

Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26	Sunday 27
<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:00 Shuffleboard * (resident led) (BP)</div> <div>10:15 Strength Training (BS)</div> <div>10:30 JULIET Ladies Lunch @ The Post Tavern & Shopping (sign-up required) (OCO)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Ladies Prayer Meeting (RPDR)</div> <div>1:00 Dog "Paw-ty" * (TC)</div> <div>1:15 Strength Training (TFC)</div> <div>1:15 Dynamic Movement (BS)</div> <div>3:00 RAC Meeting (CP)</div> <div>6:30 Games (EX)</div> <div>6:30 Dirty Dog (TPDR) (EX)</div> <div>7:00 Resident Led Movie: "Premonition" (RT)</div>	<div>6:00 Open Swim (6:00 - 10:45 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:15 Total Body (TFC)</div> <div>8:30 Resident Golf League at the Pines (OCO)</div> <div>9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)</div> <div>9:15 Balance & Core Stability (BS)</div> <div>9:30 Balance & Core Stability (TFC)</div> <div>10:00 Ladies Billiards (RBR)</div> <div>10:00 Quilting (10:00 am - 4:00 pm) (AS)</div> <div>10:15 Strength & Stability (BS)</div> <div>10:45 ROMEO Men's Lunch @ Brick Haus Brews (sign-up required) (OCO)</div> <div>11:00 Water Walking (POOL)</div> <div>11:15 Balance & Core Stability (BS)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)</div> <div>1:15 Balance & Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>2:00 Yarntastics (EX)</div> <div>2:00 Faith at Work Series: Goliath's Spear - CANCELLED (TL)</div> <div>3:00 Ladies Billiards (TBR)</div> <div>3:00 Ladies Tea (EX)</div>	<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>7:00 St. Mary's Lab - by appointment only (RPDR)</div> <div>7:30 St. Mary's Lab - by appointment only (HC)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>9:30 Fulton Street Farmer's Market (sign-up required) (OCO)</div> <div>10:00 Catholic Communion (TPDR)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:00 Heart Healthy Dance - note time change for today (VI)</div> <div>11:30 Party in the Park (transportation provided from the Terrace) (BP)</div> <div>12:30 Mah Jongg (TB)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>12:30 Bus to Gaines Township Meijer (TL)</div> <div>12:30 Resident Tech Help Desk (12:30 - 3:00 pm) (TPDR)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</div> <div>1:00 Pickleball * (resident led) (PC)</div> <div>1:00 Bus to Gaines Township Meijer (RL)</div> <div>1:15 Strength Training (TFC)</div> <div>1:15 Dynamic Movement (BS)</div> <div>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</div> <div>2:00 Men's Billiards (TBR)</div> <div>4:00 Social Hour at the Ridge (RPDR)</div> <div>6:00 Games (BI) (RL)</div> <div>6:45 Mah Jongg (RL)</div> <div>6:45 Euchre (TL)</div> <div>7:00 Dominos (EX)</div> <div>Ridge Bistro is closed for dinner.</div>	<div>6:00 Open Swim (6:00 - 10:45 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:15 Total Body (TFC)</div> <div>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX)</div> <div>9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)</div> <div>9:15 Balance & Core Stability (BS)</div> <div>9:30 Balance & Core Stability (TFC)</div> <div>10:00 Ladies Laughing and Learning to Play Pool (TBR)</div> <div>10:00 Shuffleboard * (resident led) (BP)</div> <div>10:00 Floral Friends (RI)</div> <div>10:15 Strength & Stability (BS)</div> <div>11:00 Water Walking (POOL)</div> <div>11:15 Balance & Core Stability (BS)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</div> <div>1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)</div> <div>1:00 Based on Books Film Series: "A Man Called Otto" (CP)</div> <div>1:00 Ping Pong - cancelled today (VI)</div> <div>1:15 Balance & Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>2:00 Men's Billiards (TBR)</div> <div>2:00 Knit Wits (BI)</div> <div>3:30 Social Hour at the Terrace (TPDR)</div>	<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:00 Pickleball * (resident led) (PC)</div> <div>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:15 Strength Training (TFC)</div> <div>2:00 5 Crowns (TL)</div> <div>5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)</div> <div>7:00 Terrace Movie: "My Fair Lady" (TT)</div> <div>7:00 Ridge Movie: "The Music Man" (RT)</div> <div>Ridge RSO is closed today.</div>	<div>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</div> <div>10:00 Hymn Sing (Cafe)</div> <div>12:00 Pizza Luncheon (Sign-up and payment required by 7-23-25 at the Terrace Reception Desk. \$7 per person.) (EX)</div> <div>2:00 Stinky Feet (EX)</div> <div>7:00 Ridge Movie: "My Fair Lady" (RT)</div> <div>7:00 Terrace Movie: "The Music Man" (TT)</div> <div><div>Location Key</div><div><div>Breton Terrace</div><div>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</div><div>Breton Ridge</div><div>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</div></div><div>*Weather permitting.</div></div>	<div>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</div> <div>10:45 Calvary Church Livestream (TPDR)</div> <div>6:00 Breton Woods Worship Service w/ Rev. Kwasi Kena and the Breton Woods Choir (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</div>

Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2	Sunday 3
<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:00 Shuffleboard * (resident led) (BP)</div> <div>10:15 Strength Training (BS)</div> <div>10:30 REAL: "Digital Grocery Shopping" (VI)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Ladies Prayer Meeting (RPDR)</div> <div>1:00 Dog "Paw-ty" * (TC)</div> <div>1:15 Strength Training (TFC)</div> <div>1:15 Dynamic Movement (BS)</div> <div>6:30 Games (EX)</div> <div>6:30 Dirty Dog (TPDR) (EX)</div> <div>7:00 Resident Led Movie: "Flight Plan" (RT)</div>	<div>6:00 Open Swim (6:00 - 10:45 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:15 Total Body (TFC)</div> <div>8:30 Resident Golf League at the Pines (OCO)</div> <div>9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)</div> <div>9:15 Balance & Core Stability (BS)</div> <div>9:15 Breakfast @ The Gathering Place (sign-up required) (OCO)</div> <div>9:30 Balance & Core Stability (TFC)</div> <div>10:00 Ladies Billiards (RBR)</div> <div>10:00 Quilting (10:00 am - 4:00 pm) (AS)</div> <div>10:15 Strength & Stability (BS)</div> <div>11:00 Water Walking (POOL)</div> <div>11:15 Balance & Core Stability (BS)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:15 Balance & Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>1:30 REAL: "Fall Prevention and Walker Safety" (CP)</div> <div>2:00 Yarnastics (EX)</div> <div>3:00 Ladies Billiards (TBR)</div> <div>3:00 Ladies Tea (EX)</div>	<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>7:00 St. Mary's Lab - by appointment only (RPDR)</div> <div>7:30 St. Mary's Lab - by appointment only (HC)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Catholic Communion (TPDR)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:00 Whitecaps Game (sign-up required) (OCO)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Mah Jongg (TB)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>12:30 Bus to Cascade Township Meijer (TL)</div> <div>12:30 Resident Tech Help Desk (12:30 - 3:00 pm) (RPDR)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</div> <div>1:00 Pickleball * (resident led) (PC)</div> <div>1:00 Bus to Cascade Township Meijer (RL)</div> <div>1:15 Strength Training (TFC)</div> <div>1:15 Dynamic Movement (BS)</div> <div>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</div> <div>2:00 Men's Billiards (TBR)</div> <div>3:00 Breton Readers at the Terrace (EX) (TPDR)</div> <div>4:00 Social Hour at the Ridge (RPDR)</div> <div>4:30 Patio Picnic at the Terrace ~ 4:30 - 6:00 pm (sign-up required; transportation available at 4:30 pm) (TP)</div> <div>6:00 Games (BI) (RL)</div> <div>6:45 Mah Jongg (RL)</div> <div>6:45 Euchre (TL)</div> <div>7:00 Dominos (EX)</div> <div>Ridge Bistro is closed for dinner.</div>	<div>6:00 Open Swim (6:00 - 10:45 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:15 Total Body (TFC)</div> <div>9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)</div> <div>9:15 Balance & Core Stability (BS)</div> <div>9:30 Balance & Core Stability (TFC)</div> <div>10:00 Ladies Laughing and Learning to Play Pool (TBR)</div> <div>10:00 Shuffleboard * (resident led) (BP)</div> <div>10:15 Strength & Stability (BS)</div> <div>11:00 Water Walking (POOL)</div> <div>11:15 Balance & Core Stability (BS)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</div> <div>1:00 Ping Pong (VI)</div> <div>1:15 Balance & Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>2:00 Men's Billiards (TBR)</div> <div>2:00 Knit Wits (BI)</div> <div>3:30 Social Hour at the Terrace (TPDR)</div>	<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:00 Pickleball * (resident led) (PC)</div> <div>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:15 Strength Training (TFC)</div> <div>2:00 5 Crowns (TL)</div> <div>5:30 Men's Social Supper (5:30 - 7:00 pm) (EX)</div> <div>7:00 Terrace Movie: "Back from Eternity" (TT)</div> <div>7:00 Ridge Movie: "1984" (RT)</div>	<div>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</div> <div>10:00 Hymn Sing (Cafe)</div> <div>12:30 Bingo at the Terrace (resident led) (EX)</div> <div>2:00 Stinky Feet (EX)</div> <div>7:00 Terrace Movie: "1984" (TT)</div> <div>7:00 Ridge Movie: "Back from Eternity" (RT)</div>	<div>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</div> <div>10:45 Calvary Church Livestream (TPDR)</div> <div>6:00 Breton Woods Worship Service and Communion w/ Rev. Jim Evenhouse (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</div>
					<div>Location Key</div> <div><div>Breton Terrace</div><div>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</div><div>Breton Ridge</div><div>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</div><div>*****</div><div>BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</div></div>	
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