

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23	Sunday 24
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) 10:30 ROMEO Men's Lunch @ Hop Hog (sign-up required) (OCO) 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: "Heat & Water at Breton Woods" (VI) 2:00 Bretonaires Practice (EX) 3:00 RAC Meeting (bus pick-up at the Terrace at 2:30 pm) (VI) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 Resident Led Movie: "The Poseidon Adventure" (RT)	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) 8:30 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) 10:00 Boulder Ridge Wild Animal Park and Oskar Scots for Lunch (sign-up required) (OCO) 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) 2:00 Yarnastics (EX) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX)	6:00 Open Swim (6:00 - 8:15 am) (POOL) 7:00 St. Mary's Lab - by appointment only (RPDR) 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) 9:15 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 Open Painting (10:00 - 11:30 am) (resident led) (RPDR) 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 Gaines 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 Gaines Township Meijer (RL) 1:00 Based on Books Film Series: "The Wizard of Oz" (CP) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 2:00 Men's Billiards (TBR) 2:00 Sundae Social (2:00 - 3:30 pm) (Cafe) 4:00 Social Hour at the Ridge (RPDR) 4:30 Ridge Patio Picnic Luau & Marty Miller Concert (sign-up required) (RP) 6:00 Games (BI) (RL) 6:45 Mah Jongg (RL) 6:45 Euchre (TL) 7:00 Dominos (EX) Ridge Bistro is closed for lunch. Terrace Cafe is closed for dinner.	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) 10:45 JULIET Ladies Lunch @ Sheshco Mediterranean Grill (sign-up required) (OCO) 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) 1:30 REAL: "Typical vs Atypical Aging" (VI) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Bretonaires Practice (EX) 3:30 Social Hour at the Terrace (TPDR)	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) 9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR) 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) 1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS) 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: "Vertigo" (TT) 7:00 Ridge Movie: "Paris When It Sizzles" (RT)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 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) 4:00 Gary & Martha Matthews Concert at the CRC Campground (sign-up required) (OCO) 7:00 Ridge Movie: "Vertigo" (RT) 7:00 Terrace Movie: "Paris When It Sizzles" (TT) 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 *Weather permitting.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (TPDR) 6:00 Breton Woods Worship Service w/ Rev. Lamarr Gibson (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP) Location Key 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

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30	Sunday 31
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) 2:00 Bretonaires Practice (EX) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 Resident Led Movie: "Gaither Music - Amazing Grace" (RT)	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) 8:30 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) 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) 2:00 Yarnastics (EX) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX)	6:00 Open Swim (6:00 - 8:15 am) (POOL) 7:00 St. Mary's Lab - by appointment only (RPDR) 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) 9:15 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 Open Painting (10:00 - 11:30 am) (resident led) (RPDR) 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) 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 (canceled today) (Cafe) 2:00 Men's Billiards (TBR) 2:00 Summer Sing Along w/ Jane & Jim (1:30 pm transportation from the Ridge) (TL) 3:00 Breton Woods Raffle (TL) 3:00 Breton Readers 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)	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) 8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX) 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) 10:00 Floral Friends (RI) 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) 1:00 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 Bretonaires Practice (EX) 2:30 Faith at Work Series: Phil Bom (VI) 3:30 Social Hour at the Terrace (TPDR)	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 - 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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.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (TPDR) 6:00 Breton Woods Worship Service w/ Rev. Dale Dalman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)