

November 13 - 19

Breton Woods Independent Living

Thursday 16

6:00 Open Swim (6:00 - 10:45

am) (POOL)

8:15 Total Body (IFC)

(IFC)

8:00 Sunrise Social (8:00 -

10:00 am) (EX) (BI)

9:30 Balance & Core Stability

11:00 Water Walking (POOL)

11:30 Balance & Core Stability

12:30 Open Swim (12:30 - 10:00

12:30 REAL - "Elder Abuse" (VI)

1:00 Breton Market (1:00 - 3:00

1:45 Balance & Core Stability

2:00 Balance & Core Stability

3:30 Social Hour at the Terrace

1:00 Men's Billiards (RBR)

(LLT) (ma

(IFC)

2:00 Knit Wits (BI)

(BS)

(EX)

1:00 Line Exercise (EX)

2:00 Men's Billiards (TBR)

pm) (POOL)



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

N	1or	nda	y 13

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)

11:00 REAL Board Meeting (RPDR)

11:15 Heart Healthy Dance (VI)

1:00 Men's Billiards (RBR)

1:00 Ladies Bible Study - The Book of John (RPDR)

1:00 Swiftlane Info Session (EX)

1:15 Strength Training (IFC)

2:00 November Birthday Social at the Ridge (VI)

6:30 Games (EX)

7:00 "Tell Us Your Story" w/ Harry Holwerda (VI)

Tuesday 14

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)

8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (RI)

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)

1:45 Balance & Core Stability (IFC)

2:00 Yarntastics (EX)

2:00 Balance & Core Stability (BS)

2:00 REAL - "The Power of Story" w/ Dave Kampschulte (VI)

2:00 Dining Services Open Forum Meeting (postponed to next Tuesday, November 21)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (EX) (BI)

3:30 Caregiver Support Group (RPDR)

7:00 "Journey with Job" Bible Study was Gerrit Koedoot (RPDR)

Wednesday 15

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)

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 Building & Grounds Open Forum Meeting (VI)

2:00 Men's Billiards (TBR)

2:00 Swiftlane Info Session (EX)

4:00 Social Hour at the Ridge (RPDR)

4:30 Thanksgiving Dinner at the Ridge (signup required) Transportation from the Terrace East Entrance at 4:20 & 4:45 pm. (RI)

6:00 Games (BI) (RL)

6:45 Mah Jongg (RL)

6:45 Euchre (EL)

7:00 Dominos (EX)

Friday 17

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 11 (Registration is closed) (RPDR)

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 - "Midway" (EL) (RT)

6:00 Open Swim (6:00 am -10:00 pm) (POOL)

Saturday 18

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

10:00 Breton Market (10:00 am - 12:00 pm) (TLL)

2:00 Stinky Feet (EX)

7:00 Movie Night - "Persuasion" (EL) (RT)

Sunday 19

6:00 Open Swim (6:00 am -10:00 pm) (POOL)

10:00 Sunday Morning Worship Service w/ Pastor Bob Zoerman (VI)

10:45 Calvary Church Livestream (EX)

6:00 Breton Woods Worship
Service w/ Rev. Carolyn
Cammenga
(Transportation from the
Terrace East Entrance
leave at 5:15 and 5:30) (VI)

7:00 After Church Fellowship (RI)

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 20 - 26

Breton Woods Independent Living



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

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	UIIU	ay	20

6:00 Open Swim (6:00 - 8:15 am) (POOL)

8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)

8:30 Agua 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)

11:00 JULIET Lunch @ The Old Goat (sign up required) (OCO)

11:15 Heart Healthy Dance (VI)

1:00 Men's Billiards (RBR)

1:00 Ladies Bible Study - The Book of John (canceled today) (RPDR)

1:15 Strength Training (IFC)

3:00 RAC Meeting (VI)

6:30 Games (EX)

7:00 Resident Led Movie (RT)

Tuesday 21

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 (canceled today) (EX)

10:30 REAL - "Android Basics -Smartphones" (VI)

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 (canceled today) (RPDR)

1:00 Men's Billiards (RBR)

1:00 Tai Chi via Video (EX)

1:45 Balance & Core Stability (IFC)

2:00 Yarntastics (EX)

2:00 Balance & Core Stability (BS)

2:00 Dining Services Open Forum Meeting (RI)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (EX) (BI)

6:15 Calvin University Passport to Adventure (pre-ticketed event sign up for transportation) (EE & RL) (OCO)

7:00 "Journey with Job" Bible Study w/ Gerrit Koedoot (RPDR)

Wednesday 22

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 Agua Fit & Pool Volleyball (POOL)

9:00 Blood Pressure Clinic (RPDR)

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 Cascade 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)

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)

Resident Services Offices and Terrace Health Centre close at noon.

Thursday 23

6:00 Open Swim (6:00 - 10:00 pm) (POOL)

8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)

1:00 Men's Billiards (RBR)

2:00 Men's Billiards (TBR)

2:00 Knit Wits (BI)

Closed/canceled today:

~ Ridge Bistro

~ Health Centre

~ Fitness classes

~ Breton Market

~ Resident Services Offices

~ On-Campus Transportation

3:30 Social Hour at the Terrace (EX)

Friday 24

6:00 Open Swim (6:00 - 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)

10:00 REAL - "Grief Share" Session 12 (Registration is closed) (RPDR)

1:00 Men's Billiards (RBR)

2:00 5 Crowns (EL)

5:30 Men's Social Supper (5:30 -7:00 pm) (EX)

7:00 Movie Night - "A Fortunate Man" (EL) (RT)

Closed/canceled today:

~ Ridge Bistro

~ Fitness classes

~ Resident Services Offices

~ On-Campus Transportation

Saturday 25 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)

2:00 Stinky Feet (EX)

7:00 Movie Night - "The Overthe-Hill Gang" (EL) (RT)

Sunday 26 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. Les Wiseman (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