



# February 2 – 8, 2026

## Breton Woods Independent Living

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
<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>9:10 Aqua Fit (note time change for today only) w/ Dutton Christian School Students (POOL)</p> <p>9:10 Stretch &amp; Flex (note time change for today only) w/ Dutton Christian School Students (BS)</p> <p>9:10 Strength Training (note time change for today only) w/ Dutton Christian School Students (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 &amp; Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 Terrace Coffee Bar with Soup &amp; 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 "Tell Us Your Story" w/ Suzie Zoerman - "The Light in the Lines: A Personal Exploration of Faith in Art" (resident led) (VI)</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 &amp; Core Stability (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 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 &amp; Stability (BS)</p> <p>10:30 REAL: "Veteran Honor Flights" by Jim Swaboda (CP)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance &amp; Core Stability (BS)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Based on Books Film Series: "Wicked for Good" (CP)</p> <p>1:00 Ladies Bible Study - "The Book of Jonah" (RPDR)</p> <p>1:15 Balance &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>2:00 Yarntastics (EX)</p> <p>2:00 Breton Readers at the Ridge (RI)</p> <p>2:00 Seated Stretch &amp; Flex (TT)</p> <p>2:00 February Birthday Social at the Ridge (VI)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (BI) (EX)</p> <p>7:00 Silver Waltzers (sign-up required; resident led) (VI)</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 &amp; Flex (BS)</p> <p>9:30 Strength Training (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>10:00 Creative Crafty Chicks (sign-up required; resident led) (AS)</p> <p>10:15 Strength Training (BS)</p> <p>10:15 "The 7 Churches of Revelation" Video Series (CP)</p> <p>11:00 Stretch &amp; Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>11:30 "Annie" at Forest Hills Fine Arts Center (sign-up required) (OCO)</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>1:00 Grand Rapids Art Museum Tour (sign-up required) (OCO)</p> <p>1:15 Balance &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (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 &amp; Flex (TT)</p> <p>2:00 Bretonaires Practice (EX)</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>6:45 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>8:15 Total Body (TFC)</p> <p>9:15 Balance &amp; Core Stability (BS)</p> <p>9:15 Breakfast at The Gathering Place Restaurant (sign-up required) (OCO)</p> <p>9:30 Balance &amp; Core Stability (TFC)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:15 Strength &amp; Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance &amp; Core Stability (BS)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ping Pong (VI)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</p> <p>1:00 Grand Rapids Art Museum Tour (sign-up required) (OCO)</p> <p>1:15 Balance &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>2:00 5 Crowns (TL)</p> <p>5:30 Men's Social Supper (5:30 - 7:00 pm) (resident led) (EX)</p> <p>7:00 Terrace Movie: "My Sailor, My Love" (TT)</p> <p>7:00 Ridge Movie: "The Illustrated Man" (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>1:00 Bingo at the Terrace (resident led) (EX)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "My Sailor, My Love" (RT)</p> <p>7:00 Terrace Movie: "The Illustrated Man" (TT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p>10:45 Calvary Church Livestream (CP)</p> <p>6:00 Breton Woods Worship Service and Special Music w/ Pastor Tom Bradley (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI)</p> <p>7:00 Super Bowl Party (TC) (BI)</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

\*Weather permitting.

#### 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  
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BRLC - Breton Rehab & Living Centre  
BECC - Breton Extended Care Centre  
BECS - Breton Extended Care South  
OCO - Off Campus Outing



# February 9 – 15, 2026

## Breton Woods Independent Living

Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14	Sunday 15	
<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 &amp; 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 &amp; Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 Terrace Coffee Bar with Soup &amp; 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 Breton Woods Cult Film Classic: "Quigley Down Under" (TT)</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 "Tell Us Your Story" w/ Judith King - "Canadian Education and Global Professional Ministry" (resident led) (VI)</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><b>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI)</b></p> <p>9:15 Balance &amp; Core Stability (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 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 &amp; Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance &amp; Core Stability (BS)</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 HUR Circuit Training (BS)</p> <p>2:00 Yarntastics (EX)</p> <p>2:00 Seated Stretch &amp; Flex (TT)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (BI) (EX)</p> <p>3:30 Caregiver Support Group (RPDR)</p> <p><b>6:15 Calvin University "Passport to Adventure" (pre-ticketed event; sign up for transportation) (OCO)</b></p> <p>7:00 Classic Music Community (CP)</p> <p>7:00 Silver Waltzers (sign-up required; resident led) (VI)</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 &amp; 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><b>10:00 KDL Book Mobile at the Ridge (RL)</b></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 (canceled today) (CP)</p> <p>11:00 Stretch &amp; Flex (EX)</p> <p>11:00 KDL Book Mobile at the Terrace (TL)</p> <p>11:15 Heart Healthy Dance (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 Billiards (TBR)</p> <p>1:15 Dynamic Movement (BS)</p> <p>1:15 Cardio Drumming in place of Strength Training (TFC)</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 REAL: "2026 Exercise Trends and Myths" by Zach House (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 - 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 &amp; Core Stability (BS)</p> <p>9:30 Balance &amp; Core Stability (TFC)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:15 Terrace Library Committee Meeting (TLI)</p> <p>10:15 Strength &amp; Stability (BS)</p> <p>10:30 REAL: "Peace of Mind" Gerst Funeral Home's Sandy Buel (VI)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance &amp; Core Stability (BS)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:00 Ping Pong (VI)</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 &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (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 &amp; Flex (TT)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>3:30 Social Hour at the Terrace (TPDR)</p> <p>5:00 Valentine &amp; Galentine Dinner (Sign-up required; transportation at 4:30 pm) (Cafe)</p> <p>6:15 Nate Bargatze "Hello World" Video Presentation (CP)</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>9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR)</p> <p>9:15 Stretch &amp; 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 &amp; Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Strength Training (TFC)</p> <p>2:00 5 Crowns (TL)</p> <p>5:30 Men's Social Supper (5:30 - 7:00 pm) (resident led) (EX)</p> <p>7:00 Terrace Movie: "Did You Hear About the Morgans?" (TT)</p> <p>7:00 Ridge Movie: "The Man Who Would Be King" (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>10:30 Pizza &amp; Games at the Ridge (10:30 am - 3:00 pm) Sign up and pay for pizza by 11:30 am at the Ristorante. \$5 per person. (VI)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "Did You Hear About the Morgans?" (RT)</p> <p>7:00 Terrace Movie: "The Man Who Would Be King" (TT)</p> <p><b>7:00 Refreshments and Fellowship (resident led) (EX)</b></p>	<p><b>7:00 Refreshments and Fellowship (resident led) (EX)</b></p> <p><b>7:00 Valentine's Day</b></p> <p><b>7:00 Location Key</b></p>	<p><b>Breton Terrace</b></p> <p>AS - Art Studio</p> <p>Cafe - Terrace Café</p> <p>CP - Centre Place</p> <p>EL - Employee Lounge</p> <p>EX - Expressions</p> <p>HC - Health Centre</p> <p>TB - Terrace Balcony</p> <p>TBR - Terrace Billiard Room</p> <p>TCP - Terrace Café Patio</p> <p>TC - Terrace Courtyard</p> <p>TFC - Terrace Fitness Centre</p> <p>TL - Terrace Lobby</p> <p>TLI - Terrace Library</p> <p>TLL - Terrace Lower Level</p> <p>TME - Terrace Main Entrance</p> <p>TPDR - Terrace Private Dining Room</p> <p>TSP - Terrace South Patio</p> <p>TT - Terrace Theatre</p> <p>WS - Woodshop</p> <p><b>Breton Ridge</b></p> <p>BI - Bistro</p> <p>BP - Breton Park</p> <p>BS - Body Shop</p> <p>CR - Craft Room</p> <p>PC - Pickleball Courts</p> <p>RBR - Ridge Billiard Room</p> <p>RI - Ristorante</p> <p>RL - Ridge Lobby</p> <p>RLI - Ridge Library</p> <p>RME - Ridge Main Entrance</p> <p>RP - Ridge Patio</p> <p>RPDR - Ridge Private Dining Room</p> <p>RSOCR - Ridge RSO Conference Room</p> <p>RT - Ridge Theatre</p> <p>VI - Vineyard</p> <p>*****</p> <p>*Weather permitting.</p> <p>OCO - Off Campus Outing</p>

Terrace Cafe - closed for lunch.  
Ridge Bistro - closed for dinner.