

December 11 - 17

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL PHYSICAL

of Ho	olland Home™
Monday 11	Tuesday 12
6:00 Open Swim (6:00 - 8:15 am) (POOL)	8:00 Sunrise Social (8:00 - 10:00 ar (EX) (RI)
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:15 Total Body - canceled today. (I 8:30 Donuts w/ the HH Developme Team (8:30 - 10:00 am) (RI)
8:30 Aqua Fit & Pool Volleyball (POOL)	9:30 Balance & Core Stability - canceled today. (IFC)
9:15 Stretch & Flex (BS)	10:00 Ladies Billiards (RBR)
9:30 Strength Training (IFC)	10:00 Quilting (10:00 am - 4:00 pm)
0:00 Open Swim (10:00 am - 10:00 pm) (POOL)	10:15 Ladies Bible Study - The Book John (class is full) (EX)
0:00 Breton Market (10:00 am - 12:00 pm) (TLL)	11:00 ROMEO Men's Lunch @ Caba Tres Amigos (sign up required & RL) (OCO)
0:00 Prayer Fellowship (EL)	11:00 Water Walking - canceled tod (POOL)

(IFC) ent n) (AS) k of ana ed) (EE day. 10:15 Strength Training (BS) 11:30 Balance & Core Stability (BS) 12:45 Ladies Bible Study - The Book of John (RPDR) 1:00 Men's Billiards (RBR) 1:00 Tai Chi via Video (EX) 11:15 Heart Healthy Dance (VI) 1:45 Balance & Core Stability canceled today. (IFC) 2:00 Yarntastics (EX) 1:00 Ladies Bible Study - The 2:00 Balance & Core Stability (BS) 3:00 Ladies Billiards (TBR) 1:15 Strength Training (IFC) 3:00 Ladies Tea (EX) (BI) 2:00 December Birthday Social

Wednesday 13				
7:00 St. Mary's Lab - by appointment only (RPDR)	6:0			
7:30 St. Mary's Lab - by appointment only (HC)				
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:			
8:30 Aqua Fit & Pool Volleyball - canceled today. (POOL)	9:			
9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)	10:			
9:15 Stretch & Flex (BS)	11:0			
9:30 Strength Training - canceled today. (IFC)	11:3			
10:00 Catholic Communion (AS)	12:3			
10:15 Strength Training (BS)				
11:00 Stretch & Flex (EX)	1:0			
11:15 Heart Healthy Dance (VI)	1:0			
11:35 Speed Walking (RL)				
12:30 Mah Jongg (EX)	1:0			
1:00 Bus to Gaines Township Meijer (OCO)	1:0			
1:00 Men's Billiards (RBR)				
1:00 Breton Market (1:00 - 3:00 pm) (TLL)	4.			
1:15 Strength Training - canceled today. (IFC)	1:4			
2:00 Men's Billiards (TBR)	2:0			
2:00 REAL - "Where In Michigan Am I?" Part	2:0			
3 - w/ Kyle Schippa (VI)	2:0			
4:00 Social Hour at the Ridge (RPDR)	3:3			
5:00 Open Swim (5:00 - 10:00 pm) (POOL)				
6:00 Games (BI) (RL)	4:			
6:45 Mah Jongg (RL)				
6:45 Euchre (EL)				
7:00 Dominos (EX)				
Closed 8:00 am - 5:00 pm: ~ Fitness Centre	6:			
~ Pool & Spa ~ Locker Rooms	Bis			

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Т	hursday 14	
6:00	Open Swim (6:00 - 10:45 am) (POOL)	6
8:00	Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8
8:15	Total Body (IFC)	8
9:30	Balance & Core Stability (IFC)	
10:15	Library Committee Meeting (RPDR)	g
11:00	Water Walking (POOL)	10
11:30	Balance & Core Stability (BS)	
12:30	Open Swim (12:30 - 10:00 pm) (POOL)	10
1:00	Men's Billiards (RBR)	1
1:00	Breton Market (1:00 - 3:00 pm) (TLL)	1
1:00	Line Exercise (EX)	
1:00	Shopping at Woodland Mall (sign-up required) (EE & RL) (OCO)	2
1:45	Balance & Core Stability (IFC)	
2:00	Men's Billiards (TBR)	
2:00	Knit Wits (BI)	7
2:00	Balance & Core Stability (BS)	
3:30	Social Hour at the Terrace (EX)	
4:30	Christmas Dinner at the Ridge - Punch Bowl at 4:30; Dinner at 5:00 (sign-up required); transportation from the Terrace East Entrance at 4:30 only. Return ride after the 6:15 entertainment. (RI)	
6:15	East Grand Rapids HS	

	Friday 15	
6:00	Open Swim (6:00 - 8:15 am) (POOL)	6:0
8:00	Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:0
8:30	Aqua Fit & Pool Volleyball (POOL)	10:C
9:15	Stretch & Flex (BS)	2:0
9:30	Strength Training (IFC)	7:0
0:00	Open Swim (10:00 am - 10:00 pm) (POOL)	
0:00	Breton Market (10:00 am - 12:00 pm) (TLL)	
10:15	Strength Training (BS)	
11:00	Stretch & Flex (EX)	
11:15	Heart Healthy Dance (VI)	
1:00	Men's Billiards (RBR)	Bre AS -
1:15	Strength Training (IFC)	CP -
2:00	5 Crowns (EL)	EL - FX -
5:30	Men's Social Supper (5:30 -7:00 pm) (EX)	HC IFC
7:00	Movie Night - "White Christmas" (EL) (RT)	TB - TBR TC - TL -
		TLI TLL TMI
		TPD
		TSP TT - WC WC WS

Saturday 16 00 Open Swim (6:00 am -10:00 pm) (POOL) 00 Sunrise Social (8:00 -10:00 am) (EX) (BI) :00 Breton Market (10:00 am -12:00 pm) (TLL) 00 Stinky Feet (EX) 00 Movie Night - "The Choice" (EL) (RT) **Location Key** eton Terrace - Art Studio - Centre Place - East Entrance - Employee Lounge - Expressions - Health Centre - Israels Fitness Centre - Terrace Balcony R - Terrace Billiard Room - Terrace Courtyard - Terrace Lobby - Terrace Library . - Terrace Lower Level IE - Terrace Main

Sunday 17 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. Kwasi Kena (Transportation from the Terrace East Entrance leave at 5:15 and 5:30) (VI) 7:00 After Church Fellowship (RI) **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

Bistro closes at 1:30 pm today.

11:00 Stretch & Flex (EX)

(RPDR)

11:00 REAL Board Meeting

1:00 Men's Billiards (RBR)

Book of John (RPDR)

at the Terrace (EX)

5:00 HH Christmas Dinner -

required) (OCO)

6:30 Games (EX)

Board bus at 5:00 pm; bus

leaves at 5:10 pm (sign-up

Closed 8:00 am - 5:00 pm: ~ Fitness Centre

3:30 Caregiver Support Group (RPDR)

5:00 Open Swim (5:00 - 10:00 pm)

6:00 Twinklin' Holiday Lights Sleigh

Ride (sign-up required) (EE & RL)

~ Pool & Spa

(POOL)

~ Locker Rooms

Madrigal Carolers (VI)

Bistro closes at 1:30 pm today.

Entrance DR - Terrace Private

Dining Room P - Terrace South Patio - Terrace Theatre C - Woods Café

CP - Woods Café Patio

- Woodshop

*Weather permitting.

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

Care Centre **BECS - Breton Extended** Care South

OCO - Off Campus Outing



December 18 - 24



*Weather permitting.

WS - Woodshop

Terrace and Ridge Resident Services Offices

CLOSED today.

Care Centre

OCO - Off Campus Outing

BECS - Breton Extended Care South

of Holland Home Breton Woods Independent Living Physical Emotional Spiritual Intellectual Social Well-Being We						
Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
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)	10:45 Calvary Church Livestream (EX)
8:30 Aqua Fit & Pool Volleyball (POOL)	8:15 Total Body (IFC)	7:30 St. Mary's Lab - by appointment only (HC)	8:15 Total Body (IFC)	8:30 Aqua Fit & Pool Volleyball (POOL)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	6:00 Breton Woods Worship Service w/ Rev. Les
9:15 Stretch & Flex (BS)	9:30 Balance & Core Stability (IFC)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	9:30 Balance & Core Stability (IFC)	9:15 Stretch & Flex (BS)	2:00 Stinky Feet (EX)	Wiseman (Transportation from the Terrace East
9:30 Strength Training (IFC)	10:00 Ladies Billiards (RBR)	8:30 Aqua Fit & Pool Volleyball (POOL) 9:00 Blood Pressure Clinic (9:00 - 10:00	11:00 Water Walking (POOL)	9:30 Strength Training (IFC)	7:00 Movie Night - canceled (EL) (RT)	Entrance leave at 5:15 and 5:30) (VI)
10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	am) (HC) 9:15 Stretch & Flex (BS)	11:30 Balance & Core Stability (BS)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	(==) ((1))	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	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)	11:30 Balance & Core Stability (BS)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL) 10:00 Catholic Communion (AS)	1:00 Men's Billiards (RBR)	10:15 Strength Training (BS)		
10:15 Strength Training (BS) 10:30 REAL - "MedBio Tour" (EE	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:15 Strength Training (BS)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	11:00 Stretch & Flex (EX)	Location	Key
& RL) (sign-up required) (OCO)	1:00 Men's Billiards (RBR)	11:00 Stretch & Flex (EX) 11:15 Christmas Cardio Drumming (VI)	1:00 Line Exercise (EX)	11:15 Heart Healthy Dance (VI) 1:00 Men's Billiards (RBR)	AS - Art Studio	Breton Ridge BI - Bistro
11:00 Stretch & Flex (EX)	1:00 Tai Chi via Video (EX) 1:45 Balance & Core Stability	11:35 Speed Walking (RL)	1:45 Balance & Core Stability (IFC)	1:15 Strength Training (IFC)	CP - Centre Place EE - East Entrance EL - Employee Lounge	BP - Breton Park BS - Body Shop CR - Craft Room
11:15 Heart Healthy Dance (VI)	(IFC)	12:30 Mah Jongg (EX) 1:00 Bus to Cascade Township Meijer	2:00 Men's Billiards (TBR)	2:00 5 Crowns (EL)	EX - Expressions HC - Health Centre	PC - Pickleball Courts RBR - Ridge Billiard Room
1:00 Men's Billiards (RBR) 1:15 Christmas Cardio	2:00 Yarntastics (EX) 2:00 Balance & Core Stability	(OCO) 1:00 Men's Billiards (RBR)	2:00 Knit Wits (BI) 2:00 Balance & Core Stability	5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)	IFC - Israels Fitness Centre TB - Terrace Balcony TBR - Terrace Billiard	RI - Ristorante RL - Ridge Lobby RLI - Ridge Library
Drumming (in place of Strength Training) (IFC)	(BS)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	(BS)	6:00 POPS Symphony (pre- ticketed event) (sign up for	Room TC - Terrace Courtyard TL - Terrace Lobby	RME - Ridge Main Entrance
3:00 Paint & Sip (sign up required) (RI)	3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX) (BI)	1:15 Strength Training (IFC)	3:30 Social Hour at the Terrace (EX)	transportation) (EE & RL) (OCO)	TLI - Terrace Library TLL - Terrace Lower Level	RP - Ridge Patio RPDR - Ridge Private Dining Room
6:30 Games (EX)	5:30 Frederik Meijer Gardens	2:00 Men's Billiards (TBR) 4:00 Social Hour at the Ridge (RPDR)	6:00 Hot Chocolate Bar (6:00 pm) and A Jazzy Holiday	7:00 Movie Night - canceled (EL) (RT)	TME - Terrace Main Entrance TPDR - Terrace Private	RT - Ridge Theatre VI- Vineyard
7:00 Resident Led Movie - "The Intern" (RT)	Christmas Trees Display (transportation sign-up required) (EE & RL) (OCO)	6:00 Games (BI) (RL)	Show with Harrison Michael (6:30 pm) - Sign up for 6:00 pm bus		Dining Room TSP - Terrace South Patio TT - Terrace Theatre	**************************************
		6:30 Cindy Verhage Student Piano Recital (VI)	transportation from the Terrace. (VI)		WC - Woods Café WCP - Woods Café Patio	Living Centre BECC - Breton Extended

6:45 Mah Jongg (RL)

6:45 Euchre (EL)

7:00 Dominos (EX)