

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17	Saturday 18	Sunday 19
<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 Ladies Bible Study "The Book of Micah" (resident led) (RPDR)</p> <p>1:15 Strength Training (TFC)</p> <p>1:15 Dynamic Movement (BS)</p> <p>1:30 REAL: "Medical Milestones of Grand Rapids" presentation by Caroline Cook (CP)</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/ Dave Lubbers - "Brother Sam on the Evangelism Explosion in Iran" (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 Balance &amp; Core Stability (TFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Ladies Bible Study "The Book of Isaiah" (resident led) (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 Isaiah" (resident led) (RPDR)</p> <p><b>1:00 Based on Books Film Series: "Magellan" (TT)</b></p> <p>1:15 Balance &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>2:00 Yamtastics (EX)</p> <p>2:00 Seated Stretch &amp; Flex (note new location) (TFC)</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 Film Series" (pre-ticketed event; sign up for transportation) (OCO)</b></p> <p><b>7:00 Classic Music Community (CP)</b></p> <p>7:00 Silver Waltzers (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>10:15 Strength Training (BS)</p> <p>10:15 "What Happens Next" Video Series (CP)</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>12:30 Bus to Gaines Meijer (TL)</p> <p>12:30 Mah Jongg (EX)</p> <p><b>12:45 Calvin University Mineralogical Museum Tour (sign-up required) (OCO)</b></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 &amp; Sundae Social (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>4:00 Social Hour at the Ridge (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p>6:45 Euchre (TB) Mah Jongg (RL)</p> <p>7:00 Dominos (EX)</p> <p><b>7:00 GR Symphonette Concert (sign up for 6:30 pm transportation from the Ridge) (TL)</b></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 Strength &amp; Stability (BS)</p> <p><b>10:30 JULIET Ladies Lunch @ Licari's (sign-up required) (OCO)</b></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>1:15 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><b>1:30 REAL: "World Renew - Disaster Response Services" (CP)</b></p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>2:00 Seated Stretch &amp; Flex (note new location) (TFC)</p> <p>3:30 Social Hour at the Terrace (TPDR)</p> <p>7:00 "A Psalm Sampler" Bible Study w/ Daniel Bos (resident led) (RI)</p> <p><b>7:00 Faithful Journey Quartet (sign up for 6:30 pm transportation from the Ridge) (TL)</b></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 (HC)</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><b>10:00 South Christian High School Men's Chorus (TL)</b></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: "The Cider House Rules" (TT)</p> <p>7:00 Ridge Movie: "The Godfather" (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: "The Cider House Rules" (RT)</p> <p>7:00 Terrace Movie: "The Godfather" (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 w/ Pastor Tom Bradley (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</p> <p>7:00 Refreshments and Fellowship (resident led) (EX)</p>
					<h3 style="margin: 0;">Location Key</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Breton Terrace</b></p> <p>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</p> </div> <div style="width: 45%;"> <p><b>Breton Ridge</b></p> <p>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 &amp; Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</p> </div> </div> <p style="text-align: center; margin-top: 10px;">*Weather permitting.</p>	

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24	Saturday 25	Sunday 26
<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><b>9:30 Bretonaires and Dutton Christian School Band Concert (TL)</b></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><b>10:30 ROMEO Men's Lunch @ Cheer's (sign-up required) (OCO)</b></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 Micah" (resident led) (RPDR)</p> <p>1:15 Dynamic Movement (BS)</p> <p>1:15 Strength Training - canceled today (TFC)</p> <p><b>1:15 Chair Volleyball (TFC)</b></p> <p>2:00 Bretonaires Practice (EX)</p> <p><b>2:00 New Horizons Symphonic Band (sign up for 1:30 pm transportation from the Ridge) (TL)</b></p> <p>3:00 RAC Meeting (bus pick-up at the Terrace at 2:30 pm) (VI)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>7:00 Resident Led Movie: "Gaither Music - Kennedy Center Homecoming" (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 &amp; Core Stability (BS)</p> <p>9:30 Balance &amp; Core Stability (TFC)</p> <p>10:00 Ladies Billiards (RBR)</p> <p>10:00 Quilting (10:00 am - 4:00 pm) (AS)</p> <p>10:00 Ladies Bible Study "The Book of Isaiah" (resident led) (TPDR)</p> <p><b>10:00 HH Board Report (Bus pick-up from the Ridge at 9:30 am) (CP)</b></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 Isaiah" (resident led) (RPDR)</p> <p><b>1:00 Breton Woods Cult Film Classic: "Rebel Without A Cause" (TT)</b></p> <p>1:15 Balance &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>2:00 Yarnastics (EX)</p> <p>2:00 Seated Stretch &amp; Flex (note new location) (TFC)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (BI) (EX)</p> <p>7:00 Silver Waltzers (resident led) (VI)</p> <p><b>Additional Bistro hours today: 4:00 - 6:30 pm</b></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>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</p> <p>10:15 Strength Training (BS)</p> <p>10:15 "What Happens Next" Video Series (CP)</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>12:30 Bus to Cascade Meijer (TL)</p> <p>12:30 Mah Jongg (EX)</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><b>1:30 REAL: "Xfinity/Comcast Tips, Tricks, &amp; Hidden Gems" (VI)</b></p> <p>2:00 Men's Billiards (TBR)</p> <p><b>2:00 Exercise with the GR Ballet (TFC)</b></p> <p>4:00 Social Hour at the Ridge (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p><b>6:30 "Dial M for Murder" at the GR Civic Theatre (sign-up required) (OCO)</b></p> <p>6:45 Euchre (TB) 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><b>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX)</b></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><b>10:00 Floral Friends (RI)</b></p> <p><b>10:00 Ladies Billiards Fun Tournament (sign-up required) (TBR)</b></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 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 (closed today) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 Knit Wits (BI)</p> <p>2:00 Bretonaires Practice (EX)</p> <p>2:00 Seated Stretch &amp; Flex (note new location) (TFC)</p> <p><b>3:00 Gardening Group (resident led) (RI)</b></p> <p>3:30 Social Hour at the Terrace (TPDR)</p> <p><b>5:00 Savor the Flavor of Italy (sign-up required) (Cafe)</b></p> <p><b>6:45 Master Arts Theatre: "Arsenic and Old Lace" (sign-up required) (OCO)</b></p> <p>7:00 "A Psalm Sampler" Bible Study w/ Daniel Bos (resident led) (RI)</p> <p><b>Terrace Cafe: Closed for lunch. Ridge Bistro: Closed for dinner.</b></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><b>8:45 "Coffee Masterworks" (pre-ticketed event; sign up for transportation) (OCO)</b></p> <p>9:00 Blood Pressure Clinic (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: "The Goonies" (TT)</p> <p>7:00 Ridge Movie: "The Hindenburg" (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: "The Goonies" (RT)</p> <p>7:00 Terrace Movie: "The Hindenburg" (TT)</p>	<p>6:00 Open Swim (6:00 am - 10:00 pm) (POOL)</p> <p><b>10:45 Calvary Church Livestream (CP)</b></p> <p><b>6:00 Breton Woods Worship Service w/ Rev. Dr. Ken Campbell (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)</b></p>
					<h3 style="margin: 0;">Location Key</h3> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><b>Breton Terrace</b></p> <p>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</p> </div> <div style="width: 45%;"> <p><b>Breton Ridge</b></p> <p>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 &amp; Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</p> </div> </div> <p style="text-align: center; margin-top: 10px;">*Weather permitting.</p>	