

August 4 – 10, 2025

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

of Ho	olla
Monday 4	
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	
8:30 Circuit Training in place of Aqua Fit (TFC)	
9:15 Stretch & Flex (BS)	
9:30 Strength Training (TFC)	9
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	
10:00 Shuffleboard * (resident led) (BP)	
10:15 Strength Training (BS)	
11:00 Stretch & Flex (EX)	10
11:15 Heart Healthy Dance (VI)	10
1:00 Men's Billiards (RBR)	
1:00 Ladies Prayer Meeting (RPDR)	1
1:00 Dog "Paw-ty" * (TC)	1
1:15 Strength Training (TFC)	
1:15 Dynamic Movement (BS)	
1:30 Caroline Cook Bus Tour - "Firehouse Fun" (sign-up required) (OCO)	
6:30 Games (EX)	

6:30 Dirty Dog (TPDR) (EX)

6:30 Bobby James Concert

"Music Through the

Decades" (6:00 pm

transportation provided

from the Ridge) (TCP)

Pet Therapy with Sailor!

10:00 am - 12:00 pm

Amy Perin's Office

2:00 - 4:00 pm

Tuesday 5 8:00 Sunrise Social (8:00 10:00 am) (EX) (BI) 8:15 Total Body (TFC) 8:30 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) 10:30 REAL: "Discovering China" (CP) 11:00 Chair Yoga in place of Water Walking (EX) 11:15 Balance & Core Stability (BS) 1:00 Men's Billiards (RBR) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Yarntastics (EX) 2:00 Breton Readers at the Ridge (RI) 2:00 August Birthday Social at the Ridge (VI)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (EX)

Wednesday 6	
7:00 St. Mary's Lab - by appointment only (RPDR)	8:0
7:30 St. Mary's Lab - by appointment only (HC)	8:
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	9:0
8:30 Circuit Training in place of Aqua Fit (TFC)	9:
9:15 Stretch & Flex (BS)	9:
9:30 Strength Training (TFC)	10:0
9:30 Fulton Street Farmer's Market (sign-up required) (OCO)	10.
10:00 Catholic Communion (TPDR)	10:0
10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)	10:
10:15 Strength Training (BS)	11:0
11:00 Stretch & Flex (EX)	
11:15 Heart Healthy Dance (VI)	11:
12:30 Mah Jongg (TB)	1:0
12:30 Bus to Gaines Township Meijer (TL)	1:0
1:00 Men's Billiards (RBR)	
1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:0
1:00 Pickleball * (resident led) (PC)	1:
1:00 Bus to Gaines Township Meijer (RL)	1:
1:15 Strength Training (TFC)	1:
1:15 Dynamic Movement (BS)	1.0
1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	2:0
2:00 Men's Billiards (TBR)	2:0
2:30 August Birthday Social at the Terrace (Cafe)	3:
4:00 Social Hour at the Ridge (RPDR)	
6:00 Games (BI) (RL)	6:
6:45 Mah Jongg (RL)	

6:45 Euchre (TL)

7:00 Dominos (EX)

-Pool is CLOSED August 4 - 15~-

Thursday 7
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 Chair Yoga in place of Water Walking (EX)
11:15 Balance & Core Stability (BS)
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)
1:30 REAL: "All Access PD: Grand Rapids" - Part 1 (CP)
2:00 Men's Billiards (TBR)
2:00 Knit Wits (BI)
3:30 Social Hour at the Terrace (TPDR)
6:30 Noah Smith Organ Concert (sign-up required) (OCO)

Triday 0	Catalaay
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 10:00 am) (EX) (BI)
8:30 Circuit Training in place of Aqua Fit (TFC)	10:00 Breton Market (10:0 12:00 pm) (TLL)
9:00 Pickleball * (resident led) (PC) 9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR) 9:00 National Pickleball Day Celebration (BP) 9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:15 Strength Training (BS)	10:00 Hymn Sing (Cafe) 2:00 Stinky Feet (EX) 4:00 The Browns Concer CRC Campground up required) (OCO) 7:00 Ridge Movie: "Diam Are Forever" (RT) 7:00 Terrace Movie: "Diam (TT)
11:00 Stretch & Flex (EX)	
11:15 Heart Healthy Dance (VI)	Loca Breton Terrace
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: "Diamonds Are Forever" (TT) 7:00 Ridge Movie: "Die Hard" (RT)	AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony TBR - Terrace Billiard Ro TCP - Terrace Café Pati TC - Terrace Courtyard TFC - Terrace Fitness C TL - Terrace Lobby TLI - Terrace Library TLL - Terrace Lower Lev TME - Terrace Main Entrance TPDR - Terrace Private

Friday 8

Saturday 9 Sunday 10 8:00 Sunrise Social (8:00 -10:45 Calvary Church 10:00 am) (EX) (BI) Livestream (TPDR) 10:00 Breton Market (10:00 am -6:00 Breton Woods Worship 12:00 pm) (TLL) Service w/ Pastor Bob Zoerman (Transportation 10:00 Hymn Sing (Cafe) from the Terrace leaves at 5:15 and 5:30 pm) (VI) 2:00 Stinky Feet (EX) 4:00 The Browns Concert at the **CRC Campground (sign**up required) (OCO) 7:00 Ridge Movie: "Diamonds Are Forever" (RT) 7:00 Terrace Movie: "Die Hard" (TT) **Location Key Breton Ridge Breton Terrace** BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room PC - Pickleball Courts

TT - Terrace Theatre

WS - Woodshop

Dining Room

TSP - Terrace South Patio

RPDR - Ridge Private **Dining Room** RT - Ridge Theatre VI- Vineyard ******** **BRLC- Breton Rehab &** Living Centre **BECC - Breton Extended**

RBR - Ridge Billiard Room

RI - Ristorante

RL - Ridge Lobby

RLI - Ridge Library RME - Ridge Main

Entrance RP - Ridge Patio

Care Centre **BECS - Breton Extended** Care South

*Weather permitting. OCO - Off Campus Outing



August 11 – 17, 2025

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

	on Woods olland Home*
Monday 11	Tuesday 1
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - am) (EX) (BI)
8:30 Circuit Training in place of	8:15 Total Body (TFC)
Aqua Fit (TFC) 9:15 Stretch & Flex (BS)	8:30 Donuts w/ the HH Development Team (8

9:30 Strength Training (TFC)

12:00 pm) (TLL)

led) (BP)

(RPDR)

6:30 Games (EX)

Ridge) (TL)

10:00 Shuffleboard * (resident

10:15 Strength Training (BS)

11:15 Heart Healthy Dance (VI)

11:00 Stretch & Flex (EX)

1:00 Men's Billiards (RBR)

1:00 Dog "Paw-ty" * (TC)

1:00 Ladies Prayer Meeting

1:15 Strength Training (TFC)

1:15 Dynamic Movement (BS)

6:30 Dirty Dog (TPDR) (EX)

7:00 Celebration Brass Concert

transportation from the

(sign up for 6:30 pm

10:00 Breton Market (10:00 am -

-10:00

Development Team (8:30 -10:00 am) (BI)

- 8:30 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)
- 10:15 Strength & Stability (BS)

10:30 REAL: "Cyber Scams" (VI)

11:00 Chair Yoga in place of Water Walking (EX)

- 11:15 Balance & Core Stability (BS)
- 1:00 Men's Billiards (RBR)
- 1:15 Balance & Core Stability (TFC)
- 1:15 Total Body (BS)
- 2:00 Yarntastics (EX)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (EX)
- 3:30 Caregiver Support Group (RPDR)
- 7:00 Classic Music Community (CP)
- 7:00 Faith at Work Series: Adult and Teen Challenge (VI)

Wednesday 13 7:00 St. Mary's Lab - by appointment only

- 7:30 St. Mary's Lab by appointment only (HC)
- 8:00 Sunrise Social (8:00 10:00 am) (EX)
- 8:30 Circuit Training in place of Aqua Fit (TFC)
- 9:15 Stretch & Flex (BS)
- 9:30 Strength Training (TFC)
- 10:00 Catholic Communion (TPDR)
- 10:00 KDL Book Mobile at the Ridge (RL)
- 10:00 Open Painting (10:00 11:30 am) (resident led) (RPDR)
- 10:00 Faith at Work Series: Ann Robinson (CP)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:00 KDL Book Mobile at the Terrace (TL)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Mah Jongg (TB)
- 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 (1:30 4:00 pm) (Cafe)
- 2:00 Men's Billiards (TBR)
- 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 14 Friday 15

10:00 am) (EX) (BI)

Agua Fit (TFC)

(PC)

8:30 Circuit Training in place of

9:00 Pickleball * (resident led)

(9:00 - 10:00 am) (HC)

9:00 Blood Pressure Clinic

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

10:00 Breton Market (10:00 am -

11:15 Heart Healthy Dance (VI)

1:15 Strength Training (TFC)

5:30 Men's Social Supper (5:30

7:00 Ridge Movie: "Junior" (RT)

12:00 pm) (TLL)

10:15 Strength Training (BS)

1:00 Men's Billiards (RBR)

-7:00 pm) (EX)

Window" (TT)

7:00 Terrace Movie: "Rear

2:00 5 Crowns (TL)

11:00 Stretch & Flex (EX)

- 8:00 Sunrise Social (8:00 10:00 am) 8:00 Sunrise Social (8:00 -
- 8:15 Total Body (TFC)

(EX) (BI)

- 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 Chair Yoga in place of Water Walking - canceled today (EX)

- 11:00 BW Summer Celebration "Fiesta" in the BRLC Parking Lot (shuttle service available for Ridge and Terrace residents) (BRLC)
- 11:15 Balance & Core Stability canceled today (BS)
- 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 Total Body canceled today (BS)
- 1:15 Balance & Core Stability canceled today (TFC)
- 2:00 Men's Billiards (TBR)
- 2:00 Knit Wits (BI)
- 3:30 Social Hour at the Terrace (TPDR)

Terrace Cafe and Ridge Bistro are closed today.

Saturday 16

- 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 Ridge Movie: "Rear Window" (RT)
- 7:00 Terrace Movie: "Junior" (TT)

Sunday 17

- 10:45 Calvary Church Livestream (TPDR)
- 6:00 Breton Woods Worship Service w/ Rev. Carolyn Cammenga
 - (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
- 7:00 Refreshments and Fellowship (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 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

~~~~~Pool is CLOSED August 4 - 15~~~~~~~