

# April 14 – 20, 2025

# **Breton Woods Independent Living**



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

| M | one | day | 14 |
|---|-----|-----|----|
|   |     |     |    |

- 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 Breton Market (10:00 am 12:00 pm) (TLL)
- 10:00 Adult Only Swim (10:00 am 12:00 pm) (POOL)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 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)
- 6:30 Dirty Dog (TPDR)
- 7:00 Peter Bergin Concert (sign up for 6:30 pm transportation from the Terrace) (VI)

### Tuesday 15

- 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)
- 9:00 Terrace Coffee Bar (9:00 11:00 am) (Cafe)
- 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 (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 Caroline Cook Bus Tour "City Sights" Part 6 (signup required) (OCO)
- 2:00 Yarntastics (EX)
- 2:00 Balance & Core Stability (BS)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX) (BI)

## Wednesday 16

- 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 Catholic Communion (TPDR)
- 10:00 Adult Only Swim (10:00 am 12:00 pm) (POOL)
- 10:15 Strength Training (BS)
- 10:15 "For the Life of the World" Bible Study
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Mah Jongg (TB)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 12:45 World Renew Disaster Response Service Headquarters Tour (sign-up required) (OCO)
- 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)
- 1:30 Terrace Coffee Bar (1:30 4:00 pm) (Cafe)
- 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 GR Symphonette Concert (sign up for 6:30 pm transportation from the Ridge) (TL)

### Thursday 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)
- 9:00 Terrace Coffee Bar (9:00 11:00 am) (Cafe)
- 9:30 Balance & Core Stability (TFC)
- 10:00 Ladies Laughing and Learning to Play Pool (TBR)
- 10:30 Balance & Core Stability (BS)
- 10:45 JULIET Ladies Lunch @ Licari's (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)
- 1:30 REAL: "The Facts on Do Not Resuscitate (DNR) Orders" (VI)
- 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 Maundy Thursday Service and Communion and Special Music w/ Rev. Kwasi Kena (Transportation from the Ridge begins at 5:30 pm.) (CP)

# Friday 18

- 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 Breton Market (10:00 am 12:00 pm) (TLL)
- 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:15 Strength Training (TFC)
- 2:00 5 Crowns (TL)
- 3:00 Good Friday Worship Service w/ Rev. Jim Evenhouse (Transportation
- Evenhouse (Transportation from the Terrace begins at 2:30 pm.) (VI)
- 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)
- 7:00 Terrace Movie: "Schindler's List" (TT)
- 7:00 Ridge Movie: "The Phantom of the Opera" (RT)

### Saturday 19

- 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 (TL)
- 2:00 Stinky Feet (EX)
- 7:00 Terrace Movie: "The Phantom of the Opera" (TT)
- 7:00 Ridge Movie: "Schindler's List" (RT)

### Sunday 20

- 6:00 Open Swim (6:00 am -10:00 pm) (POOL)
- 10:45 Calvary Church Livestream (TPDR)
- 6:00 Easter Sunday Service and Special Music w/ Rev. Les Wiseman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

## 7:00 Refreshments and Fellowship (EX)



### **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



# April 21 – 27, 2025

# **Breton Woods Independent Living**

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

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

8:30 Donuts w/ the HH Development

Team (8:30 - 10:00 am) (EX)

9:00 Terrace Coffee Bar (9:00 - 11:00

9:30 Balance & Core Stability (TFC)

10:00 Ladies Laughing and Learning to

10:30 Balance & Core Stability (BS)

11:30 Balance & Core Stability (BS)

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

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

1:00 Scrapbooking and Card Making

1:15 Balance & Core Stability (TFC)

2:00 Balance & Core Stability (BS)

2:00 Photo Exhibit Kick Off Party w/

3:30 Social Hour at the Terrace (TPDR)

The Bistro and Cafe are

closed for dinner.

Ken Huisman Trio (TL)

2:00 Bretonaires Practice (EX)

(1:00 - 3:00 pm) (AS)

2:00 Men's Billiards (TBR)

2:00 Knit Wits (BI)

(POOL)

(EX) (BI)

8:15 Total Body (TFC)

am) (Cafe)

Play Pool (TBR)

11:00 Water Walking (POOL)

1:00 Men's Billiards (RBR)

10:00 Floral Friends (RI)

(POOL)

(TLL)

1:00 Ping Pong (VI)

1:00 Total Body (BS)



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

| M | ond | av | 91 |
|---|-----|----|----|
|   |     |    |    |

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

10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)

10:15 Strength Training (BS)

10:45 ROMEO Men's Lunch @ Cascade Roadhouse (signup required) (OCO)

11:00 Stretch & Flex (EX)

11:15 Heart Healthy Dance (VI)

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

1:00 Men's Billiards (RBR)

1:00 Ladies Prayer Meeting (RPDR)

1:15 Strength Training (TFC)

2:00 Bretonaires Practice (EX)

3:00 RAC Meeting (VI)

6:30 Games (EX)

6:30 Dirty Dog (TPDR)

7:00 Zuni Christian Miss

7:00 Zuni Christian Mission School Presentation (VI)

## Tuesday 22

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)

9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)

9:30 Balance & Core Stability (TFC)

10:00 Ladies Billiards (RBR)

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

10:00 HH Board Report (CP)

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)

2:00 Yarntastics (EX)

2:00 Balance & Core Stability (BS)

2:00 "Getting Up from the Floor" w/ Atrio (TFC)

2:00 Dan Plamer Concert (sign up for 1:30 pm transportation from the Terrace) (VI)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (EX) (BI)

# Wednesday 23

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 (RPDR)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

10:00 Catholic Communion (TPDR)

10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)

10:15 Strength Training (BS)

10:15 "For the Life of the World" Bible Study

11:00 Stretch & Flex (EX)

11:15 Heart Healthy Dance (VI)

12:30 Mah Jongg (TB)

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

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)

1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)

1:30 REAL: "Bees, Bees, and More Bees" (CP)

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)

## Thursday 24 Friday 25

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

10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)

10:15 Strength Training (BS)

10:15 Faith at Works Series: Jack Doles (VI)

11:00 Stretch & Flex (EX)

11:15 Heart Healthy Dance note location change for today (BS)

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

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: "Ben Hur" (TT)

7:00 Ridge Movie: "Remember Me" (RT)

# Saturday 26 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)

2:00 Stinky Feet (EX)

7:00 Ridge Movie: "Ben Hur" (RT)

7:00 Terrace Movie: "Remember Me" (TT)

### Sunday 27

10:00 pm) (POOL)

6:00 Open Swim (6:00 am -

10:45 Calvary Church Livestream (TPDR)

6:00 Breton Woods Worship Service w/ Special Guest Pastor Rev. Dale Dalman (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- Vineyard

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BRLC- Breton Rehab &

Living Centre
BECC - Breton Extended
Care Centre

BECS - Breton Extended Care South

OCO - Off Campus Outing

### \*Weather permitting.