

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
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) (BI)	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 (TPDR)
8:30 Aqua Fit (POOL)	8:15 Total Body (TFC)	7:30 St. Mary's Lab - by appointment only (HC)	8:15 Total Body (TFC)	8:30 Aqua Fit (POOL)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	6:00 Breton Woods Worship Service w/ Rev. Lamarr Gibson (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
9:15 Stretch & Flex (BS)	9:30 Balance & Core Stability (TFC)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	9:30 Balance & Core Stability (TFC)	9:15 Stretch & Flex (BS)	10:00 Hymn Sing (Cafe)	
9:30 Strength Training (TFC)	10:00 Ladies Billiards (RBR)	8:30 Aqua Fit (POOL)	10:00 Ladies Laughing and Learning to Play Pool (TBR)	9:30 Strength Training (TFC)	2:30 Stinky Feet (EX)	
10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)	10:30 Balance & Core Stability (BS)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	7:00 Terrace Movie: "Medicine Man" (TT)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	10:30 Balance & Core Stability (BS)	9:15 Stretch & Flex (BS)	10:45 ROMEO Men's Lunch @ Chubby's Bar & Grill (sign-up required) (OCO)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	7:00 Ridge Movie: "South Pacific" (RT)	
10:15 Strength Training (BS)	10:30 REAL: "Life EMS Ambulance Service" (CP)	9:30 Strength Training (TFC)	11:00 Water Walking (POOL)	10:15 Strength Training (BS)		
11:00 Stretch & Flex (EX)	11:00 Water Walking (POOL)	10:00 Open Swim (10:00 am - 10:00 pm) (POOL)	11:30 Balance & Core Stability (BS)	11:00 Stretch & Flex (EX)		
11:15 Heart Healthy Dance (VI)	11:30 Balance & Core Stability (BS)	10:15 Strength Training (BS)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	11:15 Heart Healthy Dance (VI)		
1:00 Men's Billiards (RBR)	11:30 Balance & Core Stability (BS)	10:15 "The Israel Story" Bible Study (CP)	1:00 Men's Billiards (RBR)	1:00 Men's Billiards (RBR)		
1:00 Ladies Prayer Meeting (RPDR)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:45 JULIET Lunch @ Monelli's Italian Grill (sign-up required) (OCO)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:15 Strength Training (TFC)		
1:00 Breton Woods Cult Film Classic: "Stone Cold" (TT)	1:00 Men's Billiards (RBR)	11:00 Stretch & Flex (EX)	1:00 Ping Pong (VI)	2:00 5 Crowns (TL)		
1:15 Strength Training (TFC)	1:00 Total Body (BS)	11:15 Heart Healthy Dance (VI)	1:00 Total Body (BS)	5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)		
5:15 Bus transportation to the HH Christmas Dinner at DeVos Place (pre-ticketed event) (OCO)	1:15 Balance & Core Stability (TFC)	12:30 Mah Jongg (TB)	1:15 Balance & Core Stability (TFC)	7:00 Terrace Movie: "South Pacific" (TT)		
6:30 Games (EX)	2:00 Yarnastics (EX)	1:00 Bus to Cascade Township Meijer (OCO)	2:00 Men's Billiards (TBR)	7:00 Ridge Movie: "Medicine Man" (RT)		
7:00 Resident Led Movie - "Pay It Forward" (RT)	2:00 Balance & Core Stability (BS)	1:00 Men's Billiards (RBR)	2:00 Knit Wits (BI)			
	2:00 December Birthday Social at the Ridge (VI)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	2:00 Balance & Core Stability (BS)			
	3:00 Ladies Billiards (TBR)	1:15 Strength Training (TFC)	3:30 Social Hour at the Terrace (TPDR)			
	3:00 Ladies Tea at the Ridge (BI)	2:00 Men's Billiards (TBR)	7:00 Peter Bergin Christmas Concert (sign up for 1:30 pm transportation from the Ridge) (CP)			
	3:00 Ladies Christmas Tea at the Terrace (sign-up required) (EX)	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)				

Location Key

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| 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 - Vineyard

BRLC- Breton Rehab & Living Centre
BECC - Breton Extended Care Centre
BECS - Breton Extended Care South
OCO - Off Campus Outing |
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*Weather permitting.