

October 30 - November 5

Breton Woods Independent Living



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELLNESS WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

Monday 30

- 6:00 Open Swim (6:00 8:15 am) (POOL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 8:30 Aqua Fit & Pool Volleyball (POOL)
- 9:15 Stretch & Flex (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 Prayer Fellowship (EL)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 1:00 Men's Billiards (RBR)
- 1:00 Ladies Bible Study The Book of John (RPDR)
- 1:15 Strength Training (IFC)
- 2:00 REAL "Fitness Center Essentials" (IFC)
- 6:30 Games (EX)
- 7:00 Resident Led Movie "A Bridge Too Far" (RT)

Tuesday 31

- 6:00 Open Swim (6:00 10:45 am) (POOL)
- 8:00 Sunrise Social (8:00 10:00 am) (EX) (RI)
- 8:15 Total Body (IFC)
- 9:30 Balance & Core Stability (IFC)
- 10:00 Ladies Billiards (RBR)
- 10:00 Quilting (10:00 am 4:00 pm) (AS)
- 10:15 Ladies Bible Study The Book of John (class is full) (EX)
- 11:00 Water Walking (POOL)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 12:45 Ladies Bible Study The Book of John (RPDR)
- 1:00 Men's Billiards (RBR)
- 1:00 Tai Chi via Video (EX)
- 1:00 Halloween Costume Party (VI)
- 1:45 Balance & Core Stability (IFC)
- 2:00 Yarntastics (EX)
- 2:00 Balance & Core Stability (BS)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX) (BI)
- 7:00 "Journey with Job" Bible Study w/ Gerrit Koedoot (RPDR)

Happy Halloween!



Wednesday 1

- 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) (EX) (BI)
- 8:30 Aqua Fit & Pool Volleyball (POOL)
- 9:00 Blood Pressure Clinic (HC)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (IFC)
- 10:00 Open Swim (10:00 am 10:00 pm) (POOL)
- 10:00 Catholic Communion (AS)
- 10:15 Strength Training (BS)
- 10:15 "The Attributes of God" Bible Study w/ Rev. Les Wiseman (EL)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 11:35 Speed Walking (RL)
- 12:30 Mah Jongg (EX)
- 1:00 Bus to Gaines Township Meijer (OCO)
- 1:00 Men's Billiards (RBR)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:15 Strength Training (IFC)
- 2:00 Men's Billiards (TBR)
- 3:30 West Michigan Homeschool Jazz Band Concert (VI)
- 4:00 Social Hour at the Ridge (RPDR)
- 6:00 Games (BI) (RL)
- 6:45 Mah Jongg (RL)
- 6:45 Euchre (EL)
- 7:00 Dominos (EX)

Thursday 2

- 6:00 Open Swim (6:00 10:45 am) (POOL)
- 8:00 Sunrise Social (8:00 10:00 am) (EX) (BI)
- 8:15 Total Body (IFC)
- 9:30 Balance & Core Stability (IFC)
- 10:00 Holiday Market After Sale at the Terrace (10:00 am -2:00 pm) (AS)
- 11:00 Water Walking (POOL)
- 11:00 Genealogy Group (EX)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:00 Line Exercise (EX)
- 1:45 Balance & Core Stability (IFC)
- 2:00 Men's Billiards (TBR)
- 2:00 Knit Wits (BI)
- 2:00 Balance & Core Stability (BS)
- 3:30 Social Hour at the Terrace (EX)

Friday 3

- 6:00 Open Swim (6:00 8:15 am) (POOL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 8:30 Aqua Fit & Pool Volleyball (POOL)
- 9:15 Stretch & Flex (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 "Grief Share" Session 9 (Registration is closed) (RPDR)

10:00 Holiday Market After Sale at the Ridge (10:00 am -2:00 pm) (RI)

- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 1:00 Men's Billiards (RBR)
- 1:15 Strength Training (IFC)
- 2:00 5 Crowns (EL)
- 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)
- 7:00 Movie Night "Three Came Home" (EL) (RT)

Saturday 4

- 6:00 Open Swim (6:00 am 10:00 pm) (POOL)
- 8:00 Sunrise Social (8:00 10:00 am) (EX) (BI)
- 10:00 Breton Market (10:00 am 12:00 pm) (TLL)
- 12:00 Lunch at the Terrace (sign up required) (EX)
- 2:00 Stinky Feet (note location change for today) (AS)
- 7:00 Movie Night "My Big Fat Greek Wedding" (EL) (RT)

Sunday 5

- 6:00 Open Swim (6:00 am 10:00 pm) (POOL)
- 10:45 Calvary Church Livestream (EX)
- 6:00 Breton Woods Worship
 Service and Communion
 w/ Rev. Jim Evenhouse
 (Transportation from the
 Terrace East Entrance
 leave at 5:15 and 5:30) (VI)

Location Key

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
 - *Weather permitting.

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



November 6 - 12

ent Living

3:30 Social Hour at the Terrace

6:30 "Tina Turner" Broadway

Terrace RSO is

closed today.

Show (pre-ticketed event)

(sign up for transportation)

(EX)

(OCO)



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL PHYSICAL

of Holland Home Breton Woods Independent Livi				
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
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: am) (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)
8:30 Aqua Fit & Pool Volleyball	8:15 Total Body (IFC)	7:30 St. Mary's Lab - by appointment only (HC)	8:15 Total Body (IFC)	8:15 Men's Retreat (OCO)
(POOL)	9:30 Balance & Core Stability (IFC)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	9:30 Balance & Core Stability	8:30 Aqua Fit & Pool Volley
9:15 Stretch & Flex (BS)	9:30 Caroline Cook Bus Tour - "City	8:30 Aqua Fit & Pool Volleyball (POOL)	(IFC)	(POOL)
9:30 Strength Training (IFC)	Sights" - Part 6 (sign up required) EE & RL (OCO)	9:00 Blood Pressure Clinic (RPDR)	10:15 Library Committee	9:15 Stretch & Flex (BS)
10:00 Open Swim (10:00 am -	10:00 Ladies Billiards (RBR)	9:15 Stretch & Flex (BS)	Meeting (RPDR)	9:30 Strength Training (IFC
10:00 pm) (POOL) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	9:30 Strength Training (IFC)	11:00 Water Walking (POOL)	10:00 Open Swim (10:00 an
		10:00 Open Swim (10:00 am - 10:00 pm)	11:30 Balance & Core Stability (BS)	10:00 pm) (POOL)
10:00 Prayer Fellowship (EL)	10:15 Ladies Bible Study - The Book of John (class is full) (EX)	(POOL) 10:00 Catholic Communion (note location change for today) (EL)	12:30 Open Swim (12:30 - 10:00	10:00 Breton Market (10:00 12:00 pm) (TLL)
10:15 Strength Training (BS)	11:00 Water Walking (POOL)	10:15 Strength Training (BS)	pm) (POOL)	10:00 REAL - "Grief Share"
11:00 Stretch & Flex (EX)	11:30 Balance & Core Stability (BS)	10:15 "The Attributes of God" Bible	1:00 Men's Billiards (RBR)	Session 10 (Registrati closed) (RPDR)
11:15 Heart Healthy Dance (VI)	12:30 Open Swim (12:30 - 10:00 pm)	Study w/ Rev. Les Wiseman (EL)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	10:15 Strength Training (BS
1:00 Men's Billiards (RBR)	(POOL)	11:00 Stretch & Flex (EX)	1:00 Line Exercise (EX)	11:00 Stretch & Flex (EX)
1:00 Ladies Bible Study - The	12:45 Ladies Bible Study - The Book of John (RPDR)	11:15 Heart Healthy Dance (VI)		
Book of John (RPDR)		11:35 Speed Walking (RL)	1:45 Balance & Core Stability (IFC)	11:15 Heart Healthy Dance
1:00 November Birthday Social at the Terrace (EX)	1:00 Men's Billiards (RBR)	12:30 Mah Jongg (EX)	2:00 Men's Billiards (TBR)	1:00 Men's Billiards (RBR)
	1:00 Tai Chi via Video (EX)	1:00 Bus to Cascade Township Meijer (OCO) 2:00 Knit Wits (BI)	1:15 Strength Training (IFC	
1:15 Strength Training (IFC)	1:45 Balance & Core Stability (IFC)	1:00 Men's Billiards (RBR)		2:00 5 Crowns (EL)
6:30 Games (EX)	2:00 Breton Readers (RI)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	2:00 Balance & Core Stability (BS)	5:30 Men's Social Supper
7:00 "Tell Us Your Story" w/ Bill Eureka (VI)	2:00 Yarntastics (EX)	1:00 REAL - GRCS Superintendent Presentation (VI) 1:15 Strength Training (IFC) 2:00 Veteran's Day Program (Bus p/u at the Terrace East Entrance at 1:30 pm) (VI)	2:00 Veteran's Day Program (Bus p/u at the Terrace	- 7:00 pm) (EX) 7:00 Movie Night - "A Perfe Fit" (EL) (RT)
	2:00 Balance & Core Stability (BS)			
	3:00 Ladies Billiards (TBR)		FIL (EL)(KI)	
	3:00 Ladies Tea (EX) (BI)	2:00 Men's Billiards (TBR)	7.70 Cas'al Harmadah a Tamasa	

3:00 Stuart Leitch Classical Music

Study w/ Gerrit Koedoot

7:00 "Journey with Job" Bible

Concert (VI)

(RPDR)

4:00 Social Hour at the Ridge (RPDR)

6:00 Games (BI) (RL)

6:45 Mah Jongg (RL)

6:45 Euchre (EL)

7:00 Dominos (EX)

i:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL)		
3:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)		
8:15 Men's Retreat (OCO)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)		
3:30 Aqua Fit & Pool Volleyball (POOL)	1:00 Bingo at the Ridge (BI)		
9:15 Stretch & Flex (BS)	2:00 Stinky Feet (EX) 7:00 Movie Night - "Charade"		
3:30 Strength Training (IFC)			
10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	(EL) (RT)		
:00 Breton Market (10:00 am - 12:00 pm) (TLL)			
:00 REAL - "Grief Share" Session 10 (Registration is closed) (RPDR)	Location		
0:15 Strength Training (BS)	Breton Terrace		
1:00 Stretch & Flex (EX)	AS - Art Studio CP - Centre Place		
11:15 Heart Healthy Dance (VI)	EE - East Entrance EL - Employee Lounge		
I:00 Men's Billiards (RBR)	EX - Expressions HC - Health Centre		
1:15 Strength Training (IFC)	IFC - Israels Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard		
2:00 5 Crowns (EL)			
5:30 Men's Social Supper (5:30 -7:00 pm) (EX)	Room TC - Terrace Courtyard TL - Terrace Lobby		
7:00 Movie Night - "A Perfect Fit" (EL) (RT)	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		

Terrace RSO is

closed today.

(EL) (RT) **Location Key** eton Terrace Art Studio Centre Place **East Entrance** Employee Lounge Expressions - Health Centre - Israels Fitness Centre Terrace Balcony - Terrace Billiard Room Terrace Courtyard Terrace Lobby - Terrace Library - Terrace Lower Level E - Terrace Main Entrance R - Terrace Private Dining Room - Terrace South Patio Terrace Theatre - Woods Café P - Woods Café Patio WS - Woodshop *Weather permitting.

Saturday 11

Sunday 12 6:00 Open Swim (6:00 am -10:00 pm) (POOL) 10:45 Calvary Church Livestream (EX) 6:00 Breton Woods Worship Service w/ Rev. Linda Lee (Transportation from the **Terrace East Entrance** leave at 5:15 and 5:30) (VI) **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

BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre

Dining Room

RT - Ridge Theatre

VI- Vineyard

BECS - Breton Extended Care South

OCO - Off Campus Outing