

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7	Sunday 8
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)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	6:00 Breton Woods Worship Service and Communion w/ Pastor Bob Zoerman (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI)
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 Hymn Sing (Cafe)	
9:30 Strength Training (TFC)	9:15 Grand Rapids Gold Basketball Game (sign-up required) (OCO)	9:30 Strength Training (TFC)	9:30 Balance & Core Stability (TFC)	9:15 Stretch & Flex (BS)	2:00 Stinky Feet (EX)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	9:30 Balance & Core Stability (TFC)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	9:30 Ferris Coffee & Nut Company Tour (sign-up required) (OCO)	9:30 Strength Training (TFC)	7:00 Ridge Movie: "A Beautiful Mind" (RT)	
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	10:00 Ladies Billiards (RBR)	10:00 Creative Crafty Chicks (sign-up required; resident led) (AS)	10:00 Ladies Laughing and Learning to Play Pool (TBR)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	7:00 Terrace Movie: "The Man Who Knew Too Much" (TT)	
10:15 Strength Training (BS)	10:00 Quilting (10:00 am - 4:00 pm) (AS)	10:15 Strength Training (BS)	10:15 Strength & Stability (BS)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)		
11:00 Stretch & Flex (EX)	10:15 Strength & Stability (BS)	10:15 Strength Training (BS)	11:00 Water Walking (POOL)	10:15 Strength Training (BS)		
11:15 Heart Healthy Dance (VI)	11:00 Water Walking (POOL)	11:00 Stretch & Flex (EX)	11:15 Balance & Core Stability (BS)			
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)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:30 Grand Rapids High School Chamber Chorale Concert (sign up for 10:00 am transportation from the Ridge) (TL)		
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 Men's Billiards (RBR)	11:00 Stretch & Flex (EX)		
1:00 Men's Billiards (RBR)	1:00 Men's Billiards (RBR)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	1:00 Ping Pong (VI)	11:15 Heart Healthy Dance (VI)		
1:00 Loss of Friend Support Group (registration required) (RPDR)	1:15 Balance & Core Stability (TFC)	12:30 Bus to Gaines Meijer (TL)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)		
1:15 Strength Training (TFC)	1:15 HUR Circuit Training (BS)	1:00 Men's Billiards (RBR)	1:15 Balance & Core Stability (TFC)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)		
1:15 Dynamic Movement (BS)	2:00 Yarnstastics (EX)	1:00 Bus to Gaines Meijer (RL)	1:15 HUR Circuit Training (BS)	1:00 Based on Books Film Series: "Message in a Bottle" (CP)		
2:00 Bretonaires Practice (EX)	2:00 Seated Stretch & Flex (TT)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	1:15 Strength Training (TFC)		
6:30 Games (EX)	2:00 March Birthday Social at the Ridge (VI)	1:15 Dynamic Movement (BS)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	1:15 Dynamic Movement (BS)		
6:30 Dirty Dog (TPDR) (EX)	2:00 Breton Readers at the Ridge (note location change) (RPDR)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	2:00 Men's Billiards (TBR)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)		
7:00 "Tell Us Your Story" w/ Jay Lindquist - "From Feisty Chicago Kid to Jet Fighter Pilot" (resident led) (VI)	3:00 Ladies Billiards (TBR)	2:00 Men's Billiards (TBR)	2:30 March Birthday Social at the Terrace (Cafe)	2:00 Men's Billiards (TBR)		
	3:00 Ladies Tea (BI) (EX)	2:30 March Birthday Social at the Terrace (Cafe)	3:30 West Michigan Homeschool Big Band Concert (CP)	2:00 Knit Wits (BI)		
	7:00 Silver Waltzers (resident led) (VI)	3:30 West Michigan Homeschool Big Band Concert (CP)	4:00 Social Hour at the Ridge (RPDR)	2:00 Seated Stretch & Flex (TT)		
		4:00 Social Hour at the Ridge (RPDR)	6:00 Games (BI) (RL)	2:00 Bretonaires Practice (EX)		
		6:00 Games (BI) (RL)	6:45 Euchre (TL) Mah Jongg (RL)	3:30 Social Hour at the Terrace (TPDR)		
		7:00 Dominos (EX)		7:00 Terrace Movie: "A Beautiful Mind" (TT)		
				7:00 Ridge Movie: "The Man Who Knew Too Much" (RT)		



Daylight Saving Time begins. Set your clocks ahead by 1 hour.

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.

