

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

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The World of War" w/ Dr. Samantha Nutt (CP) (VI)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Ladies Bible Study - The Book of Jonah (RPDR)</div> <div>1:15 Balance & Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>1:30 Celebration Cinema Presents "I Was a Stranger" (sign-up required) (OCO)</div> <div>2:00 Yarntastics (EX)</div> <div>2:00 Seated Stretch & Flex (TT)</div> <div>3:00 Ladies Billiards (TBR)</div> <div>3:00 Ladies Tea (BI) (EX)</div>	<div>6:00 Open Swim (6:00 - 8:15 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:30 Aqua Fit (POOL)</div> <div>9:15 Stretch & Flex (BS)</div> <div>9:30 Strength Training (TFC)</div> <div>10:00 Catholic Communion (TPDR)</div> <div>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</div> <div>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</div> <div>10:15 Strength Training (BS)</div> <div>10:15 "The 7 Churches of Revelation" Video Series (CP)</div> <div>11:00 Stretch & Flex (EX)</div> <div>11:15 Heart Healthy Dance (VI)</div> <div>12:00 The January Series: "The Pipa - A Musical Bridge Between Cultures" w/ Wu Man (CP) (VI)</div> <div>12:30 Mah Jongg (TB)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>12:30 Bus to Cascade Meijer (TL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Bus to Cascade Meijer (RL)</div> <div>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</div> <div>1:15 Strength Training (TFC)</div> <div>1:15 Dynamic Movement (BS)</div> <div>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</div> <div>2:00 Men's Billiards (TBR)</div> <div>3:00 Breton Readers at the Terrace (TPDR)</div> <div>4:00 Social Hour at the Ridge (RPDR)</div> <div>6:00 Games (BI) (RL)</div> <div>6:30 The Civic Theatre Presents "Ain't Misbehavin'" (sign-up required) (OCO)</div> <div>6:45 Euchre (TL) Mah Jongg (RL)</div> <div>7:00 Dominos (EX)</div>	<div>6:00 Open Swim (6:00 - 10:45 am) (POOL)</div> <div>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</div> <div>8:15 Total Body (TFC)</div> <div>9:15 Balance & Core Stability (BS)</div> <div>9:30 Balance & Core Stability (TFC)</div> <div>10:00 Ladies Laughing and Learning to Play Pool (TBR)</div> <div>10:00 Marge's Donut Den and Vander Veen's The Dutch Store (sign-up required) (OCO)</div> <div>10:15 Strength & Stability (BS)</div> <div>11:00 Water Walking (POOL)</div> <div>11:15 Balance & Core Stability (BS)</div> <div>12:00 The January Series: "America at 250: How Our National Parks Inspire a More Perfect Union" w/ Tom Medema (CP) (VI)</div> <div>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</div> <div>1:00 Men's Billiards (RBR)</div> <div>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</div> <div>1:15 Balance & Core Stability (TFC)</div> <div>1:15 Total Body (BS)</div> <div>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</div> <div>2:00 Men's Billiards (TBR)</div> <div>2:00 Knit Wits (BI)</div> <div>2:00 Seated Stretch & Flex (TT)</div> <div>2:00 Bretonaires Practice (EX)</div> <div>2:00 Ping Pong - note time change for today. 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					<div>Location Key</div> <div><div>Breton Terrace</div><div>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</div><div>Breton Ridge</div><div>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</div></div> <div>*Weather permitting.</div>	