

# July 7 – 13, 2025

## **Breton Woods Independent Living**



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

| of Ho   |                    |
|---|--------------------|
| Monday 7  |                    |
| i:00 Open Swim (6:00 - 8:15<br>am) (POOL)                               | 6:0                |
| :00 Sunrise Social (8:00 -<br>10:00 am) (EX) (BI)                       | 8:0                |
| 3:30 Aqua Fit (POOL)  | 8:                 |
| 9:15 Stretch & Flex (BS)  | 8:3                |
| 3:30 Strength Training (TFC)  |                    |
| :00 Breton Market (10:00 am -<br>12:00 pm) (TLL)                        | 8:                 |
| :00 Adult Only Swim (10:00<br>am - 12:00 pm) (POOL)                     | 9:0                |
| :00 Shuffleboard * (resident led) (BP)                                  | 9:<br>9::          |
| 0:15 Strength Training (BS)   | 10:0               |
| :00 Stretch & Flex (EX)   | 10:0               |
| 1:15 Heart Healthy Dance (VI)   |                    |
| 2:30 Open Swim (12:30 - 10:00   | 10:                |
| pm) (POOL)  | 11:0               |
| :00 Men's Billiards (RBR)   | 11:                |
| l:00 Ladies Prayer Meeting<br>(RPDR)                                    | 12:                |
| :00 Dog "Paw-ty" * (TC)   | 1:0                |
| 1:15 Strength Training (TFC)  | 1:                 |
| 1:15 Dynamic Movement (BS)  | 1:                 |
| l:30 "The Great American Road<br>Trip" - Part 1 by Kyle<br>Schippa (CP) | 2:0<br><b>2:</b> 0 |
|   | 3:0                |
| 5:30 Games (EX)   | 3:0                |

6:30 Dirty Dog (TPDR) (EX)

| lian  | a Home <sup></sup>                                       | D    |                        |
|-------|--|------|------------------------|
|       | Tuesday 8  |      | W                      |
| 6:00  | Open Swim (6:00 - 10:45 am)<br>(POOL)                    |      | 6:00 Ope<br>7:00 St. N |
| 8:00  | Sunrise Social (8:00 - 10:00 am) (EX) (BI)               |      | 7:30 St. I             |
| 0.15  | Total Body (TFC)   |      | 8:00 Sun<br>8:30 Aqu   |
|       | , , , ,  |      | 9:00 Bloc              |
| 8:30  | Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI) |      | 9:15 Stre              |
|       |  |      | 9:30 Stre              |
| 8:45  | Resident Golf League at the Pines (OCO)                  |      | 9:30 Fult<br>requ      |
| 9:00  | Terrace Coffee Bar (9:00 -                               |      | 0:00 Catl              |
|       | 11:00 am) (Cafe)   | 1    | 0:00 Adu<br>(PO        |
| 9:15  | Balance & Core Stability (BS)                            | 1    | 0:00 KDL               |
| 9:30  | Balance & Core Stability (TFC                            | C) · | 10:15 Stre             |
| 10:00 | Ladies Billiards (RBR)                                   | '    | 11:00 Stre             |
| 10:00 | Quilting (10:00 am - 4:00 pm (AS)                        | )    | 11:00 KDL<br>11:15 Hea |
| 10:15 | Strength & Stability (BS)                                |      | 2:30 Mal               |
| 11:00 | Water Walking (POOL)                                     |      | 2:30 Bus               |
| 11:15 | Balance & Core Stability (BS)                            |      | 1:00 Mei               |
|       | Open Swim (12:30 - 10:00 pm                              | 1)   | 1:00 Bret              |
|       | (POOL)   |      | 1:00 Pick              |
| 1:00  | Men's Billiards (RBR)                                    |      | 1:00 Bus               |
| 1:15  | Balance & Core Stability (TFC                            | 2)   | 1:15 Stre              |
| 1:15  | Total Body (BS)  |      | 1:15 Dyn               |
| 2:00  | Yarntastics (EX)   |      | 1:30 Terr<br>2:00 Mer  |
| 2:00  | July Birthday Social at the                              |      | 2:30 July              |
|       | Ridge (VI)   |      | 4:00 Soc               |
| 3:00  | Ladies Billiards (TBR)                                   |      | 6:00 Gan               |
| 3:00  | Ladies Tea (EX)  |      | 6:45 Mal               |
| 3:30  | Caregiver Support Group                                  |      | 6:45 Euc               |
|       |  | 100  |                        |

(RPDR)

7:00 "Hope Heralds" Concert (sign

from the Ridge) (CP)

up for 6:30 pm transportation

| ednesday 9  |
|---|
| pen Swim (6:00 - 8:15 am) (POOL)                      |
| . Mary's Lab - by appointment only (RPDR)             |
| . Mary's Lab - by appointment only (HC)               |
| nrise Social (8:00 - 10:00 am) (EX) (BI)              |
| qua Fit (POOL)  |
| ood Pressure Clinic (9:00 - 10:00 am) (RPDR)          |
| retch & Flex (BS)                                     |
| rength Training (TFC)                                 |
| lton Street Farmer's Market (sign up<br>quired) (OCO) |
| atholic Communion (TPDR)                              |
| dult Only Swim (10:00 am - 12:00 pm)<br>OOL)          |
| DL Book Mobile at the Ridge (RL)                      |
| rength Training (BS)                                  |
| retch & Flex (EX)                                     |
| DL Book Mobile at the Terrace (TL)                    |
| eart Healthy Dance (VI)                               |
| ah Jongg (TB)   |
| pen Swim (12:30 - 10:00 pm) (POOL)                    |
| s to Gaines Township Meijer (TL)                      |
| en's Billiards (RBR)                                  |
| eton Market (1:00 - 3:00 pm) (TLL)                    |
| ckleball * (resident led) (PC)                        |
| s to Gaines Township Meijer (RL)                      |
| rength Training (TFC)                                 |
| rnamic Movement (BS)                                  |
| rrace Coffee Bar (1:30 - 4:00 pm) (Cafe)              |
| en's Billiards (TBR)                                  |
| ly Birthday Social at the Terrace (Cafe)              |
| cial Hour at the Ridge (RPDR)                         |
| ames (BI) (RL)  |
| ah Jongg (RL)   |
| chre (TL)   |
| ominos (EX)   |
|   |

| T     | hursday 10  |
|-------|---|
| 6:00  | Open Swim (6:00 - 10:45 am)<br>(POOL)   |
| 8:00  | Sunrise Social (8:00 - 10:00 am)<br>(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<br>Play Pool (TBR)  |
| 10:00 | Shuffleboard * (resident led) (BP)  |
| 10:15 | Terrace Library Committee<br>Meeting (TLI)  |
| 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)<br>(POOL)  |
| 1:00  | Men's Billiards (RBR)   |
| 1:00  | Breton Market (1:00 - 3:00 pm)<br>(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)  |
| 2:00  | "Calder City Band" Concert (sign<br>up for 1:30 pm transportation from<br>the Ridge) (TL) |
| 3:30  | Social Hour at the Terrace (TPDR)   |
|       |   |

| am) (POOL)  | pm) (POOL)  |  |
|---|---|--|
| 8:00 Sunrise Social (8:00 -<br>10:00 am) (EX) (BI)  | 8:00 Sunrise Social (8:00 - 10:0<br>am) (EX) (BI)   |  |
| 8:30 Aqua Fit (POOL)  | 10:00 Breton Market (10:00 am -   |  |
| 9:00 Pickleball * (resident led)<br>(PC)  | 10:00 Hymn Sing (Cafe)  |  |
| 9:15 Stretch & Flex (BS)  | 1:00 Bingo at the Ridge (reside<br>led) (BI)  |  |
| 9:30 Strength Training (TFC)  | 2:00 Stinky Feet (EX)   |  |
| 10:00 Breton Market (10:00 am -<br>12:00 pm) (TLL)  | 3:30 "King's Brass" Concert at<br>CRC Campground (sign-   |  |
| 10:00 Adult Only Swim (10:00  | required) (OCO)   |  |
| am - 12:00 pm) (POOL)   | 7:00 Ridge Movie: "The<br>Manchurian Candidate" (I  |  |
| 10:15 Strength Training (BS)  | 7:00 Terrace Movie: "Holland"   |  |
| 11:00 Stretch & Flex (EX)   |   |  |
| 44 45 11 11 11 15 5 0 10  |   |  |
| 11:15 Heart Healthy Dance (VI)  | <u>Locatio</u>  |  |
| 11:15 Heart Healthy Dance (VI)<br>12:30 Open Swim (12:30 - 10:00<br>pm) (POOL)  | Breton Terrace  |  |
| 12:30 Open Swim (12:30 - 10:00  |   |  |
| 12:30 Open Swim (12:30 - 10:00 pm) (POOL)   | Breton Terrace  AS - Art Studio Cafe - Terrace Café CP - Centre Place   |  |
| 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR)  | AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions   |  |
| 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC)   | AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony TBR - Terrace Billiard Roon |  |
| 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 | AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony                             |  |

Friday 11

6:00 Open Swim (6:00 - 8:15

| pm) (POOL)  | 10:00 pm) (POOL)   |
|---|--|
| 8:00 Sunrise Social (8:00 - 10:00<br>am) (EX) (BI)  | 10:45 Calvary Church<br>Livestream (TPDR)  |
| 10:00 Breton Market (10:00 am -<br>12:00 pm) (TLL)  | 6:00 Breton Woods Wor<br>Service w/ Rev. Lan   |
| 10:00 Hymn Sing (Cafe)  | Gibson (Transporta   |
| 1:00 Bingo at the Ridge (resident led) (BI)   | from the Terrace leads 5:15 and 5:30 pm) (   |
| 2:00 Stinky Feet (EX)   |  |
| 3:30 "King's Brass" Concert at the<br>CRC Campground (sign-up<br>required) (OCO)  |  |
| 7:00 Ridge Movie: "The<br>Manchurian Candidate" (RT)  |  |
| 7:00 Terrace Movie: "Holland" (TT)  |  |
| Location I  | Kev  |
| Breton Terrace  | Breton Ridge   |
| 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 | BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room PC - Pickleball Courts RBR - Ridge Billiard Roo RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RME - Ridge Main Entrance RP - Ridge Patio RPDR - Ridge Private |
| TLI - Terrace Library TLL - Terrace Lower Level   | Dining Room  |

\*Weather permitting.

Saturday 12

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

#### on Woods Worship ice w/ Rev. Lamarr on (Transportation the Terrace leaves at and 5:30 pm) (VI)

Sunday 13

6:00 Open Swim (6:00 am -

### ≀idge

n Park Shop Room eball Courts ge Billiard Room ante Lobby Library ge Main ance Patio dge Private

\*\*\*\*\*\*\* **BRLC- Breton Rehab &** Living Centre

RT - Ridge Theatre

VI- Vinevard

**BECC - Breton Extended** Care Centre **BECS - Breton Extended** Care South OCO - Off Campus Outing



# July 14 – 20, 2025

## **Breton Woods Independent Living**



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

| ond | av | 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)
- 10:00 Shuffleboard \* (resident led) (BP)
- 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)
- 1:00 Dog "Paw-ty" \* (TC)
- 1:15 Strength Training (TFC)
- 1:15 Dynamic Movement (BS)
- 1:30 REAL: "Fall Alert Devices" (VI)
- 6:30 Games (EX)
- 6:30 Dirty Dog (TPDR) (EX)

### 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)
- 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)
- 1:30 REAL: Caroline Cook Presentation - "Park to Park to Park" Part 2 (CP)
- 2:00 Yarntastics (EX)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX)
- 7:00 Classic Music Community (CP)

### Wednesday 16

7:00 St. Mary's Lab - by appointment only (RPDR)

6:00 Open Swim (6:00 - 8:15 am) (POOL)

- 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)

#### 10:00 HH Board Report (VI)

- 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)
- 12:30 Resident Tech Help Desk (12:30 3:00 pm) (RPDR)
- 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 REAL: "Understanding the Password Manager on Your Smartphone" (CP)
- 2:00 Men's Billiards (TBR)
- 2:00 Building & Grounds Open Forum Meeting (VI)
- 2:00 Cardio Drumming (TFC)
- 2:00 Sundae Social (2:00 3:30 pm) (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 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)
- 9:15 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)

## Friday 18 Sa

- 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: "The Magnificent Seven" (TT)
- 7:00 Ridge Movie: "The Birdcage" (RT)

# Saturday 19 6:00 Open Swim (6:00 am -

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

10:00 pm) (POOL)

- 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: "The Magnificent Seven" (RT)
- 7:00 Terrace Movie: "The Birdcage" (TT)

## Sunday 20

6:00 Open Swim (6:00 am -

- 10:00 pm) (POOL) 10:45 Calvary Church
- Livestream (TPDR)
- 6:00 Breton Woods Worship
  Service and Special Music
  w/ Rev Les Wiseman
  (Transportation from the
  Ridge leaves at 5:15 and
- 7:00 Refreshments and Fellowship (EX)

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 Courtvard
- 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