

Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	Sunday 13
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 Terrace leaves at 5:15 and 5:30 pm) (VI)
9:15 Stretch & Flex (BS)	8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI)	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)		8:30 Aqua Fit (POOL)	9:15 Balance & Core Stability (BS)	9:15 Stretch & Flex (BS)	1:00 Bingo at the Ridge (resident led) (BI)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	8:45 Resident Golf League at the Pines (OCO)	9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)	9:30 Balance & Core Stability (TFC)	9:30 Strength Training (TFC)	2:00 Stinky Feet (EX)	
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)	9:15 Stretch & Flex (BS)	10:00 Ladies Laughing and Learning to Play Pool (TBR)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	3:30 "King's Brass" Concert at the CRC Campground (sign-up required) (OCO)	
10:00 Shuffleboard * (resident led) (BP)	9:15 Balance & Core Stability (BS)	9:30 Strength Training (TFC)	10:00 Shuffleboard * (resident led) (BP)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	7:00 Ridge Movie: "The Manchurian Candidate" (RT)	
10:15 Strength Training (BS)	9:30 Balance & Core Stability (TFC)	9:30 Fulton Street Farmer's Market (sign up required) (OCO)	10:15 Terrace Library Committee Meeting (TLI)	10:15 Strength Training (BS)	7:00 Terrace Movie: "Holland" (TT)	
11:00 Stretch & Flex (EX)	10:00 Ladies Billiards (RBR)	10:00 Catholic Communion (TPDR)	10:15 Strength & Stability (BS)	11:00 Stretch & Flex (EX)		
11:15 Heart Healthy Dance (VI)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	11:00 Water Walking (POOL)	11:15 Heart Healthy Dance (VI)		
12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:15 Strength & Stability (BS)	10:00 KDL Book Mobile at the Ridge (RL)	11:15 Balance & Core Stability (BS)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)		
1:00 Men's Billiards (RBR)	11:00 Water Walking (POOL)	10:15 Strength Training (BS)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	1:00 Men's Billiards (RBR)		
1:00 Ladies Prayer Meeting (RPDR)	11:15 Balance & Core Stability (BS)	11:00 Stretch & Flex (EX)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)		
1:00 Dog "Paw-ty" * (TC)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	11:00 KDL Book Mobile at the Terrace (TL)	1:00 Ping Pong (VI)	1:00 Ping Pong (VI)		
1:15 Strength Training (TFC)	1:00 Men's Billiards (RBR)	11:15 Heart Healthy Dance (VI)	1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)	1:15 Strength Training (TFC)		
1:15 Dynamic Movement (BS)	1:15 Balance & Core Stability (TFC)	12:30 Mah Jongg (TB)	1:15 Balance & Core Stability (TFC)	2:00 5 Crowns (TL)		
1:30 "The Great American Road Trip" - Part 1 by Kyle Schippa (CP)	1:15 Total Body (BS)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	1:15 Total Body (BS)	5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)		
6:30 Games (EX)	2:00 Yarntastics (EX)	12:30 Bus to Gaines Township Meijer (TL)	2:00 Men's Billiards (TBR)	7:00 Terrace Movie: "The Manchurian Candidate" (TT)		
6:30 Dirty Dog (TPDR) (EX)	2:00 July Birthday Social at the Ridge (VI)	1:00 Men's Billiards (RBR)	2:00 Knit Wits (BI)	7:00 Ridge Movie: "Holland" (RT)		
	3:00 Ladies Billiards (TBR)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	2:00 "Calder City Band" Concert (sign up for 1:30 pm transportation from the Ridge) (TL)			
	3:00 Ladies Tea (EX)	1:00 Pickleball * (resident led) (PC)	3:30 Social Hour at the Terrace (TPDR)			
	3:30 Caregiver Support Group (RPDR)	1:00 Bus to Gaines Township Meijer (RL)				
	7:00 "Hope Heralds" Concert (sign up for 6:30 pm transportation from the Ridge) (CP)	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)				
		2:30 July 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

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.

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
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 Special Music w/ Rev Les Wiseman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
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)	9:15 Balance & Core Stability (BS)	9:15 Stretch & Flex (BS)	2:00 Stinky Feet (EX)	7:00 Refreshments and Fellowship (EX)
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	9:15 Balance & Core Stability (BS)	9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)	9:30 Balance & Core Stability (TFC)	9:30 Strength Training (TFC)	7:00 Ridge Movie: "The Magnificent Seven" (RT)	
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	9:30 Balance & Core Stability (TFC)	9:15 Stretch & Flex (BS)	10:00 Ladies Laughing and Learning to Play Pool (TBR)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	7:00 Terrace Movie: "The Birdcage" (TT)	
10:00 Shuffleboard * (resident led) (BP)	10:00 Ladies Billiards (RBR)	9:30 Strength Training (TFC)	10:00 Shuffleboard * (resident led) (BP)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)		
10:15 Strength Training (BS)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	10:00 Catholic Communion (TPDR)	10:15 Strength & Stability (BS)	10:15 Strength Training (BS)		
11:00 Stretch & Flex (EX)	10:15 Strength & Stability (BS)	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)	11:15 Balance & Core Stability (BS)	11:15 Heart Healthy Dance (VI)		
12:30 Open Swim (12:30 - 10:00 pm) (POOL)	11:15 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)		
1:00 Dog "Paw-ty" * (TC)	1:15 Balance & Core Stability (TFC)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	1:00 Pickleball * (resident led) (PC)	2:00 5 Crowns (TL)		
1:15 Strength Training (TFC)	1:15 Total Body (BS)	12:30 Bus to Cascade Township Meijer (TL)	1:00 Bus to Cascade Township Meijer (RL)	5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)		
1:15 Dynamic Movement (BS)	1:30 REAL: Caroline Cook Presentation - "Park to Park" Part 2 (CP)	12:30 Bus to Cascade Township Meijer (RL)	1:15 Strength Training (TFC)	7:00 Terrace Movie: "The Magnificent Seven" (TT)		
1:30 REAL: "Fall Alert Devices" (VI)	2:00 Yarnastics (EX)	12:30 Resident Tech Help Desk (12:30 - 3:00 pm) (RPDR)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	7:00 Ridge Movie: "The Birdcage" (RT)		
6:30 Games (EX)	3:00 Ladies Billiards (TBR)	1:15 Dynamic Movement (BS)	1:00 Ping Pong (VI)			
6:30 Dirty Dog (TPDR) (EX)	7:00 Classic Music Community (CP)	1:30 REAL: "Understanding the Password Manager on Your Smartphone" (CP)	1:15 Balance & Core Stability (TFC)			
		2:00 Men's Billiards (TBR)	1:15 Total Body (BS)			
		2:00 Building & Grounds Open Forum Meeting (VI)	2:00 Men's Billiards (TBR)			
		2:00 Cardio Drumming (TFC)	2:00 Knit Wits (BI)			
		2:00 Sundae Social (2:00 - 3:30 pm) (Cafe)	3:30 Social Hour at the Terrace (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)				

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