

# Oct. 27 – Nov. 2, 2025

## **Breton Woods Independent Living**



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

#### Monday 27

- 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)
- 10:15 Strength Training (BS)
- 10:30 REAL: "Honor Flights" w/ Jim Swoboda (CP)
- 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 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: "Sabrina" (RT)

## Tuesday 28

- 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 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)
- 10:45 Park Church: "Music at Midday" (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)
- 12:30 Resident Tech Help Desk (12:30 - 3:00 pm) (RSOCR)
- 1:00 Men's Billiards (RBR)
- 1:00 Ladies Bible Study "1st & 2nd Thessalonians" (RPDR)
- 1:15 Balance & Core Stability (TFC)
- 1:15 Total Body (BS)
- 2:00 Yarntastics (EX)
- 2:00 Seated Stretch & Flex (TT)
- 2:00 Stuart Leitch performs
  Beethoven (sign up at the
  Reception Desk for 1:30 pm
  transportation from the
  Terrace) (VI)
- 3:00 Ladies Billiards (TBR)
- 3:00 Ladies Tea (BI) (EX)
- 7:00 "The Gospel According to Ruth" (resident led) (RI)
- Ridge RSO is closed today.

#### Wednesday 29

- 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 Gaines Meijer (TL)
- 1:00 Men's Billiards (RBR)
- 1:00 Bus to Gaines Meijer (RL)
- 1:00 Breton Market (1:00 3:00 pm) (TLL)
- 1:15 Strength Training (TFC)
- 1:15 Dynamic Movement (BS)
- 1:30 Terrace Coffee Bar (1:30 4:00 pm) (Cafe)
- 1:30 REAL: "Name That Tune" w/ Martin Pence (CP)
- 2:00 Men's Billiards (TBR)
- 3:00 Breton Readers at the Terrace (TPDR)
- 3:30 West Michigan Homeschool Jazz Band (VI)
- 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 30

- 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)
- 10:15 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 Breton Market (1:00 3:00 pm) (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 Seated Stretch & Flex (TT)

  2:30 "The Persecuted Church
- World-Wide" (resident led)
  (VI)
- 3:30 Social Hour at the Terrace (TPDR)

### Friday 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)
- 10:15 Strength Training (BS)
- 11:00 Stretch & Flex (EX)
- 11:00 Trick-or-Treat in the Ridge Library (11:00 am - 7:00 pm) (resident led) (RLI)
- 11:15 Heart Healthy Dance (VI)
- 12:30 Open Swim (12:30 10:00 pm) (POOL)
- 1:00 Men's Billiards (RBR)
- 1:00 "The 7 Churches of Revelation" Video Series (TT)
- 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: "The Color Purple" (TT)
- 7:00 Ridge Movie: "Cold Mountain" (RT)



Ridge RSO is closed today.

## Saturday 1

- 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)

- 7:00 Terrace Movie: "Cold Mountain" (TT)
- 7:00 Ridge Movie: "The Color Purple" (RT)

#### Sunday 2

- 6:00 Open Swim (6:00 am -10:00 pm) (POOL)
- 10:45 Calvary Church Livestream (TPDR)
- 6:00 Breton Woods Worship Service and Communion w/ Rev. Linda Lee (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

#### Daylight Savings Time ENDS. Set your clocks BACK one hour.



#### **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.

#### <u>Breton Ridge</u>

- 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 RSOCR - Ridge RSO
- Conference 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



# November 3 – 9, 2025

# **Breton Woods Independent Living**

Terrace RSO is closed today.



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

of Ho	ار
Monday 3	
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) 10:15 Strength Training (BS) 11:00 Stretch & Flex (EX)	
11:00 Loss of Friend Support Group (TPDR)	
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 Bible Study "1st & 2nd Thessalonians" (resident led) (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 "Tell Us Your Story" w/ Sid Norman - "One Step at a Time" (VI)	

#### Wednesday **Tuesday 4** 6:00 Open Swim (6:00 - 10:45 am) 6:00 Open Swim (6:00 - 8:15 am (POOL) (POOL) 8:00 Sunrise Social (8:00 - 10:00 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) am) (EX) (BI) 8:15 Total Body (TFC) 8:30 Agua Fit (POOL) 9:00 Terrace Coffee Bar (9:00 -9:15 Stretch & Flex (BS) 11:00 am) (Cafe) 9:30 Strength Training (TFC) 9:15 Balance & Core Stability (BS) 10:00 Catholic Communion (TPI 9:30 Balance & Core Stability (TFC) 10:00 Adult Only Swim (10:00 ar 10:00 Ladies Billiards (RBR) 12:00 pm) (POOL) 10:00 Quilting (10:00 am - 4:00 pm) 10:00 Open Painting (10:00 - 11:30 (AS) am) (resident led) (RPDR) 10:00 Ladies Bible Study "1st & 2nd 10:15 Strength Training (BS) Thessalonians" (resident led) 10:15 "Essentials of Faith" Video (TPDR) Series (CP) 10:15 Strength & Stability (BS) 11:00 Stretch & Flex (EX) 11:00 Water Walking (POOL) 11:15 Heart Healthy Dance (VI) 11:15 Balance & Core Stability (BS) 12:30 Mah Jongg (TB) 12:30 Open Swim (12:30 - 10:00 pm) 12:30 Open Swim (12:30 - 10:00 (POOL) (POOL) 12:30 Resident Tech Help Desk 12:30 Bus to Cascade Meijer (TL) (12:30 - 3:00 pm) (TL) 1:00 Men's Billiards (RBR) 1:00 Men's Billiards (RBR) 1:00 Bus to Cascade Meijer (RL 1:00 Ladies Bible Study "1st & 2nd 1:00 Breton Market (1:00 - 3:00 Thessalonians" (resident led) pm) (TLL) 1:15 Strength Training (TFC) 1:15 Balance & Core Stability (TFC) 1:15 Dynamic Movement (BS) 1:15 Total Body (BS) 1:30 Terrace Coffee Bar (1:30 - 4 1:30 REAL: "Accessability Basics pm) (Cafe) for Apple Devices" (CP) 2:00 Men's Billiards (TBR) 2:00 Yarntastics (EX) 2:00 Pool Volleyball (POOL) 2:00 Breton Readers at the Ridge 2:30 November Birthday Social (RI) the Terrace (Cafe) 2:00 Seated Stretch & Flex (TT) 4:00 Social Hour at the Ridge 2:00 November Birthday Social at (RPDR) the Ridge (VI) 6:00 Games (BI) (RL) 3:00 Ladies Billiards (TBR) 6:45 Euchre (TL) Mah Jongg (RI 3:00 Ladies Tea (BI) (EX) 7:00 Dominos (EX)

7:00 "The Gospel According to

Ruth" (resident led) (RI)

	ao maopor
5	Thursday 6
n)	6:00 Open Swim (6:00 - 10:45 am) (POOL)
0	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)
DR) m -	9:15 Balance & Core Stability (BS)
30	9:30 Balance & Core Stability (TFC)
)	10:00 Ladies Laughing and Learning to Play Pool (TBR)
	10:15 Strength & Stability (BS)
	11:00 Water Walking (POOL)
	11:15 Balance & Core Stability (BS)
pm)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)
_)	1:00 Men's Billiards (RBR)
	1:00 Ping Pong (VI)
_) )	1:00 Breton Market (1:00 - 3:00 pm) (TLL)
	1:15 Balance & Core Stability (TFC)
	1:15 Total Body (BS)
4:00	2:00 Men's Billiards (TBR)
	2:00 Knit Wits (BI)
	2:00 Bretonaires Practice (EX)
l at	2:00 Seated Stretch & Flex (TT)
	3:30 Social Hour at the Terrace (TPDR)
RL)	7:00 Metropolitan Choir of Praise (sign up for 6:30 pm transportation from the Ridge) (TL)

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)
10:00 am) (EX) (BI)  8:30 Aqua Fit (POOL)  8:45 "Coffee Masterworks"	10:00 am) (EX) (BI)  10:00 Breton Market (10:00 am) 12:00 pm) (TLL)  10:00 Hymn Sing (Cafe)  1:00 Bingo at the Ridge (resident led) (BI)  2:00 Stinky Feet (EX)  7:00 Terrace Movie: "Against Crooked Sky" (TT)  7:00 Ridge Movie: "The Sting (RT)
am - 12:00 pm) (POOL)	
10:15 Strength Training (BS)	Location
11:00 Stretch & Flex (EX)  11:00 Veteran's Honored by East Kentwood High School (RSVP to Cathy Oosse) (OCO)  11:15 Heart Healthy Dance (VI)  12:30 Open Swim (12:30 - 10:00 pm) (POOL)  1:00 Men's Billiards (RBR)  1:00 "The 7 Churches of Revelation" Video Series (TT)  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: "The Sting" (TT)  7:00 Ridge Movie: "Against a	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 Centr 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
Crooked Sky" (RT)	

Friday 7

10:00 am) (EX) (BI) 10:00 Breton Market (10:00 am -12:00 pm) (TLL) 0:00 Hymn Sing (Cafe) 1:00 Bingo at the Ridge (resident led) (BI) 2:00 Stinky Feet (EX) 7:00 Terrace Movie: "Against a Crooked Sky" (TT) 7:00 Ridge Movie: "The Sting" (RT) **Location Key** reton Terrace S - Art Studio afe - Terrace Café P - Centre Place \_ - Employee Lounge X - Expressions C - Health Centre B - Terrace Balcony BR - Terrace Billiard Room CP - Terrace Café Patio C - Terrace Courtvard FC - Terrace Fitness Centre \_ - Terrace Lobby LI - Terrace Library LL - Terrace Lower Level ME - Terrace Main Entrance PDR - Terrace Private Dining Room SP - Terrace South Patio T - Terrace Theatre /S - Woodshop

\*Weather permitting.

Saturday 8

Sunday 9 6:00 Open Swim (6:00 am -10:00 pm) (POOL) 10:45 Calvary Church Livestream (TPDR) 6:00 Breton Woods Worship Service w/ Guest Pastor Tom Stowell from Calvary Church (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI) **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 RSOCR - Ridge RSO Conference Room

RT - Ridge Theatre

\*\*\*\*\*\*\*

Living Centre

Care Centre

BRLC- Breton Rehab &

**BECC - Breton Extended** 

**BECS - Breton Extended** 

Care South

OCO - Off Campus Outing

VI- Vineyard