



January 19 – 25, 2026

Breton Woods Independent Living

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Aqua Fit (POOL)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "Our Shared Humanity: Creating Understanding Through the Principles of MLK" w/ Rev. Naomi Tutu (CP) (VI)</p> <p>12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ladies Bible Study - The Book of Jonah (RPDR)</p> <p>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>3:00 RAC Meeting (CP)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>7:00 The Boogie Woogie Kid in Concert (sign up for 6:30 pm transportation from the Ridge) (CP)</p> <p>7:00 Resident Led Movie: "On the Beach" (RT)</p> <p>Martin Luther King Day ~ No mail delivery. ~ Post Offices and most banks are closed.</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:15 Total Body (TFC)</p> <p>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 Balance & Core Stability (TFC)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Ladies Bible Study - The Book of Jonah (TPDR)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance & Core Stability (BS)</p> <p>12:00 The January Series: "Journeying with Story" with Kaitlin Curtice (CP) (VI)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ladies Bible Study - The Book of Jonah (RPDR)</p> <p>1:15 Total Body (BS)</p> <p>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>3:00 RAC Meeting (CP)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>2:00 Yarntastics (EX)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (BI) (EX)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:15 Total Body (TFC)</p> <p>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX)</p> <p>9:15 Balance & Core Stability (BS)</p> <p>9:15 Breakfast at Noble Restaurant (sign-up required) (OCO)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</p> <p>10:15 Strength Training (BS)</p> <p>10:15 "The 7 Churches of Revelation" Video Series (CP)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "Developing Healthy, Equitable Cities for All" w/ Majora Carter (CP) (VI)</p> <p>12:30 Mah Jongg (TB)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Bus to Gaines Meijer (TL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Bus to Gaines Meijer (RL)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>1:30 Terrace Coffee Bar and Sundae Social (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Building & Grounds Open Forum Meeting (CP)</p> <p>4:00 Social Hour at the Ridge (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p>6:45 Euchre (TL) Mah Jongg (RL)</p> <p>7:00 Dominos (EX)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Aqua Fit (POOL)</p> <p>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "Human Connection in a Sometimes Lonely World" w/ Dr. Vivek Murthy (CP) (VI)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:15 Balance & Core Stability (TFC)</p> <p>1:15 Total Body (BS)</p> <p>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>2:00 Ping Pong - note time change for today. (VI)</p> <p>3:30 Social Hour at the Terrace (TPDR)</p> <p>7:00 Shofar Brass in Concert (sign up for 6:30 pm transportation from the Ridge) (TL)</p> <p>7:00 "The Story of Israel - 12 Sons and 13 Tribes" Bible Study w/ Gerrit Koedoot (RI)</p> <p>7:00 Dominos (EX)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Hymn Sing (Cafe)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "Knives Out" (RT)</p> <p>7:00 Terrace Movie: "Lincoln" (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Hymn Sing (Cafe)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "Knives Out" (RT)</p> <p>7:00 Terrace Movie: "Lincoln" (RT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>10:45 Calvary Church Livestream - note location change (CP)</p> <p>6:00 Breton Woods Worship Service w/ Rev. Lamarr Gibson (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</p>

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.



January 26 – February 1, 2026

Breton Woods Independent Living

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30	Saturday 31	Sunday 1
<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Aqua Fit (POOL)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "The Path to Cultural Repair" w/ David Brooks (CP) (VI)</p> <p>12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ladies Bible Study - The Book of Jonah (RPDR)</p> <p>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>7:00 Scott Robbins in Concert (sign up for 6:30 pm transportation from the Ridge) (CP)</p> <p>7:00 Resident Led Movie: "Jumanji" (RT)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Aqua Fit (POOL)</p> <p>9:15 Total Body (TFC)</p> <p>9:15 Balance & Core Stability (BS)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Ladies Bible Study - The Book of Jonah (TPDR)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "Conflicted? The World of War" w/ Dr. Samantha Nutt (CP) (VI)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ladies Bible Study - The Book of Jonah (RPDR)</p> <p>1:15 Balance & Core Stability (TFC)</p> <p>1:15 Total Body (BS)</p> <p>1:30 Celebration Cinema Presents "I Was a Stranger" (sign-up required) (OCO)</p> <p>2:00 Yarntastics (EX)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (BI) (EX)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Aqua Fit (POOL)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</p> <p>10:15 Strength Training (BS)</p> <p>10:15 "The 7 Churches of Revelation" Video Series (CP) (VI)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "The Pipa - A Musical Bridge Between Cultures" w/ Wu Man (CP) (VI)</p> <p>12:30 Mah Jongg (TB)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Bus to Cascade Meijer (TL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Bus to Cascade Meijer (RL)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>3:00 Breton Readers at the Terrace (TPDR)</p> <p>4:00 Social Hour at the Ridge (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p>6:30 The Civic Theatre Presents "Ain't Misbehavin'" (sign-up required) (OCO)</p> <p>6:45 Euchre (TL) Mah Jongg (RL)</p> <p>7:00 Dominos (EX)</p>	<p>6:00 Open Swim (6:00 - 10:45 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:15 Total Body (TFC)</p> <p>9:15 Balance & Core Stability (BS)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:00 Marge's Donut Den and Vander Veen's The Dutch Store (sign-up required) (OCO)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance & Core Stability (BS)</p> <p>12:00 The January Series: "America at 250: How Our National Parks Inspire a More Perfect Union" w/ Tom Medema (CP) (VI)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:15 Balance & Core Stability (TFC)</p> <p>1:15 Total Body (BS)</p> <p>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>2:00 Ping Pong - note time change for today. (VI)</p> <p>3:30 Social Hour at the Terrace (TPDR)</p> <p>7:00 "The Story of Israel - 12 Sons and 13 Tribes" Bible Study w/ Gerrit Koedoot (RI)</p>	<p>6:00 Open Swim (6:00 - 8:15 am) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Aqua Fit (POOL)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:15 Strength Training (TFC)</p> <p>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 The January Series: "Sports as a Laboratory for Virtue" w/ Sabrina Little (CP) (VI)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:15 Balance & Core Stability (TFC)</p> <p>1:15 Total Body (BS)</p> <p>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>2:00 Ping Pong - note time change for today. (VI)</p> <p>3:30 Social Hour at the Terrace (TPDR)</p> <p>7:00 "The Story of Israel - 12 Sons and 13 Tribes" Bible Study w/ Gerrit Koedoot (RI)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>10:00 Breton Market (10:00 am - 12:00 pm) (TLL)</p> <p>10:00 Hymn Sing (Cafe)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "Thelma" (RT)</p> <p>7:00 Terrace Movie: "The Last Rodeo" (TT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>10:45 Calvary Church Livestream - note location change (CP)</p> <p>6:00 Breton Woods Worship Service and Communion and Special Music w/ Pastor Chad Boersma of LaGrave Church (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</p>

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