

Nov. 25 – Dec. 1, 2024

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

Monday 25

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)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

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

10:00 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)

1:00 Ladies Prayer Meeting -**NEW! (RPDR)**

1:00 Breton Woods Cult Film Classic: "Casablanca" (TT)

1:15 Strength Training (TFC)

2:00 Bretonaires Practice (EX)

6:30 Games (EX)

7:00 Resident Led Movie - "A Walk in the Woods" (RT)

Tuesday 26

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 (TFC)

9:30 Balance & Core Stability (TFC)

10:00 Ladies Billiards (RBR)

10:00 Quilting (10:00 am - 4:00 pm) (AS)

10:30 Balance & Core Stability (BS)

11:00 Water Walking (POOL)

11:30 Balance & Core Stability

12:30 Open Swim (12:30 - 10:00 pm) (POOL)

1:00 Men's Billiards (RBR)

1:00 Total Body (BS)

1:15 Balance & Core Stability (TFC)

2:00 Yarntastics (EX)

2:00 Balance & Core Stability (BS)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (EX) (BI)

7:00 "Early Church History" Bible Study (VI)

Wednesday 27

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)

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

9:00 Blood Pressure Clinic (RPDR)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

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

10:00 Catholic Communion (TPDR)

10:15 Strength Training (BS)

10:15 "The Israel Story" Bible Study (CP)

11:00 Stretch & Flex (EX)

11:15 Heart Healthy Dance (VI)

12:30 Mah Jongg (TB)

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 (TFC)

2:00 Men's Billiards (TBR)

4:00 Social Hour at the Ridge (RPDR)

6:00 Games (BI) (RL)

6:30 "Mama Mia" Broadway Show (preticketed event; sign up for transportation) (OCO)

6:45 Mah Jongg (RL)

6:45 Euchre (TL)

7:00 Dominos (EX)

~ Resident Services Offices close at 12:00 pm

~ Cafe and Bistro open for lunch only (11:00 am - 1:30 pm)

Thursday 28

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

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

10:00 Ladies Laughing and Learning to Play Pool (TBR)

1:00 Men's Billiards (RBR)

1:00 Ping Pong (VI)

1:00 Scrapbooking and Card Making Club (1:00 - 3:00 pm)

2:00 Men's Billiards (TBR)

2:00 Knit Wits (BI)

2:00 Bretonaires Practice (EX)

3:30 Social Hour at the Terrace (TPDR)

Friday 29

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)

10:00 REAL: "Grief Share" (RPDR)

1:00 Men's Billiards (RBR)

2:00 5 Crowns (TL)

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

7:00 Terrace Movie: "Dial M for Murder" (TT)

7:00 Ridge Movie: "The Dirty Dozen" (RT)

Saturday 30

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)

10:00 Hymn Sing (canceled today) (Cafe)

2:00 Stinky Feet (EX)

7:00 Ridge Movie: "Dial M for Murder" (RT)

7:00 Terrace Movie: "The Dirty Dozen" (TT)

Sunday 1

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

10:45 Calvary Church Livestream (TPDR)

6:00 Breton Woods Worship Service w/ Rev. Dr. Ken Campbell (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

Location Key

Breton Terrace

AS - Art Studio Cafe - Terrace Café

CP - Centre Place

EL - Employee Lounge **EX - Expressions**

HC - Health Centre

TB - Terrace Balcony

TBR - Terrace Billiard Room TCP - Terrace Café Patio

TC - Terrace Courtyard TFC - Terrace Fitness Centre

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 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- Vinevard

BRLC- Breton Rehab & Living Centre

BECC - Breton Extended Care Centre

BECS - Breton Extended Care South

OCO - Off Campus Outing

Happy Thanksgiving!



Closed/Canceled today:

~ Terrace Cafe ~ Ridge Bistro

~ Resident Services Offices ~ Health Centre

~ Fitness Classes ~ Breton Market

~ On-Campus Transportation

Closed/Canceled today: ~ Resident Services Offices

~ Fitness Classes

~ Ridge Bistro

~ Terrace Cafe

*Weather permitting.



December 2 - 8, 2024

Breton Woods Independent Living



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

- 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)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Open Swim (10:00 am 10:00 pm) (POOL)
- 10:00 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)
- 1:00 Ladies Prayer Meeting (RPDR)
- 1:15 Strength Training (TFC)
- 2:00 Bretonaires Practice (EX)
- 6:30 Games (EX)
- 7:00 "Tell Us Your Story" w/
 James Haveman MI
 Calling: Health Leadership
 in Local & State
 Government (VI)

Tuesday 3

- 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 (TFC)
- 9:30 Balance & Core Stability (TFC)
- 9:30 Decorate the Ridge for Christmas (9:30 - 11:00 am) (RL)
- 10:00 Ladies Billiards (RBR)
- 10:00 Quilting (10:00 am 4:00 pm) (AS)
- 10:30 Balance & Core Stability (BS)
- 11:00 Water Walking (POOL)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:00 Total Body (BS)
- 1:15 Balance & Core Stability (TFC)
- 1:30 REAL: "Founding and Divisions in Israel" by Phil Bom (VI)
- 2:00 Yarntastics (EX)
- 2:00 Balance & Core Stability (BS)
- 2:00 Breton Readers at the Ridge (RI)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX) (BI)
- 7:00 "Early Church History" Bible Study
- 7:00 Burton Street Brass Concert (sign up for transportation from the Ridge at 6:30) (TL)

Terrace Cafe open for lunch only (11:00 am - 1:30 pm)

Wednesday 4

- 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)
- 9:00 Blood Pressure Clinic (9:00 10:00 am)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 9:30 Decorate the Terrace for Christmas (9:30 - 11:00 am) (TL)
- 10:00 Open Swim (10:00 am 10:00 pm) (POOL)
- 10:00 Catholic Communion (TPDR)
- 10:15 Strength Training (BS)
- 10:15 "The Israel Story" Bible Study (CP)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Mah Jongg (TB)
- 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 "Jingle Bell Rock" Cardio Drumming (in place of Strength Training) (TFC)
- 1:30 REAL: "Gaza Israeli War and Abraham Accords" by Phil Bom (VI)
- 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 (TL)
- 7:00 Dominos (EX)
- 7:00 Master Arts Christmas Play: "Christmas of Many Parts" (sign up for transportation from the Terrace at 6:30 pm) (VI)

Thursday 5

- 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 (TFC)
- 9:30 Balance & Core Stability (TFC)
- 10:00 Ladies Laughing and Learning to Play Pool (TBR)
- 10:30 Balance & Core Stability (BS)
- 11:00 Water Walking (POOL)
- 11:30 Balance & Core Stability (BS)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:00 Ping Pong (VI)
- 1:00 Total Body (BS)
- 1:00 9-Ball Billiards Tournament at the Terrace (sign up) (TBR)
- 1:00 Breton Market (closed today) (TLL)
- 1:15 Balance & Core Stability (TFC)
- 2:00 Men's Billiards (TBR)
- 2:00 Knit Wits (BI)
- 2:00 Balance & Core Stability (BS)
- 2:00 Bretonaires Practice (EX)
- 3:30 Social Hour at the Terrace (TPDR)
- 6:00 "Blue Christmas" Memorial Service (Transportation from the Ridge begins at 5:15 pm) (CP)
- Terrace Cafe open for lunch only (11:00 am - 1:30 pm)

Friday 6

- 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)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Open Swim (10:00 am 10:00 pm) (POOL)
- 10:00 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)
- 1:00 South Christian Madrigals (TL)
- 1:15 Strength Training (TFC)
- 1:30 Raybrook Treats & Bake Sale (sign up for transportation) (OCO)
- 2:00 5 Crowns (TL)
- 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)
- 6:30 POPS Symphony (preticketed event) (sign up for transportation) (TL & RL) (OCO)
- 7:00 Terrace Movie: "The Long Ride Home" (TT)
- 7:00 Ridge Movie: "Catch Me If You Can" (RT)

Saturday 7

- 6:00 Open Swim (6:00 am 10:00 pm) (POOL)
- 8:00 Sunrise Social (8:00 10:00 am) (EX) (BI)
- 10:00 Hymn Sing (Cafe)
- 10:00 Breton Market (closed today) (TLL)
- 1:00 Bingo at the Terrace (resident led)
 (EX)
- 2:30 Stinky Feet (EX)
- 7:00 Bretonaires Christmas Holiday Concert (TL)
- 7:00 Terrace Movie: "Catch Me If You Can" (TT)
- 7:00 Ridge Movie: "The Long Ride Home" (RT)

Sunday 8 6:00 Open Swim (6:00 am -

10:00 pm) (POOL)

- 10:45 Calvary Church Livestream (TPDR)
- 6:00 Breton Woods Worship
 Service and Communion
 w/ Pastor Bob Zoerman
 (Transportation from the
 Terrace leaves at 5:15 and
 5:30 pm) (CP)

Location Key

Breton Terrace AS - Art Studio

- Cafe Terrace Café
- CP Centre Place EL - Employee Lounge
- EX Expressions
- HC Health Centre
- TB Terrace Balcony TBR - Terrace Billiard Room
- TCP Terrace Café Patio TC - Terrace Courtyard
- TFC Terrace Fitness Centre
- 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 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