

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
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) 10:00 Shuffleboard * (resident led) (BP) 10:15 Strength Training (BS) 10:45 ROMEO Men's Lunch @ Flat River Grill (sign-up 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) 1:00 Dog "Paw-ty" * (TC) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 1:30 REAL: "Sharing Your Families Stories" (CP) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) 7:00 Resident Led Movie: "The Celestine Prophecy" (RT)	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) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Billiards (RBR) 10:00 Quilting (10:00 am - 4:00 pm) (AS) 10:15 Strength & Stability (BS) 11:00 Water Walking (POOL) 11:15 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 12:30 Grand Lady Riverboat Cruise (sign-up required) (OCO) 1:00 Men's Billiards (RBR) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Yarnastics (EX) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX)	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) 9:45 "Our Daily Bread" Tour (sign-up required) (OCO) 10:00 Catholic Communion (TPDR) 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 Mah Jongg (TB) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 12:30 Bus to Gaines Township Meijer (TL) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Pickleball * (resident led) (PC) 1:00 Bus to Gaines Township Meijer (RL) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe) 2:00 Men's Billiards (TBR) 2:00 Outdoor Walking Club * (TL) 3:00 Breton Readers at the Terrace (EX) (TPDR) 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)	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) (EX) 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:00 Shuffleboard * (resident led) (BP) 10:00 Floral Friends (RI) 10:00 Life Lavender Company & Lunch (sign-up required) (OCO) 10:15 Strength & Stability (BS) 11:00 Water Walking (POOL) 11:15 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 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 3:30 Social Hour at the Terrace (TPDR) 7:00 Nancy Crumback Marimba Concert (sign up for 6:30 pm transportation from the Ridge) (CP)	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 Terrace Movie: "Emily Bronte's Wuthering Heights" (TT) 7:00 Ridge Movie: "The Longest Day" (RT) Ridge RSO closes at 11:00 am.	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 Terrace Movie: "The Longest Day" (TT) 7:00 Ridge Movie: "Emily Bronte's Wuthering Heights" (RT) 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 ***** BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing *Weather permitting.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (TPDR) 6:00 Breton Woods Worship Service w/ Pastor Bob Zoerman and Guest Musicians Zachary Kruyf and Marcia Smits (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 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 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:00 Shuffleboard * (resident led) (BP) 10:15 Strength Training (BS) 10:15 Faith at Work Series: Molly Guillaume (CP) 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) 1:00 Dog "Paw-ty" * (TC) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 1:30 REAL: "Heat & Water at Breton Woods" (VI) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) 7:00 Resident Led Movie: "Gone With the Wind" (RT)	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) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Billiards (RBR) 10:00 Quilting (10:00 am - 4:00 pm) (AS) 10:15 Strength & Stability (BS) 11:00 Water Walking (POOL) 11:15 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Yarnastics (EX) 2:00 Breton Readers at the Ridge (RI) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX)	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) 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) 12:30 Bus to Cascade Township Meijer (TL) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Pickleball * (resident led) (PC) 1:00 Bus to Cascade Township Meijer (RL) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 1:30 Terrace Coffee Bar (closed today) (Cafe) 2:00 Men's Billiards (TBR) 2:00 Star Spangled Concert & Sing Along w/ Pete & Jay (sign up for 1:30 pm transportation from the Ridge) (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)	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) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:00 Shuffleboard * (resident led) (BP) 10:15 Strength & Stability (BS) 11:00 Water Walking (POOL) 11:15 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) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 3:30 Social Hour at the Terrace (TPDR) Cafe & Bistro open for Breakfast & Lunch only: 9:00 am - 1:00 pm Resident Services Offices close at 12:00 pm.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 9:00 Pickleball * (resident led) (PC) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 12:00 4th of July Picnic - (resident led) (sign-up required) (RP*) (VI) 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: "The Last Samurai" (TT) 7:00 Ridge Movie: "Mr. Holland's Opus" (RT) 4TH OF JULY Closed/Canceled Today: ~ Terrace Cafe ~ Ridge Bistro ~ Resident Services Offices ~ Health Centre ~ Fitness Classes ~ Breton Market ~ On-Campus Transportation	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 Terrace Movie: "Mr. Holland's Opus" (TT) 7:00 Ridge Movie: "The Last Samurai" (RT) 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 ***** BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing *Weather permitting.	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/ Walker Police Department Chaplain Rev. Tom Bradley (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)