


Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
<div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Circuit Training in place of Aqua Fit (TFC)</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 Shuffleboard * (resident led) (BP)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</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>1:30 Caroline Cook Bus Tour - "Firehouse Fun" (sign-up required) (OCO)</div> <div>6:30 Games (EX)</div> <div>6:30 Dirty Dog (TPDR) (EX)</div> <div>6:30 Bobby James Concert "Music Through the Decades" (6:00 pm transportation provided from the Ridge) (TCP)</div> <div><div>Pet Therapy with Sailor! 10:00 am - 12:00 pm 2:00 - 4:00 pm Amy Perin's Office</div></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>10:30 REAL: "Discovering China" (CP)</div> <div>11:00 Chair Yoga in place of Water Walking (EX)</div> <div>11:15 Balance & Core Stability (BS)</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>2:00 Yarnastics (EX)</div> <div>2:00 Breton Readers at the Ridge (RI)</div> <div>2:00 August Birthday Social at the Ridge (VI)</div> <div>3:00 Ladies Billiards (TBR)</div> <div>3:00 Ladies Tea (EX)</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 Circuit Training in place of Aqua Fit (TFC)</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 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>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Mah Jongg (TB)</div> <div>12:30 Bus to Gaines Township Meijer (TL)</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>2:30 August Birthday Social at the Terrace (Cafe)</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>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 Chair Yoga in place of Water Walking (EX)</div> <div>11:15 Balance & Core Stability (BS)</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>1:30 REAL: "All Access PD: Grand Rapids" - Part 1 (CP)</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>6:30 Noah Smith Organ Concert (sign-up required) (OCO)</div>	<div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Circuit Training in place of Aqua Fit (TFC)</div> <div>9:00 Pickleball * (resident led) (PC)</div> <div>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)</div> <div>9:00 National Pickleball Day Celebration (BP)</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>10:15 Strength Training (BS)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</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: "Diamonds Are Forever" (TT)</div> <div>7:00 Ridge Movie: "Die Hard" (RT)</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>2:00 Stinky Feet (EX)</div> <div>4:00 The Browns Concert at the CRC Campground (sign-up required) (OCO)</div> <div>7:00 Ridge Movie: "Diamonds Are Forever" (RT)</div> <div>7:00 Terrace Movie: "Die Hard" (TT)</div>	<div>10:45 Calvary Church Livestream (TPDR)</div> <div>6:00 Breton Woods Worship Service w/ Pastor Bob Zoerman (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI)</div>
					<div>Location Key</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 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>
~~~~~Pool is CLOSED August 4 - 15~~~~~						
					<div>*Weather permitting.</div>	

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
<div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Circuit Training in place of Aqua Fit (TFC)</div> <div>9:15 Stretch &amp; 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 Shuffleboard * (resident led) (BP)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch &amp; Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</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 Celebration Brass Concert (sign up for 6:30 pm transportation from the Ridge) (TL)</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) (BI)</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 &amp; Core Stability (BS)</div> <div>9:30 Balance &amp; 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 &amp; Stability (BS)</div> <div>10:30 REAL: "Cyber Scams" (VI)</div> <div>11:00 Chair Yoga in place of Water Walking (EX)</div> <div>11:15 Balance &amp; Core Stability (BS)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:15 Balance &amp; Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>2:00 Yarnstastics (EX)</div> <div>3:00 Ladies Billiards (TBR)</div> <div>3:00 Ladies Tea (EX)</div> <div>3:30 Caregiver Support Group (RPDR)</div> <div>7:00 Classic Music Community (CP)</div> <div>7:00 Faith at Work Series: Adult and Teen Challenge (VI)</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 Circuit Training in place of Aqua Fit (TFC)</div> <div>9:15 Stretch &amp; Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Catholic Communion (TPDR)</div> <div>10:00 KDL Book Mobile at the Ridge (RL)</div> <div>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</div> <div>10:00 Faith at Work Series: Ann Robinson (CP)</div> <div>10:15 Strength Training (BS)</div> <div>11:00 Stretch &amp; Flex (EX)</div> <div>11:00 KDL Book Mobile at the Terrace (TL)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:30 Mah Jongg (TB)</div> <div>12:30 Bus to Cascade Township Meijer (TL)</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>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>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 &amp; Core Stability (BS)</div> <div>9:30 Balance &amp; 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 &amp; Stability (BS)</div> <div>11:00 Chair Yoga in place of Water Walking - canceled today (EX)</div> <div>11:00 BW Summer Celebration "Fiesta" in the BRLC Parking Lot (shuttle service available for Ridge and Terrace residents) (BRLC)</div> <div>11:15 Balance &amp; Core Stability - canceled today (BS)</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>1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)</div> <div>1:15 Total Body - canceled today (BS)</div> <div>1:15 Balance &amp; Core Stability - canceled today (TFC)</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>Terrace Cafe and Ridge Bistro are closed today.</div>	<div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Circuit Training in place of Aqua Fit (TFC)</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 &amp; 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Carolyn Cammenga (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</div> <div>7:00 Refreshments and Fellowship (EX)</div>
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