

September 15 – 21, 2025

Breton Woods Independent Living



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

of Ho	olland Home [™]	
Monday 15	Tuesday 16	
6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	
8:30 Aqua Fit (POOL)	8:15 Total Body (TFC)	
9:15 Stretch & Flex (BS)	8:30 Resident Golf League at	
9:30 Strength Training (TFC)	the Pines (OCO)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)	
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	9:15 Balance & Core Stability (BS)	
10:00 Shuffleboard * (resident led) (BP)	9:30 Balance & Core Stability (TFC)	
10:15 Strength Training (BS)	10:00 Ladies Billiards (RBR)	
11:00 Stretch & Flex (EX)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	
11:15 Heart Healthy Dance (VI)	10:00 Lunch & Shopping in	
12:30 Open Swim (12:30 - 10:00 pm) (POOL)	Holland (sign-up required (OCO)	
1:00 Men's Billiards (RBR)	10:15 Strength & Stability (BS)	
1:00 Ladies Prayer Meeting	11:00 Water Walking (POOL)	
(RPDR)	11:15 Balance & Core Stability	
1:00 Dog "Paw-ty" * (TC)	(BS)	
1:15 Strength Training (TFC)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	
1:15 Dynamic Movement (BS)	pm, (100L)	

2:00 Bretonaires Practice (EX)

3:00 RAC Meeting (CP)

6:30 Dirty Dog (TPDR) (EX)

7:00 Resident Led Movie:

Madre" (RT)

"Treasure of the Sierra

6:30 Games (EX)

1:00 Men's Billiards (RBR)

(TFC)

1:15 Total Body (BS)

2:00 Yarntastics (EX)

2:00 Chair Yoga (TT)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (BI) (EX)

1:15 Balance & Core Stability

) (Stoll WVOC	
W	lednesday 17	
6:00	Open Swim (6:00 - 8:15 am) (POOL)	e
8:00	Sunrise Social (8:00 - 10:00 am) (EX) (BI)	
8:30	Aqua Fit (POOL)	8
9:15	Stretch & Flex (BS)	
9:30	Strength Training (TFC)	
10:00	Catholic Communion (TPDR)	g
10:00	Adult Only Swim (10:00 am - 12:00 pm) (POOL)	
10:00	Open Painting (10:00 - 11:30 am) (resident led) (RPDR)	9
10:00	Used Book Sale & Bake Sale (10:00 am - 2:30 pm) (TL)	10
10:15	Strength Training (BS)	10
10:15	"Ministering in a Muslim World" (week 3 of 4) (CP)	1
11:00	Stretch & Flex (EX)	1
11:15	Heart Healthy Dance (VI)	ļ '
12:30	Mah Jongg (TB)	ľ
12:30	Open Swim (12:30 - 10:00 pm) (POOL)	12
12:30	Bus to Gaines 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 Meijer (RL)	
1:15	Strength Training (TFC)	
1:15	Dynamic Movement (BS)	
1:30	Sundae Social (2:00 - 3:30 pm) (Cafe)	2
2:00	Men's Billiards (TBR)	2
2:00	Building & Grounds Open Forum Meeting (CP)	2
4:00	Social Hour at the Ridge (RPDR)	2
6:00	Games (BI) (RL)	,
6:45	Euchre (TL) Mah Jongg (RL)	
7:00	Dominos (EX)	7

7:00 Burton Street Brass Band (sign up for

(TL)

6:30 pm transportation from the Ridge)

	Thursday 18
6:00	6:00 Open Swim (6:00 - 10:45 am) (POOL)
8:00	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)
8:30	8:15 Total Body (TFC)
9:00	9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe)
9:00	9:15 Balance & Core Stability (BS)
9:15	9:30 Balance & Core Stability (TFC)
9:30	10:00 Ladies Laughing and Learning to Play Pool (TBR)
10:00	10:00 Shuffleboard * (resident led) (BP)
10:00	10:15 Strength & Stability (BS)
10:15	11:00 Water Walking (POOL)
10:30	11:15 Balance & Core Stability (BS)
11:00	12:30 Open Swim (12:30 - 10:00 pm) (POOL)
(1:00 Men's Billiards (RBR)
11:15	1:00 Ping Pong (VI)
12:30	1:00 Breton Market (closed today) (TLL)
1:00	1:15 Balance & Core Stability (TFC)
1:15	1:15 Total Body (BS)
2:00	2:00 Men's Billiards (TBR)
3:00	2:00 Knit Wits (BI)
5:30	2:00 Bretonaires Practice (EX)
-	2:00 Chair Yoga (TT)
7:00 ⁻	3:30 Social Hour at the Terrace (TPDR)
7:00	7:00 Master Arts Theatre: "Pirates of Penzance" (sign-up

required) (OCO)

- closed today

Terrace Cafe & Ridge Bistro

Friday 19	Saturday 20
6:00 Open Swim (6:00 - 8:15 am) (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)
8:30 Aqua Fit (POOL)	10:00 Breton Market (10:00 ar
9:00 Pickleball * (resident led) (PC)	12:00 pm) (TLL)
9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)	10:00 Hymn Sing (Cafe) 2:00 Stinky Feet (EX)
9:15 Stretch & Flex (BS)	,
9:30 Strength Training (TFC)	3:30 Grand Raggidy Roller Derby (sign-up required
10:00 Breton Market (10:00 am -	(OCO)
12:00 pm) (TLL)	7:00 Terrace Movie: "The
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	Princess Bride" (TT) 7:00 Ridge Movie: "Steel
10:15 Strength Training (BS)	Magnolias" (RT)
10:30 Breton Woods Worship Grant	_
Celebration at the Ridge (VI)	Location
11:00 Stretch & Flex - note location change for today (TPDR)	Location Breton Terrace
11:00 Stretch & Flex - note location	Breton Terrace AS - Art Studio Cafe - Terrace Café
11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note	AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions
 11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) 	AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony
11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL)	AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony TBR - Terrace Café Patio
 11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 	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
 11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 	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 Centra TL - Terrace Lobby
 11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 2:00 5 Crowns (TL) 	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
 11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 2:00 5 Crowns (TL) 3:00 BW Choir Rehearsal (CP) 5:30 Men's Social Supper (5:30 - 	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 Centra TL - Terrace Lobby TLI - Terrace Library TLL - Terrace Lower Level TME - Terrace Main Entrance TPDR - Terrace Private Dining Room
 11:00 Stretch & Flex - note location change for today (TPDR) 11:15 Heart Healthy Dance - note location change for today (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 2:00 5 Crowns (TL) 3:00 BW Choir Rehearsal (CP) 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX) 7:00 Terrace Movie: "Steel 	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 Centra TL - Terrace Lobby TLI - Terrace Library TLL - Terrace Lower Level TME - Terrace Main Entrance TPDR - Terrace Private

Closed for lunch.

10:00 pm) (POOL)	10:00 pm) (POOL)
8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	10:45 Calvary Church Livestream (TPDR)
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	6:00 Breton Woods Worsh Service and the Breto
10:00 Hymn Sing (Cafe)	Woods Choir w/ Rev. Wiseman (Transporta
2:00 Stinky Feet (EX)	from the Ridge leaves 5:15 and 5:30 pm) (CI
3:30 Grand Raggidy Roller Derby (sign-up required) (OCO)	7:00 Refreshments and Fellowship (EX)
7:00 Terrace Movie: "The Princess Bride" (TT)	
7:00 Ridge Movie: "Steel Magnolias" (RT)	
Location I	К еу
Breton Terrace	Breton Ridge
	_
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	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 ************************************
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	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 ************************************

Sunday 21 6:00 Open Swim (6:00 am -00 pm) (POOL) Ivary Church estream (TPDR) eton Woods Worship rvice and the Breton oods Choir w/ Rev. Les seman (Transportation m the Ridge leaves at 5 and 5:30 pm) (CP) freshments and lowship (EX) Ridge on Park y Shop ft Room deball Courts dge Billiard Room rante ge Lobby ge Library dge Main rance ge Patio lidge Private ining Room ge Theatre ***** Breton Rehab &

OCO - Off Campus Outing



September 22 – 28, 2025

Breton Woods Independent Living



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELLNESS WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

Monday 22
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)
 (RP)
- 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 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)
- 1:00 Dog "Paw-ty" * (TC)
- 1:00 Ladies Bible Study "1st & 2nd Thessalonians" (RPDR)
- 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: "The Caine Mutiny" (RT)

Tuesday 23

- 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 Ladies Bible Study "1st & 2nd Thessalonians" (TPDR)
- 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 Ladies Bible Study "1st & 2nd Thessalonians" (RPDR)
- 1:15 Balance & Core Stability canceled today (TFC)
- 1:15 Total Body canceled today (BS)
- 2:00 Yarntastics (EX)
- 2:00 Chair Yoga canceled today (TT)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (BI) (EX)

Terrace Cafe - open for lunch only, 11:00 am - 1:00 pm. Closed for dinner.

Wednesday 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 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)
- 10:15 "Essentials of Faith" Video Series (CP)
- 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 Meijer (TL)
- 1:00 Men's Billiards (RBR)
- 1:00 Pickleball * (resident led) (PC)
- 1:00 Bus to Cascade Meijer (RL)
- 1:00 Breton Market (closed today) (TLL)
- 1:15 Strength Training canceled today (TFC)
- 1:15 Dynamic Movement canceled today (BS)
- 1:30 Terrace Coffee Bar (1:30 4:00 pm) (Cafe)
- 2:00 Men's Billiards (TBR)
- 3:00 Breton Readers at the Terrace (TPDR)
- 4:00 Social Hour at the Ridge (RPDR)
- 6:00 Games (BI) (RL)
- 6:45 Euchre (TL) Mah Jongg (RL)
- 7:00 Dominos (EX)

Thursday 25

- 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 Ping Pong (VI)
- 1:00 Scrapbooking and Card Making (1:00 3:00 pm) (AS)
- 1:00 Art Prize Bus Tour featuring Veterans Memorial Park (sign-up required) (OCO)
- 1:00 Breton Market (closed today) (TLL)
- 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)

2:00 Chair Yoga (TT)

- 3:30 Social Hour at the Terrace (TPDR)
- 7:00 REAL: "Kentwood Mayoral Candidate Forum" (CP)

Friday 26

- 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 note location change for today (BS)
- 11:30 "Ministering in a Muslim World" (week 4 of 4) Visit to Al Tawheed Mosque (CP)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 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: "Fail-Safe" (TT)
- 7:00 Ridge Movie: *Weat

Saturday 27

10:00 pm) (POOL)

6:00 Open Swim (6:00 am -

- 7:30 Bus to the Calvin 5K (signup required) (TL) (RL)
- 8:00 Sunrise Social (8:00 -10:00 am) (EX) (BI)
- 12:00 pm) (TLL)

10:00 Breton Market (10:00 am -

2:00 Stinky Feet (EX)

10:00 Hymn Sing (Cafe)

- 7:00 Ridge Movie: "Fail-Safe" (RT)
- 7:00 Terrace Movie: "Fitzcarraldo" (TT)

Sunday 28 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. Carolyn Cammenga (Transportation from the
- (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

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
- *Weather permitting.

WS - Woodshop

n Key Breton Ridge

- BI Bistro BP - Breton Park
- BS Body Shop CR - Craft Room
- PC Pickleball Courts RBR - Ridge Billiard Room
- RBR Ridge Billis
- RL Ridge Lobby
- RLI Ridge Library RME - Ridge Main
- Entrance RP - Ridge Patio
- RPDR Ridge Private Dining Room
- RT Ridge Theatre VI- Vineyard

- Living Centre
 BECC Breton Extended
 Care Centre
- BECS Breton Extended
 Care South
 - OCO Off Campus Outing

MON - WED: See the "Active Aging Week" Special Events Calendar for all the fun activities!