

Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14	Saturday 15	Sunday 16
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: "A Re-Introduction to the Continuing Care Agreement" (VI) 11:00 Stretch & Flex (EX) 11:00 Loss of Friend Support Group (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) 1:00 Ladies Bible Study "1st & 2nd Thessalonians" (resident led) (RPDR) 1:00 Breton Woods Cult Film Classic: "Jessie Stone - Benefit of the Doubt" (TT) 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/ Glen Walstra - "From Farm Boy to Ecumenical Educator" (VI) 7:00 Sweet Adeilines Concert (sign up for 6:30 pm trans[portation from the Ridge) (TL)	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) (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 Billiards (RBR) 10:00 Quilting (10:00 am - 4:00 pm) (AS) 10:00 Ladies Bible Study "1st & 2nd Thessalonians" (resident led) (TPDR) 10:15 Strength & Stability (BS) 10:45 Heritage Restaurant (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) (TL) 1:00 Men's Billiards (RBR) 1:00 Ladies Bible Study "1st & 2nd Thessalonians" (resident led) (RPDR) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Yarnastics (EX) 2:00 Seated Stretch & Flex (TT) 2:00 Veteran's Day Program (sign up for 1:30 pm transportation from the Terrace) (VI) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (BI) (EX) 3:30 Caregiver Support Group (RPDR) 3:30 Veteran's Day Panel (resident led) (VI) 7:00 "The Gospel According to Ruth" (resident led) (RI) 7:00 Choral Ambassadors (sign up for 6:30 pm transportation from the Ridge) (TL)	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 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:00 KDL Book Mobile at the Ridge (RL) 10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR) 10:00 Catholic Communion - note location change for today. (EX) 10:15 Strength Training (BS) 10:15 "Essentials of Faith" Video Series - canceled today (CP) 10:30 REAL: "Neighbors and Competitors: Analysis of Current Life Plan Communities" (CP) 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 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 Caroline Cook Bus Tour - "Young President Ford" (sign-up required) (OCO) 2:00 Men's Billiards (TBR) 2:00 Terrace Sundae Social (2:00 - 3:30 pm) (Cafe) 2:00 Building & Grounds Open Forum Meeting (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)	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) 9:00 "Strenght in Stillness" Men's Retreat at Blandford Nature Center (OCO) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:15 Terrace Library Committee Meeting (TLI) 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 Breton Market (1:00 - 3:00 pm) (TLL) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 1:30 Bellissimo Handbell Ensemble (sign up for 1:00 pm transportation from the Ridge) (TL) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Bretonaires Practice (EX) 2:00 Seated Stretch & Flex (TT) 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 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 "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 Big Lebrowski" (TT) 7:00 Ridge Movie: "Seven Pounds" (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) 7:00 Ridge Movie: "The Big Lebrowski" (RT) 7:00 Terrace Movie: "Seven Pounds" (TT)	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. Gerrit Koedoot (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP) 7:00 Refreshments and Fellowship (resident led) (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 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	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 VI- Vineyard ***** BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing
					*Weather permitting.	

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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 Dutton Christian School 7th Graders Visit (BI) (Cafe) 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) 10:45 JULIET Ladies Lunch @ Bonefish Grill (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 Bible Study "1st & 2nd Thessalonians" (resident led) (RPDR) 1:00 Loss of Friend Support Group (note time change for today) (TPDR) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 2:00 Bretonaires Practice (EX) 3:00 RAC Meeting (CP) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 Resident Led Movie: "Citizen Kane" (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) 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 9:30 Vet to Vet Cafe (EX) 10:00 Ladies Billiards (RBR) 10:00 Quilting (10:00 am - 4:00 pm) (AS) 10:00 Ladies Bible Study "1st & 2nd Thessalonians" (resident led) (TPDR) 10:15 Strength & Stability (BS) 10:45 ROMEO Men's Lunch @ Big E's (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) (TL) 1:00 Men's Billiards (RBR) 1:00 Ladies Bible Study "1st & 2nd Thessalonians" (resident led) (RPDR) 1:15 Balance & Core Stability (TFC) 1:15 Total Body (BS) 2:00 Yarnastics (EX) 2:00 Seated Stretch & Flex (TT) 2:00 Clarkson Music Concert (sign up for 1:30 pm transportation from the Ridge) (CP) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (BI) (EX) 7:00 "The Gospel According to Ruth" (resident led) (RI) 7:00 Classic Music Community (CP)	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) 9:30 Vet to Vet Cafe (VI) 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 Bus to Cascade 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: "All Access PD: Grand Rapids" - Part 3 (CP) 2:00 Men's Billiards (TBR) 3:00 Breton Readers at the Terrace (TPDR) 4:00 Social Hour at the Ridge (RPDR) 4:30 Thanksgiving Dinner at the Ridge (sign-up required) 4:30-6:00 pm (RI) 6:00 Games (BI) (RL) 6:15 Growing Roots and Family - Musical Group (VI) 6:45 Euchre (TL) Mah Jongg (RL) 7:00 Dominos (EX) Ridge Bistro closed for lunch. Terrace Cafe 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 Floral Friends (RI) 10:15 Strength & Stability (BS) 10:45 Christkindl Markt (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 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) 3:30 Social Hour at the Terrace (TPDR) 4:30 Thanksgiving Dinner at the Terrace (sign-up required) 4:30 - 6:00 pm (Cafe) 6:15 Casey Germain - Concert (CP) Ridge Bistro closed for dinner. Terrace Cafe closed for lunch.	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 Blood Pressure Clinic (9:00 - 10:00 am) (HC) 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) 1:15 Strength Training (TFC) 2:00 5 Crowns (TL) 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX) 7:00 Terrace Movie: "One Life" (TT) 7:00 Ridge Movie: "Minority Report" (RT) Ridge Bistro is closed today.	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) 1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS) 2:00 Stinky Feet (EX) 7:00 Ridge Movie: "One Life" (RT) 7:00 Terrace Movie: "Minority Report" (TT) *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. Kwasi Kena (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 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 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