

Monday 26

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

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

10:00 Shuffleboard \* (resident led) (BP)

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

11:45 "Meet at the Flagpole" Event (TL) (RL)

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

1:00 Men's Billiards (RBR)

1:00 Ladies Prayer Meeting (RPDR)

2:00 Bretonaires Practice (EX)

5:00 Memorial Day Potluck at the Ridge (Social Hour at 5:00; Dinner at 6:00) (VI)

6:30 Games (EX)

6:30 Dirty Dog (TPDR)

7:00 Resident Led Movie: "Mystic River" (RT)



**Closed/Canceled Today:**  
~ Terrace Cafe  
~ Ridge Bistro  
~ Resident Services Offices  
~ Health Centre  
~ Fitness Classes  
~ Breton Market  
~ On-Campus Transportation

Tuesday 27

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)

8:45 Resident Golf League at the Pines (OCO)

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)

10:15 Faith at Works Series: Renard Kolassa (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 Yarnstastics (EX)

2:00 Balance & Core Stability (BS)

2:00 Memorial Day Program (sign up for 1:30 pm transportation from the Ridge) (CP)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (EX)

Wednesday 28

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 Zumba in place of Aqua Fit (POOL)

9:00 Blood Pressure Clinic (RPDR)

9:15 Stretch & Flex (BS)

9:30 Brain Games in place of 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)

11:00 Gentle Yoga in place of 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 Gaines Township Meijer (OCO)

1:00 Men's Billiards (RBR)

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

1:00 Pickleball \* (resident led) (PC)

1:15 Ticket to Independence in place of Strength Training (TFC)

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

2:00 Men's Billiards (TBR)

3:00 Breton Readers at the Terrace (EX) (TPDR)

4:00 Social Hour at the Ridge (RPDR)

4:30 Patio Picnic at the Ridge ~ 4:30 - 6:00 pm (sign up required; transportation available at 4:30 pm) (RP)

6:00 Games (BI) (RL)

6:45 Mah Jongg (RL)

6:45 Euchre (TL)

7:00 Dominos (EX)

Thursday 29

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)

10:00 Shuffleboard \* (resident led) (BP)

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

1:00 Ping Pong (VI)

1:00 Total Body (BS)

1:00 Based on Books Film Series: "Hidden Figures" (TT)

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)

6:30 Navigating Dementia: An Evening with An Expert (sign-up required) (OCO)

Friday 30

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)

9:00 Pickleball \* (resident led) (PC)

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)

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

7:00 Bretonaires "Spring Fling" Concert (Cafe)

7:00 Terrace Movie: "Westworld" (TT)

7:00 Ridge Movie: "WWII - The Long Road Home" (RT)

Saturday 31

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 - Is back on! (Cafe)

2:00 Stinky Feet (EX)

7:00 Ridge Movie: "Westworld" (RT)

7:00 Terrace Movie: "WWII - The Long Road Home" (TT)

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.

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. Jim Evenhousse (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

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

| Monday 2  | Tuesday 3  | Wednesday 4  | Thursday 5   | Friday 6   | Saturday 7   | Sunday 8  |
|---|--|--|--|--|--|---|
| 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 and Communion w/ Rev. Les Wiseman (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI) |
| 9:15 Stretch & Flex (BS)  | 8:45 Resident Golf League at the Pines (OCO)     | 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)    | 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)                         | 9:00 Pickleball * (resident led) (PC)              | 10:00 Hymn Sing (Cafe)   |   |
| 9:30 Strength Training (TFC)  | 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) | 8:30 Aqua Fit (POOL)                               | 9:30 Balance & Core Stability (TFC)                                      | 9:15 Stretch & Flex (BS)                           | 12:30 Bingo at the Terrace (resident led) (EX)                                   |   |
| 10:00 Breton Market (10:00 am - 12:00 pm) (TLL)   | 9:30 Balance & Core Stability (TFC)              | 9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)  | 10:00 Ladies Laughing and Learning to Play Pool (TBR)                    | 9:30 Strength Training (TFC)                       | 2:00 Stinky Feet (EX)  |   |
| 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)  | 10:00 Ladies Billiards (RBR)                     | 9:15 Stretch & Flex (BS)                           | 10:00 Shuffleboard * (resident led) (BP)                                 | 10:00 Breton Market (10:00 am - 12:00 pm) (TLL)    | 4:00 Metropolitan Choir of Praise at the CRC Campground (sign-up required) (OCO) |   |
| 10:00 Shuffleboard * (resident led) (BP)  | 10:00 Quilting (10:00 am - 4:00 pm) (AS)         | 9:30 Strength Training (TFC)                       | 10:30 Balance & Core Stability (BS)                                      | 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) | 7:00 Ridge Movie: "Beverly Hills Cop" (RT)                                       |   |
| 10:15 Strength Training (BS)  | 10:30 Balance & Core Stability (BS)              | 10:00 Catholic Communion (TPDR)                    | 10:30 REAL: "All Things Sports" w/ Bob Becker (CP)                       | 10:15 Strength Training (BS)                       | 7:00 Terrace Movie: "War and Peace" (TT)   |   |
| 11:00 Stretch & Flex (EX)   | 10:30 REAL: "Bank Scams" by LMCU (CP)            | 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) | 11:00 Water Walking (POOL)   | 11:00 Stretch & Flex (EX)                          |  |   |
| 11:15 Heart Healthy Dance (VI)  | 11:00 Water Walking (POOL)                       | 10:15 Strength Training (BS)                       | 11:30 Balance & Core Stability (BS)                                      | 11:15 Heart Healthy Dance (VI)                     |  |   |
| 12:30 Open Swim (12:30 - 10:00 pm) (POOL)   | 11:30 Balance & Core Stability (BS)              | 11:00 Stretch & Flex (EX)                          | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)                                | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)          |  |   |
| 1:00 Men's Billiards (RBR)  | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)        | 11:15 Heart Healthy Dance (VI)                     | 1:00 Men's Billiards (RBR)   | 1:00 Men's Billiards (RBR)                         |  |   |
| 1:00 Ladies Prayer Meeting (RPDR)   | 1:00 Men's Billiards (RBR)                       | 12:30 Mah Jongg (TB)                               | 1:00 Breton Market (1:00 - 3:00 pm) (TLL)                                | 1:15 Strength Training (TFC)                       |  |   |
| 1:15 Strength Training (TFC)  | 1:00 Total Body (BS)                             | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)          | 1:00 Pickleball * (resident led) (PC)                                    | 2:00 5 Crowns (TL)                                 |  |   |
| 2:00 Bretonaires Practice (EX)  | 1:15 Balance & Core Stability (TFC)              | 12:30 Bus to Cascade Township Meijer (TL)          | 1:00 Ping Pong (VI)  | 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)     |  |   |
| 6:30 Games (EX)   | 2:00 Yarnastics (EX)                             | 1:00 Men's Billiards (RBR)                         | 1:00 Total Body (BS)   | 7:00 Terrace Movie: "Beverly Hills Cop" (TT)       |  |   |
| 6:30 Dirty Dog (TPDR)   | 2:00 Balance & Core Stability (BS)               | 1:00 Breton Market (1:00 - 3:00 pm) (TLL)          | 1:00 9-Ball Billiards Tournament at the Terrace (sign-up required) (TBR) | 7:00 Ridge Movie: "War and Peace" (RT)             |  |   |
| 7:00 "Tell Us Your Story" w/ Kit Spring - Life's Defining Moments and Path to Prison (VI) | 2:00 Breton Readers at the Ridge (RI)            | 1:00 Bus to Cascade Township Meijer (RL)           | 1:15 Balance & Core Stability (TFC)                                      |  |  |   |
|   | 2:00 June Birthday Social at the Ridge (VI)      | 1:15 Strength Training (TFC)                       | 2:00 Knit Wits (BI)  |  |  |   |
|   | 3:00 Ladies Billiards (TBR)                      | 1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)    | 2:00 Balance & Core Stability (BS)                                       |  |  |   |
|   | 3:00 Ladies Tea (EX)                             | 2:00 Men's Billiards (TBR)                         | 2:00 Men's Billiards (canceled today due to tournament) (TBR)            |  |  |   |
|   | 7:00 Bretonaires "Spring Fling" (VI)             | 2:00 Walking Club (TL)                             | 3:30 Social Hour at the Terrace (TPDR)                                   |  |  |   |
|   |  | 2:30 June Birthday Social at the Terrace (Cafe)    | Ridge RSO is closed today.   |  |  |   |
|   |  | 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)                                  |  |  |  |   |
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