

Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21	Sunday 22
6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 - 10:45 am) (POOL)	6:00 Open Swim (6:00 - 8:15 am) (POOL)	6:00 Open Swim (6:00 am - 10:00 pm) (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)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)	10:45 Calvary Church Livestream (CP)
8:30 Aqua Fit (POOL)	8:15 Total Body (TFC)	8:30 Aqua Fit (POOL)	8:15 Total Body (TFC)	8:30 Aqua Fit (POOL)		6:00 Breton Woods Worship Service w/ Rev. Jim Evenhouse (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
9:15 Stretch & Flex (BS)	9:15 Balance & Core Stability (BS)	9:15 Stretch & Flex (BS)	9:15 Balance & Core Stability (BS)	9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	
9:30 Strength Training (TFC)	9:30 Balance & Core Stability (TFC)	9:30 Strength Training (TFC)	9:30 Balance & Core Stability (TFC)	9:15 Stretch & Flex (BS)	10:00 Hymn Sing (Cafe)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	10:00 Ladies Billiards (RBR)	10:00 Catholic Communion (TPDR)	10:00 Ladies Laughing and Learning to Play Pool (TBR)	9:30 Strength Training (TFC)	2:00 Stinky Feet (EX)	
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	10:15 Strength & Stability (BS)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	7:00 Ridge Movie: "Magellan" (RT)	
10:15 Strength Training (BS)	10:15 Strength & Stability (BS)	10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)	10:45 Lunch @ Heritage Restaurant (sign-up required) (OCO)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	7:00 Terrace Movie: "The Silence of the Lambs" (TT)	
10:30 JULIET Ladies Lunch @ Kitchen 67 (sign-up required) (OCO)	10:30 ROMEO Men's Lunch @ Brick & Porter (sign-up required) (OCO)	10:15 Strength Training (BS)	11:00 Water Walking (POOL)	10:15 Strength Training (BS)		
11:00 Stretch & Flex (EX)	11:00 Water Walking (POOL)	10:15 "The 7 Churches of Revelation" Video Series (canceled today) (CP)	11:15 Balance & Core Stability (BS)	11:00 Stretch & Flex (EX)		
11:15 Heart Healthy Dance (VI)	11:00 Chinese New Year Lunch (11:00 am - 1:30 pm) (BI)	11:00 Stretch & Flex (EX)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	11:15 Heart Healthy Dance (VI)		
12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)	11:15 Balance & Core Stability (BS)	11:15 Heart Healthy Dance (VI)	1:00 Men's Billiards (RBR)	12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)		
12:30 Open Swim (12:30 - 10:00 pm) (POOL)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	12:30 Mah Jongg (TB)	1:00 Ping Pong (VI)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)		
1:00 Men's Billiards (RBR)	1:00 Men's Billiards (RBR)	12:30 Bus to Gaines Meijer (TL)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:00 Men's Billiards (RBR)		
1:00 Ladies Bible Study - "The Book of Jonah" (RPDR)	1:00 Ladies Bible Study - "The Book of Jonah" (RPDR)	1:00 Men's Billiards (RBR)	1:15 Balance & Core Stability (TFC)	1:00 Bus to Gaines Meijer (RL)		
1:15 Strength Training (TFC)	1:15 Balance & Core Stability (TFC)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:15 HUR Circuit Training (BS)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)		
1:15 Dynamic Movement (BS)	1:15 HUR Circuit Training (BS)	1:15 Strength Training (TFC)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	1:15 Dynamic Movement (BS)		
2:00 Bretonaires Practice (EX)	2:00 Yarnastics (EX)	1:15 Dynamic Movement (BS)	2:00 Men's Billiards (TBR)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)		
3:00 RAC Meeting (bus pick-up at the Terrace at 2:30 pm) (VI)	2:00 Seated Stretch & Flex (TT)	1:30 REAL: Calvin Prison Initiative - "Behind Our Walls" (CP)	2:00 Knit Wits (BI)	2:00 Men's Billiards (TBR)		
6:30 Games (EX)	3:00 Ladies Billiards (TBR)	1:30 Terrace Sundae Social (1:30 - 4:00 pm) (Cafe)	2:00 Seated Stretch & Flex (TT)	2:00 Men's Billiards (TBR)		
6:30 Dirty Dog (TPDR) (EX)	3:00 Ladies Tea (BI) (EX)	2:00 Men's Billiards (TBR)	2:00 Bretonaires Practice (EX)	2:00 Bretonaires Practice (EX)		
7:00 Resident Led Movie: "Gaither Music - A Christmas Homecoming" (RT)	5:00 Mardi Gras Dinner (sign-up required) (Cafe)	4:00 Social Hour at the Ridge (RPDR)	3:30 Social Hour at the Terrace (TPDR)	3:30 Social Hour at the Terrace (TPDR)		
	7:00 Silver Waltzers (sign-up required; resident led) (VI)	6:00 Games (BI) (RL)	7:00 "The Story of Israel - 12 Sons and 13 Tribes" Bible Study w/ Gerrit Koedoot (RI)	7:00 Ridge Movie: "The Silence of the Lambs" (RT)		
		6:45 Euchre (TL) Mah Jongg (RL)	7:00 "Voices of Victory" Concert (sign up for 6:30 pm transportation from the Ridge) (TL)			
		7:00 Dominos (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.

President's Day & Washington's Birthday
~ No mail delivery.
~ Post Office and most banks are closed.

Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	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>10:30 REAL: "Crossroads Prison Ministry" (CP)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (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>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>2:00 Summer in Winter Celebration: "Flip-Flops in February" (VI)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>7:00 Resident Led Movie: "In a Lonely Place" (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>8:15 Total Body (TFC)</p> <p>9:15 Balance & Core Stability (BS)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance & Core Stability (BS)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Balance & Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>2:00 Yarnastics (EX)</p> <p>2:00 Seated Stretch & Flex (TT)</p> <p>2:00 Summer in Winter Celebration: "I'm All Shook Up" Luau (Cafe)</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 & 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)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (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 "Exploring Humanities Around the World" by Gary Hauck (sign up for 1:30 pm transportation from the Ridge) (CP)</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>6:45 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>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX)</p> <p>9:15 Balance & Core Stability (BS)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:00 Floral Friends (RI)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance & Core Stability (BS)</p> <p>12:30 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 & 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 & 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>6:00 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>12:30 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: "Blade Runner" (TT)</p> <p>7:00 Ridge Movie: "When Harry Met Sally" (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: "Blade Runner" (RT)</p> <p>7:00 Terrace Movie: "When Harry Met Sally" (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/ Rev. Carolyn Cammenga (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</p>
					<h3 style="margin: 0;">Location Key</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Breton Terrace</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> </div> <div style="width: 45%;"> <p>Breton Ridge</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>BRLC- Breton Rehab & Living Centre</p> <p>BECC - Breton Extended Care Centre</p> <p>BECS - Breton Extended Care South</p> <p>OCO - Off Campus Outing</p> </div> </div>	
					<p>*Weather permitting.</p>	