


| 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><b>8:15 Pilates (BS)</b></p> <p>8:15 Stretch &amp; Flex - canceled today (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 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 Fellowship (TPDR)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p><b>11:00 Pilates (EX)</b></p> <p>11:00 Stretch &amp; Flex - canceled today (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ladies Bible Study - The Book of John (RPDR)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Bretonaires Practice (TT)</p> <p>3:00 Shuffleboard (resident led) (BP)</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 Bible Study - The Book of John (TPDR)</p> <p>10:00 Ladies Billiards (RBR)</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 Ladies Bible Study - The Book of John (RPDR)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:45 Balance &amp; Core (IFC)</p> <p>2:00 Yarnastics (TL)</p> <p>2:00 Breton Readers (RI)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>3:00 Balance &amp; 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 &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)</p> <p>9:00 Used Book Sale (9:00 am - 2:00 pm) (TL)</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>10:15 Heart Healthy Dance - canceled today (VI)</p> <p>10:15 Health Beats - Cardio Drumming (VI)</p> <p>11:00 Stretch &amp; Flex (EX)</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 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Bus to Gaines Township Meijer (OCO)</p> <p>1:00 Dog Pawty (TC)</p> <p><b>1:15 Health Beats - Cardio Drumming (IFC)</b></p> <p>1:15 Strength Training - canceled today (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p><b>3:00 Tai Chi via Video (EX)</b></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 &amp; Core (IFC)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>11:00 Water Walking (POOL)</p> <p>11:00 Genealogy Group (TPDR)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Line Dancing Basics (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Gardening Group (RI)</p> <p>1:00 Line Dancing (EX)</p> <p>1:45 Balance &amp; Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Bretonaires Practice (TT)</p> <p>3:00 Balance &amp; Core (BS)</p> <p>3:00 Shuffleboard (resident led) (BP)</p> <p>4:00 Terrace Social Hour (TPDR)</p> <p><b>7:00 Recital of Becky Smith's Piano Students (VI)</b></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) (PC)</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><b>10:00 Shopping @ The Found Cottage and Lunch @ Vitale's (sign up required) (OCO)</b></p> <p><b>10:15 Cardio Walk via Video (BS)</b></p> <p>10:15 Heart Healthy Dance - canceled today (VI)</p> <p>11:00 Stretch &amp; Flex (EX)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Strength Training (IFC)</p> <p><b>3:00 Ridge Worship Service w/ Rev. Gerrit Koedoot (VI)</b></p> <p><b>5:30 Men's Microwave Social (5:30 - 7:30 pm) (EX)</b></p> <p><b>6:15 Metropolitan Choir of Praise 60th Anniversary Concert (sign up required) (TL) (RL) (OCO)</b></p> <p>7:00 Movie Night - "The Other Side of the Mountain" (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>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>7:00 Movie Night - "The Pale Blue Eye" (TT) (RT)</p> | <p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>6:00 Terrace Worship Service w/ Rev. Gerrit Koedoot (CP)</p> |
|   |   |   |  |   | <h3>Location Key</h3>   |   |
| <p><b>Breton Terrace</b></p> <p>AS - Art Studio<br/>           CP - Centre Place<br/>           EX - Expressions<br/>           HC - Health Centre<br/>           IFC - Israel's Fitness Centre<br/>           TB - Terrace Balcony<br/>           TBR - Terrace Billiard Room<br/>           TC - Terrace Courtyard<br/>           TL - Terrace Lobby<br/>           TLI - Terrace Library<br/>           TLL - Terrace Lower Level<br/>           TME - Terrace Main Entrance<br/>           TPDR - Terrace Private Dining Room<br/>           TSP - Terrace South Patio<br/>           TT - Terrace Theatre<br/>           WC - Woods Café<br/>           WCP - Woods Café Patio<br/>           WS - Woodshop</p>  |   |   | <p><b>Breton Ridge</b></p> <p>BI - Bistro<br/>           BP - Breton Park<br/>           BS - Body Shop<br/>           CR - Craft Room<br/>           PC - Pickleball Courts<br/>           RBR - Ridge Billiard Room<br/>           RI - Ristorante<br/>           RL - Ridge Lobby<br/>           RLI - Ridge Library<br/>           RME - Ridge Main Entrance<br/>           RP - Ridge Patio<br/>           RPDR - Ridge Private Dining Room<br/>           RT - Ridge Theatre<br/>           VI - Vineyard</p> <p>*****</p> <p>BRLC- Breton Rehab &amp; Living Centre<br/>           BECC - Breton Extended Care Centre<br/>           BECS - Breton Extended Care South<br/>           OCO - Off Campus Outing</p>   |   |   |   |

| Monday 8  | Tuesday 9  | Wednesday 10   | Thursday 11   | Friday 12   | Saturday 13   | Sunday 14  |
|---|--|--|---|---|---|--|
| <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 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 Fellowship (TPDR)</p> <p>10:00 Shuffleboard (resident led) (BP)</p> <p>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch &amp; Flex (EX)</p> <p>11:00 REAL Board Meeting (RPDR)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ladies Bible Study - The Book of John (RPDR)</p> <p>1:15 Strength Training (IFC)</p> <p>2:00 Bretonaires Practice (TT)</p> <p>2:00 May Birthday Social at the Terrace (WC)</p> <p>3:00 Shuffleboard (resident led) (BP)</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>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (RI)</p> <p>9:30 Balance &amp; Core (IFC)</p> <p>10:00 Ladies Bible Study - The Book of John (TPDR)</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>12:45 Ladies Bible Study - The Book of John (RPDR)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:45 Balance &amp; Core (IFC)</p> <p>2:00 Yarnastics (TL)</p> <p>2:00 Dining Services Open Forum Meeting - CANCELED (CP)</p> <p>3:00 Ladies Tea (TPDR) (BI)</p> <p>3:00 Balance &amp; Core (BS)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:30 Caregiver Support Group (TT)</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) (RPDR)</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>10:15 Heart Healthy Dance (VI)</p> <p>11:00 Stretch &amp; Flex (EX)</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 Breton Market (1:00 - 3:00 pm) (TLL)</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 May Birthday Social at the Ridge (VI)</p> <p>2:00 Bean Bags (IFC if bad weather) (TC)</p> <p>3:00 Tai Chi via Video (EX)</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>10:00 Shuffleboard (resident led) (BP)</p> <p>10:15 Library Committee (RPDR)</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 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Gardening Group (RI)</p> <p>1:00 Line Dancing (EX)</p> <p>1:45 Balance &amp; Core (IFC)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Bretonaires Practice (TT)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Mother's Day Tea (sign up required) (Transportation begins at 1:30; return ride afterwards.) (VI)</p> <p>3:00 Balance &amp; Core (BS)</p> <p>3:00 Shuffleboard (resident led) (BP)</p> <p>4:00 Terrace Social Hour (TPDR)</p> <p>6:30 "Hadestown" Broadway Show (Pre-ticketed event; sign up for transportation)</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>8:30 Tulip Time Coach Bus Trip (sign up required) (TL) (RL) (OCO)</p> <p>9:00 Pickleball (resident led) (PC)</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>10:15 Step Aerobics (VI)</p> <p>10:15 Heart Healthy Dance - canceled today (VI)</p> <p>11:00 Stretch &amp; Flex (EX)</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>5:30 Men's Microwave Social (5:30 - 7:30 pm) (EX)</p> <p>7:00 Movie Night - "Heroes" (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>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>1:00 Bingo at the Ridge (BI)</p> <p>7:00 Movie Night - "The Perfect Pairing" (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>   |
|   |  |  |   |   |   | <h3>Location Key</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Breton Terrace</b></p> <p>AS - Art Studio<br/>CP - Centre Place<br/>EX - Expressions<br/>HC - Health Centre<br/>IFC - Israel's Fitness Centre<br/>TB - Terrace Balcony<br/>TBR - Terrace Billiard Room<br/>TC - Terrace Courtyard<br/>TL - Terrace Lobby<br/>TLI - Terrace Library<br/>TLL - Terrace Lower Level<br/>TME - Terrace Main Entrance<br/>TPDR - Terrace Private Dining Room<br/>TSP - Terrace South Patio<br/>TT - Terrace Theatre<br/>WC - Woods Café<br/>WCP - Woods Café Patio<br/>WS - Woodshop</p> </div> <div style="width: 45%;"> <p><b>Breton Ridge</b></p> <p>BI - Bistro<br/>BP - Breton Park<br/>BS - Body Shop<br/>CR - Craft Room<br/>PC - Pickleball Courts<br/>RBR - Ridge Billiard Room<br/>RI - Ristorante<br/>RL - Ridge Lobby<br/>RLI - Ridge Library<br/>RME - Ridge Main Entrance<br/>RP - Ridge Patio<br/>RPDR - Ridge Private Dining Room<br/>RT - Ridge Theatre<br/>VI - Vineyard</p> <p>*****</p> <p>BRLC- Breton Rehab &amp; Living Centre<br/>BECC - Breton Extended Care Centre<br/>BECS - Breton Extended Care South<br/>OCO - Off Campus Outing</p> </div> </div> |