena (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		
		1.00 Plefoll Market (1.00 - 0.00			TI Tamasa Labbar	DD Didge Detic		

pm) (TLL)

Meijer (OCO)

2:00 Men's Billiards (TBR)

6:00 Games (BI) (RL)

6:45 Mah Jongg (RL)

7:00 Dominos (TL) (WC)

6:45 Euchre (WC)

1:00 Bus to Cascade Township

1:15 Strength Training (IFC)

4:00 Ridge Social Hour (RPDR)

TL - Terrace Lobby

TLI - Terrace Library

TME - Terrace Main

TT - Terrace Theatre

WC - Woods Café

WS - Woodshop

Entrance

**TPDR - Terrace Private** 

TLL - Terrace Lower Level

Dining Room TSP - Terrace South Patio

WCP - Woods Café Patio

Library e 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