


Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL)
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (RI)	7:00 St. Mary's Lab - by appointment only (RPDR)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	6:00 Breton Woods Worship Service w/ Rev. Kwasi Kena (CP)
8:15 Stretch & Flex (BS)	8:15 Total Body (IFC)	7:30 St. Mary's Lab - by appointment only (HC)	8:15 Total Body (IFC)	8:15 Stretch & Flex (BS)	10:00 Hymn Sing - Canceled until Fall (TL)	7:00 Fellowship and Coffee (RI)
8:30 Aqua Fit & Pool Volleyball (POOL)	8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (RI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	9:30 Balance & Core (IFC)	8:30 Aqua Fit & Pool Volleyball (POOL)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	
9:15 Strength Training (BS)	8:45 Resident Golf League at the Pines (OCO)	8:15 Stretch & Flex (BS)	10:00 Shuffleboard (resident led) (BP)	9:00 Pickleball (resident led) (PC)	7:00 Movie Night - "Still Alice" (EL) (RT)	
9:30 Strength Training (IFC)	9:30 Balance & Core (IFC)	8:30 Aqua Fit & Pool Volleyball (POOL)	10:45 Ladies Lunch @ Rose's (sign-up required) (EE & RL) (OCO)	9:15 Strength Training (BS)		
10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	10:00 Ladies Billiards (RBR)	9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)	11:00 Water Walking (POOL)	9:30 Strength Training (IFC)		
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	9:15 Strength Training (BS)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)		
10:00 Prayer Fellowship (EL)	10:30 Feldenkrais (canceled today) (BS)	9:30 Strength Training (IFC)	12:30 Line Dancing Basics (EX)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)		
10:00 Bocce Ball (resident led) (BP)	11:00 Water Walking (POOL)	10:00 Catholic Communion (AS)	1:00 Men's Billiards (RBR)	10:15 Heart Healthy Dance (VI)		
10:15 Heart Healthy Dance (VI)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:15 Heart Healthy Dance (VI)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	11:00 Stretch & Flex (EX)		
11:00 Stretch & Flex (EX)	1:00 Men's Billiards (RBR)	11:00 Stretch & Flex (EX)	1:00 Line Dancing (EX)	11:35 Breton Park Walk (In place of Speed Walking) (Meet in the Ridge Lobby) (BP)		
11:00 REAL Board Meeting (RPDR)	1:00 Tai Chi via Video (EX)	11:35 Breton Park Walk (In place of Speed Walking) (Meet in the Ridge Lobby) (BP)	1:45 Balance & Core (IFC)	12:30 Mah Jongg (EX)		
1:00 Men's Billiards (RBR)	1:45 Balance & Core (IFC)	12:30 "To and Fro - The History of Transportation in GR" - Trolley Tour w/ Caroline Cook (sign-up required) (EE & RL) (OCO)	2:00 Men's Billiards (TBR)	1:00 Men's Billiards (RBR)		
1:15 Strength Training (IFC)	2:00 Yarnastics (EX)	1:00 Men's Billiards (RBR)	2:00 Knit Wits (BI)	1:00 Dog Pawty * (TC)		
2:00 Pool Volleyball (POOL)	2:00 Dining Services Open Forum Meeting (RI)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	3:00 Balance & Core (BS)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)		
3:00 Shuffleboard (resident led) (BP)	3:00 Ladies Billiards (TBR)	1:00 Bus to Gaines Township Meijer (OCO)	3:00 Bocce Ball (resident led) (BP)	1:15 Strength Training (IFC)		
6:30 Games (EX)	3:00 Ladies Tea (EX) (BI)	2:00 Men's Billiards (TBR)	4:00 Terrace Social Hour (EX)	1:00 Bus to Gaines Township Meijer (OCO)		
	3:00 Balance & Core (BS)	2:00 Men's Billiards (TBR)		1:15 Strength Training (IFC)		
	3:30 Caregiver Support Group (RPDR)	4:00 Ridge Social Hour (RPDR)		5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)		
		4:30 Patio Picnic Luau - 4:30-6:00 pm (Sign up for transportation only.) (EE) (RP)		7:00 Movie Night - "A Champion Heart" (EL) (RT)		
		6:00 Games (BI) (RL)				
		6:45 Mah Jongg (RL)				
		6:45 Euchre (EX)				
		7:00 Dominos (EX)				

Location Key

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| Breton Terrace
AS - Art Studio
CP - Centre Place
EE - East Entrance
EL - Employee Lounge
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 |
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*Weather permitting.

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL)
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (RI)	7:00 St. Mary's Lab - by appointment only (RPDR)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	6:00 Breton Woods Worship Service w/ Rev. Ken Campbell (CP)
8:15 Stretch & Flex (BS)	8:15 Total Body (IFC)	7:30 St. Mary's Lab - by appointment only (HC)	8:15 Total Body (IFC)	8:15 Stretch & Flex (BS)	10:00 Hymn Sing - Canceled until Fall (TL)	
8:30 Aqua Fit & Pool Volleyball (POOL)	8:45 Resident Golf League at the Pines (OCO)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX)	8:30 Aqua Fit & Pool Volleyball (POOL)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	
9:15 Strength Training (BS)	9:30 Balance & Core (IFC)	8:15 Stretch & Flex (BS)	9:30 Balance & Core (IFC)	9:00 Pickleball (resident led) (PC)	5:00 Singles Potluck (sign-up required) (EX)	
9:30 Strength Training (IFC)	10:00 Ladies Billiards (RBR)	8:30 Aqua Fit & Pool Volleyball (POOL)	10:00 Shuffleboard (resident led) (BP)	9:15 Strength Training (BS)	7:00 Movie Night - "Where Hands Touch" (EL) (RT)	
10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)	10:00 REAL - "The Healing Power of Singing and Music" (VI)	9:30 Strength Training (IFC)		
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	10:30 Feldenkrais (canceled today) (BS)	9:15 Strength Training (BS)	11:00 Water Walking (POOL)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)		
10:00 Bocce Ball (resident led) (BP)	11:00 Water Walking (POOL)	9:30 Strength Training (IFC)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)		
10:00 Prayer Fellowship (EL)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	9:30 Fish Boil at Cherry Point Farm & Market (sign-up required) (EE & RL) (OCO)	12:30 Line Dancing Basics (EX)	10:15 Heart Healthy Dance (VI)		
10:15 Heart Healthy Dance (VI)	1:00 Men's Billiards (RBR)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	1:00 Men's Billiards (RBR)	11:00 Stretch & Flex (EX)		
10:45 ROMEO Men's Lunch @ The Score (sign-up required) (EE & RL) (OCO)	1:00 Tai Chi via Video (EX)	10:15 Heart Healthy Dance (VI)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	11:00 Stretch & Flex (EX)		
11:00 Stretch & Flex (EX)	1:45 Balance & Core (IFC)	11:00 Stretch & Flex (EX)	1:00 Line Dancing (EX)	1:00 Men's Billiards (RBR)		
1:00 Men's Billiards (RBR)	2:00 Yarnastics (EX)	11:35 Speed Walking (RL)	1:45 Balance & Core (IFC)	1:15 Strength Training (IFC)		
1:15 Strength Training (IFC)	3:00 Balance & Core (BS)	12:30 Mah Jongg (EX)	2:00 Men's Billiards (TBR)	3:00 RAC Meeting (VI)		
3:00 RAC Meeting (VI)	3:00 Ladies Billiards (TBR)	1:00 Men's Billiards (RBR)	2:00 Knit Wits (BI)	6:30 Games (EX)		
6:30 Games (EX)	3:00 Ladies Tea (EX) (BI)	1:00 Bus to Cascade Township Meijer (OCO)	3:00 Balance & Core (BS)	7:00 Good Medicine Band (VI)		
7:00 Good Medicine Band (VI)	3:00 REAL - Kent County Undersheriff Chuck DeWitt (VI)	1:00 Dog Pawty * (TC)	3:00 Bocce Ball (resident led) (BP)			
		1:00 Breton Market (1:00 - 3:00 pm) (TLL)	4:00 Terrace Social Hour (EX)			
		1:15 Strength Training (IFC)	7:00 "This is My Story ... This is My Song" - Sweet Adelines and Ice Cream Sundae Bar (RP) (VI)			
		2:00 Men's Billiards (TBR)				
		2:00 Bean Bags (IFC if bad weather) (TC)				
		4:00 Ridge Social Hour (RPDR)				
		6:00 Games (BI) (RL)				
		6:45 Euchre (EX)				
		6:45 Mah Jongg (RL)				
		7:00 Dominos (EX)				

Location Key

Breton Terrace AS - Art Studio CP - Centre Place EE - East Entrance 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	

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