


Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1	Saturday 2	Sunday 3
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/ 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 (HC)	10:00 Hymn Sing (Cafe)	
9:30 Strength Training (TFC)	9:30 Balance & Core Stability (TFC)	9:30 Strength Training (TFC)	9:30 Balance & Core Stability (TFC)	9:00 Pickleball * (resident led) (PC)	2:00 Stinky Feet (EX)	
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)	9:15 Stretch & Flex (BS)	7:00 Ridge Movie: "12 Strong" (RT)	
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)	9:30 Strength Training (TFC)	7:00 Terrace Movie: "I Confess" (TT)	
10:15 Strength Training (BS)	10:00 Ladies Bible Study "The Book of Isaiah" (resident led) (TPDR)	10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)	11:00 Water Walking (POOL)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)		
10:30 REAL: "Historical Society of Michigan" (CP)	10:15 Strength & Stability (BS)	10:15 "What Happens Next" Video Series (CP)	11:15 Balance & Core Stability (BS)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)		
11:00 Stretch & Flex (EX)	11:00 Water Walking (POOL)	11:00 Stretch & Flex (EX)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	10:15 Strength Training (BS)		
11:15 Heart Healthy Dance (VI)	11:15 Balance & Core Stability (BS)	11:15 Heart Healthy Dance (VI)	1:00 Men's Billiards (RBR)	11:00 Stretch & Flex (EX)		
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)	1:00 Ping Pong (VI)	11:15 Heart Healthy Dance (VI)		
12:30 Open Swim (12:30 - 10:00 pm) (POOL)	1:00 Men's Billiards (RBR)	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)		
1:00 Men's Billiards (RBR)	1:00 Ladies Bible Study "The Book of Isaiah" (resident led) (RPDR)	12:30 Mah Jongg (EX)	1:15 Balance & Core Stability (TFC)	1:00 Men's Billiards (RBR)		
1:00 Ladies Bible Study "The Book of Micah" (resident led) (RPDR)	1:15 Balance & Core Stability (TFC)	1:00 Men's Billiards (RBR)	1:15 HUR Circuit Training (BS)	1:00 Bus to Gaines Meijer (RL)		
1:15 Strength Training (TFC)	1:15 HUR Circuit Training (BS)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)		
1:15 Dynamic Movement (BS)	2:00 Yarnastics (EX)	1:15 Strength Training (TFC)	2:00 Men's Billiards (RBR)	1:15 Strength Training (TFC)		
2:00 Bretonaires Practice (EX)	2:00 Seated Stretch & Flex (TFC)	1:15 Dynamic Movement (BS)	2:00 Men's Billiards (TBR)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)		
6:30 Games (EX)	3:00 Ladies Billiards (TBR)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	2:00 Men's Billiards (TBR)	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 Men's Billiards (TBR)	2:00 Men's Billiards (TBR)		
7:00 Resident Led Movie: "Luther" (RT)	7:00 Silver Waltzers (resident led) (VI)	2:00 Learn to Play Bean Bag Toss (BP)	2:00 Bretonaires Practice (EX)	2:00 Knit Wits (BI)		
		3:00 Breton Readers at the Terrace (TPDR)	2:00 Seated Stretch & Flex (TFC)	2:00 Gardening Group (resident led) (RI)		
		4:00 Social Hour at the Ridge (RPDR)	3:00 Breton Readers at the Terrace (TPDR)	3:00 Social Hour at the Terrace (TPDR)		
		6:00 Games (BI) (RL)	4:00 Social Hour at the Ridge (RPDR)	7:00 Terrace Movie: "12 Strong" (TT)		
		6:45 Euchre (TB) Mah Jongg (RL)	6:00 Games (BI) (RL)	7:00 Ridge Movie: "I Confess" (RT)		
		7:00 Dominos (EX)	6:45 Euchre (TB) Mah Jongg (RL)			
			7:00 Dominos (EX)			
			7:00 "A Psalm Sampler" Bible Study w/ Daniel Bos (resident led) (RI)			

### Location Key

<b>Breton Terrace</b>	<b>Breton Ridge</b>
AS - Art Studio	BI - Bistro
Cafe - Terrace Café	BP - Breton Park
CP - Centre Place	BS - Body Shop
EL - Employee Lounge	CR - Craft Room
EX - Expressions	PC - Pickleball Courts
HC - Health Centre	RBR - Ridge Billiard Room
TB - Terrace Balcony	RI - Ristorante
TBR - Terrace Billiard Room	RL - Ridge Lobby
TCP - Terrace Café Patio	RLI - Ridge Library
TC - Terrace Courtyard	RME - Ridge Main Entrance
TFC - Terrace Fitness Centre	RP - Ridge Patio
TL - Terrace Lobby	RPDR - Ridge Private Dining Room
TLI - Terrace Library	RSOCR - Ridge RSO Conference Room
TLL - Terrace Lower Level	RT - Ridge Theatre
TME - Terrace Main Entrance	VI - Vineyard
TPDR - Terrace Private Dining Room	*****
TSP - Terrace South Patio	BRLC- Breton Rehab & Living Centre
TT - Terrace Theatre	BECC - Breton Extended Care Centre
WS - Woodshop	BECS - Breton Extended Care South
	OCO - Off Campus Outing

\*Weather permitting.

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10		
<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>10:00 Shuffleboard * (resident led) (BP)</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>2:00 Bretonaires Practice (EX)</p> <p>2:30 May Birthday Social at the Terrace (Cafe)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>7:00 "Tell Us Your Story" w/ Bruce De Windt - "From Grand Rapids to Chicago and Back" (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>8:30 Resident Golf League at the Pines (OCO)</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>11:00 Celebrate "Cinco de Mayo" in the Ridge Bistro (11:00 am - 1:30 pm; no sign-up) (BI)</p> <p>11:15 Balance &amp; Core Stability (BS)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>12:30 Ladies Bible Study "The Book of Isaiah" (resident led) - note time change for today (RPDR)</p> <p>1:00 Men's Billiards (RBR)</p> <p>1:15 Balance &amp; Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>2:00 Yartastics (EX)</p> <p>2:00 Breton Readers at the Ridge (RPDR)</p> <p>2:00 Seated Stretch &amp; Flex (TFC)</p> <p>2:00 May Birthday Social at the Ridge (VI)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (BI) (EX)</p> <p>5:00 Celebrate "Cinco de Mayo" in the Terrace Cafe (sign-up required) (Cafe)</p> <p>7:00 Silver Waltzers (resident led) (VI)</p> <p><b>(CINCO DE MAYO)</b></p> <p>Terrace Cafe: Closed for lunch.</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>10:00 Creative Crafty Chicks (sign-up required; resident led) (AS)</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 (note location change for today) (BS)</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>1:00 Pickleball * (resident led) (PC)</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 David Tiesenga's Retirement Party (2:00 - 4:00 pm) (VI)</p> <p>3:30 Caregiver Support Group (TPDR)</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>Terrace Cafe: Closed for dinner. Ridge Bistro: Closed for lunch and dinner.</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>10:00 Shuffleboard * (resident led) (BP)</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>1:15 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 Bretonaires Practice (EX)</p> <p>2:00 Seated Stretch &amp; Flex (TFC)</p> <p>2:00 "American Songbook Favorites" by Peter Bergen (sign up for 1:30 pm transportation from the Ridge) (CP)</p> <p>3:00 Gardening Group (resident led) (RI)</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>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 (RPDR)</p> <p>9:00 Pickleball * (resident led) (PC)</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: "23 Walks" (TT)</p> <p>7:00 Ridge Movie: "A Good Man in Africa" (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 Ridge (resident led) (BI)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "23 Walks" (RT)</p> <p>7:00 Terrace Movie: "A Good Man in Africa" (TT)</p> <p><b>Location Key</b></p> <table border="0"> <tr> <td> <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> </td> <td> <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</p> <p>*****</p> <p>BRLC- Breton Rehab &amp; Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</p> </td> </tr> </table> <p>*Weather permitting.</p>	<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>	<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</p> <p>*****</p> <p>BRLC- Breton Rehab &amp; Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing</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 Bob Zoerman (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI)</p> 
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