

December 9 – 15, 2024

Breton Woods Independent Living

open for lunch only.

Terrace Cafe

closed for lunch.



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

Saturday 14

of Holland Home™		
Monday 9	Tuesday 10	
6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 a (POOL)	
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)	8:15 Total Body (TFC)	
9:15 Stretch & Flex (BS)	8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI)	
9:30 Strength Training (TFC)		
10:00 Open Swim (10:00 am -	9:30 Balance & Core Stability (T	
10:00 pm) (POOL)	10:00 Ladies Billiards (RBR)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	10:00 Quilting (10:00 am - 4:00 p (AS)	
10:15 Strength Training (BS)	10:30 Balance & Core Stability (B	
11:00 Stretch & Flex (EX)	11:00 Water Walking (POOL)	
11:15 Heart Healthy Dance (VI)	11:30 Balance & Core Stability (B	
1:00 Men's Billiards (RBR)	12:30 Open Swim (12:30 - 10:00 (POOL)	
1:00 Ladies Prayer Meeting		
(RPDR)	1:00 Men's Billiards (RBR)	
1:15 Strength Training (TFC)	1:00 Total Body (BS)	
2:00 Bretonaires Practice (EX)	1:15 Balance & Core Stability (T	
2:00 Christmas Sing Along with Piano Man (sign up for	1:30 REAL: "India - Past & Prese w/ Rev. Dr. Ken Campbell (
1:30 pm transportation from the Ridge) (TL)	2:00 Yarntastics (EX)	
6:30 Games (EX)	2:00 Balance & Core Stability (B	
	3:00 Ladies Billiards (TBR)	
7:00 Bretonaires Christmas Holiday Concert (VI)	3:00 Ladies Christmas Tea and Cookie Exchange at the Ri (sign-up required) (RI)	

Tuesday 10 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) 8:30 Donuts w/ the HH Development Team (8:30 -10:00 am) (BI) 9:30 Balance & Core Stability (TFC) 0:00 Ladies Billiards (RBR) 0:00 Quilting (10:00 am - 4:00 pm) 0:30 Balance & Core Stability (BS) 11:00 Water Walking (POOL) 11:30 Balance & Core Stability (BS) 2:30 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: "India - Past & Present" w/ Rev. Dr. Ken Campbell (CP) 2:00 Yarntastics (EX) 2:00 Balance & Core Stability (BS) 3:00 Ladies Billiards (TBR)

3:30 Caregiver Support Group

7:00 "Early Church History" Bible

7:00 Classic Music Community

(CP)

3:00 Ladies Tea at the Terrace (EX)

Tuesday 10	Wednesday 11	Thursda
O Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL) 7:00 St. Mary's Lab - by appointment only	6:00 Open Swim (6:00 - (POOL)
O Sunrise Social (8:00 - 10:00 am) (EX) (BI)	(RPDR) 7:30 St. Mary's Lab - by appointment only	8:00 Sunrise Social (8:00 (EX) (BI)
5 Total Body (TFC)	(HC) 8:00 Sunrise Social (8:00 - 10:00 am) (EX)	8:15 Total Body (TFC)
Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI)	(BI) 8:30 Aqua Fit (POOL) 9:00 Blood Pressure Clinic (9:00 - 10:00 am)	9:30 Balance & Core Sta 10:00 Ladies Laughing ar Play Pool (TBR)
D Balance & Core Stability (TFC)	(RPDR)	10:00 Floral Friends (RI)
D Ladies Billiards (RBR)	9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC)	10:30 Balance & Core Sta 10:45 Terrace Library Co
Quilting (10:00 am - 4:00 pm) (AS)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	Meeting (EX) ´ 11:00 Water Walking (PC
D Balance & Core Stability (BS)	10:00 Catholic Communion (TPDR)	11:30 Balance & Core Sta
) Water Walking (POOL)	10:00 KDL Book Mobile at the Ridge (RL)	12:30 Open Swim (12:30 (POOL)
Balance & Core Stability (BS)	10:15 Strength Training (BS)	1:00 Men's Billiards (RBI
O Open Swim (12:30 - 10:00 pm) (POOL)	10:15 "The Israel Story" Bible Study (CP) 11:00 Stretch & Flex (EX)	1:00 Breton Market (1:00 (TLL)
) Men's Billiards (RBR)	11:00 KDL Book Mobile at the Terrace (TL) 11:15 Heart Healthy Dance (VI)	1:00 Scrapbooking and (1:00 - 3:00 pm) (A
Total Body (BS)	12:30 Mah Jongg (TB)	1:00 Ping Pong (VI)
5 Balance & Core Stability (TFC)	1:00 Bus to Gaines Township Meijer (OCO)	1:00 Total Body (BS)
O REAL: "India - Past & Present"	1:00 Men's Billiards (RBR)	1:15 Balance & Core Sta
w/ Rev. Dr. Ken Campbell (CP)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	2:00 Men's Billiards (TBI
) Yarntastics (EX)	1:00 Body Shop Fob Refresh (BS)	2:00 Knit Wits (BI)
Balance & Core Stability (BS)	1:15 Strength Training (TFC)	2:00 Balance & Core Sta
D Ladies Billiards (TBR)	2:00 Men's Billiards (TBR)	3:30 Social Hour at the
Cookie Exchange at the Ridge	2:00 REAL: Caroline Cook Presentation - "Heritage Hill Victorian Christmas Traditions" (CP)	4:30 Breton Terrace Chr (sign-up required) (
(sign-up required) (RI)	4:00 Social Hour at the Ridge (RPDR)	6:00 Pete & Jay Christm
D Ladies Tea at the Terrace (EX)	4:30 Breton Ridge Christmas Dinner (sign-up required) (VI)	
Caregiver Support Group (RPDR)	6:00 Games (BI) (RL)	
"Early Church History" Bible Study (VI)	6:00 Pet & Jay Christmas Show (VI) 6:45 Mah Jongg (RL)	
Classic Music Community	6:45 Euchre (TL) ~ Terrace Cafe	~ Ridge Bistro

open for lunch only.

Ridge Bistro

closed for lunch.

7:00 Dominos (EX)

Thursday 12	
: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 (TFC)	
9:30 Balance & Core Stability (TFC)	8:
0:00 Ladies Laughing and Learning to Play Pool (TBR)	9
:00 Floral Friends (RI)	9:
0:30 Balance & Core Stability (BS)	10:
0:45 Terrace Library Committee Meeting (EX)	10:
I:00 Water Walking (POOL)	
1:30 Balance & Core Stability (BS)	10
2:30 Open Swim (12:30 - 10:00 pm) (POOL)	11:
I:00 Men's Billiards (RBR)	11
I:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:
I:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)	2:
I:00 Ping Pong (VI)	5:
I:00 Total Body (BS)	
1:15 Balance & Core Stability (TFC)	7:
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 (TPDR)	
l:30 Breton Terrace Christmas Dinner (sign-up required) (Cafe)	
i:00 Pete & Jay Christmas Show (CP)	

Friday 13	S
5:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00
3:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00
3:30 Aqua Fit (POOL)	10:00
9:15 Stretch & Flex (BS)	
9:30 Strength Training (TFC)	10:00
0:00 Open Swim (10:00 am - 10:00 pm) (POOL)	2:30 2:4 5
0:00 Breton Market (10:00 am - 12:00 pm) (TLL)	
0:15 Strength Training (BS)	7:00
1:00 Stretch & Flex (EX)	7:00
11:15 Heart Healthy Dance (VI)	
1:00 Men's Billiards (RBR)	
1:15 Strength Training (TFC)	Bret
2:00 5 Crowns (TL)	AS - A
5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)	Cafe CP - 0 EL - E
7:00 Terrace Movie: "Elsa & Fred" (TT)	EX - E HC - TB - T
7:00 Ridge Movie: "De-Lovely" (RT)	TBR - TCP - TC - 7 TFC - TLI - T TLL - TME TPDR TSP - TT - 1 WS -

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)	6:00 Open Swi 10:00 pm)
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	10:45 Calvary C Livestrean
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	6:00 Breton Wo Service w
10:00 Hymn Sing (Cafe)	Kena (Trar the Ridge
2:30 Stinky Feet (EX)	and 5:30 p
2:45 Christmas at Calvary - "Peace Be with You" (sign- up required) (OCO)	7:00 Refreshme Fellowship
7:00 Terrace Movie: "De- Lovely" (TT)	
7:00 Ridge Movie: "Elsa & Fred" (RT)	
Location I	
Breton Terrace	Breton Ridge
AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions AC - Health Centre B - Terrace Balcony ER - Terrace Billiard Room ECP - Terrace Café Patio EC - Terrace Courtyard FC - Terrace Fitness Centre EL - Terrace Lobby ELI - Terrace Library ELL - Terrace Lower Level EME - Terrace Main Entrance EPDR - Terrace Private	BI - Bistro BP - Breton Parl BS - Body Shop CR - Craft Roon PC - Pickleball (RBR - Ridge Bill RI - Ristorante RL - Ridge Lobb RLI - Ridge Libr RME - Ridge Ma Entrance RP - Ridge Patio RPDR - Ridge Patio RPDR - Ridge Patio RT - Ridge Thea VI- Vineyard ************************************

*Weather permitting.

Sunday 15 oen Swim (6:00 am -00 pm) (POOL) Ivary Church estream (TPDR) eton Woods Worship rvice w/ Rev. Kwasi na (Transportation from Ridge leaves at 5:15 d 5:30 pm) (CP) freshments and llowship (EX) Ridge on Park y Shop ft Room deball Courts lge Billiard Room rante

ge Lobby ge Library dge Main

ae Patio Ridge Private ining Room ge Theatre /ard

****** 3reton Rehab & _iving Centre Breton Extended

Care Centre Breton Extended

Care South OCO - Off Campus Outing



December 16 - 22, 2024

Breton Woods Independent Living



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

Monday 16

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)

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

1:15 Strength Training (TFC)

5:15 Bus transportation to the HH Christmas Dinner at DeVos Place (pre-ticketed event) (OCO)

6:30 Games (EX)

7:00 Resident Led Movie - "Pay It Forward" (RT)

Tuesday 17

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)

10:30 REAL: "Life EMS
Ambulance Service" (CP)

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)

2:00 Yarntastics (EX)

2:00 Balance & Core Stability (BS)

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

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea at the Ridge (BI)

3:00 Ladies Christmas Tea at the Terrace (sign-up required) (EX)

Wednesday 18

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) (HC)

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)

10:45 JULIET Lunch @ Monelli's Italian Grill (sign-up required) (OCO)

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 Strength Training (TFC)

2:00 Men's Billiards (TBR)

2:30 December Birthday Social at the Terrace (Cafe)

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)

Thursday 19

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)

10:45 ROMEO Men's Lunch @ Chubby's Bar & Grill (sign-up required) (OCO)

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 Breton Market (1:00 - 3:00 pm) (TLL)

1:00 Ping Pong (VI)

1:00 Total Body (BS)

1:15 Balance & Core Stability (TFC)

2:00 Men's Billiards (TBR)

2:00 Knit Wits (BI)

2:00 Balance & Core Stability (BS)

3:30 Social Hour at the Terrace (TPDR)

7:00 Peter Bergin Christmas Concert (sign up for 1:30 pm transportation from the Ridge) (CP)

Friday 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)

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)

1:15 Strength Training (TFC)

2:00 5 Crowns (TL)

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

7:00 Terrace Movie: "South Pacific" (TT)

7:00 Ridge Movie: "Medicine Man" (RT)

Saturday 21 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 (Cafe)

2:30 Stinky Feet (EX)

7:00 Terrace Movie: "Medicine Man" (TT)

7:00 Ridge Movie: "South Pacific" (RT)

Sunday 22

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. Lamarr Gibson (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

*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- Vinevard

BRLC- Breton Rehab & Living Centre

BECC - Breton Extended Care Centre BECS - Breton Extended

Care South

OCO - Off Campus Outing