

Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
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6:00 Open Swim (6:00 - 8:15 am) (POOL)

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

8:30 Aqua Fit (POOL)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

10:00 Breton Market (10:00 am - 12:00 pm) (TLL)

10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)

10:00 Shuffleboard * (resident led) (BP)

10:15 Strength Training (BS)

11:00 Stretch & Flex (EX)

11:15 Heart Healthy Dance (VI)

12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)

12:30 Open Swim (12:30 - 10:00 pm) (POOL)

1:00 Men's Billiards (RBR)

1:00 Ladies Bible Study "The Book of Micah" (resident led) (RPDR)

1:15 Strength Training (TFC)

1:15 Dynamic Movement (BS)

2:00 Bretonaires Practice (EX)

6:30 Games (EX)

6:30 Dirty Dog (TPDR) (EX)

7:00 "Tell Us Your Story" w/ Beryl Hugen - "Life's Journey: Family, Faith, and Professional Social Work" (VI)

6:00 Open Swim (6:00 - 10:45 am) (POOL)

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

8:15 Total Body (TFC)

8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI)

8:30 Resident Golf League at the Pines (OCO)

9:15 Balance & Core Stability (BS)

9:30 Balance & Core Stability (TFC)

10:00 Ladies Billiards (RBR)

10:00 Quilting (10:00 am - 4:00 pm) (AS)

10:00 Ladies Bible Study "The Book of Isaiah" (resident led) (TPDR)

10:15 Strength & Stability (BS)

11:00 Water Walking (POOL)

11:15 Balance & Core Stability (BS)

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)

1:15 Balance & Core Stability (TFC)

1:15 HUR Circuit Training (BS)

2:00 Yarmtastics (EX)

2:00 Seated Stretch & Flex (TFC)

3:00 Ladies Billiards (TBR)

3:00 Ladies Tea (BI) (EX)

3:30 Caregiver Support Group (RPDR)

7:00 Classic Music Community (CP)

7:00 Silver Waltzers (resident led) (VI)

6:00 Open Swim (6:00 - 8:15 am) (POOL)

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

8:30 Aqua Fit (POOL)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

10:00 Catholic Communion (TPDR)

10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)

10:00 KDL Book Mobile at the Ridge (RL)

10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)

10:15 Strength Training (BS)

10:15 "What Happens Next" Video Series (CP)

11:00 Stretch & Flex (EX)

11:00 KDL Book Mobile at the Terrace (TL)

11:15 Heart Healthy Dance (VI)

12:30 Open Swim (12:30 - 10:00 pm) (POOL)

12:30 Bus to Gaines Meijer (TL)

12:30 Mah Jongg (EX)

1:00 Men's Billiards (RBR)

1:00 Bus to Gaines Meijer (RL)

1:00 Breton Market (1:00 - 3:00 pm) (TLL)

1:00 Pickleball * (resident led) (PC)

1:15 Strength Training (TFC)

1:15 Dynamic Movement (BS)

1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)

2:00 Men's Billiards (TBR)

4:00 Social Hour at the Ridge (RPDR)

6:00 Games (BI) (RL)

6:45 Euchre (TB) Mah Jongg (RL)

7:00 Dominos (EX)

6:00 Open Swim (6:00 - 10:45 am) (POOL)

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

8:15 Total Body (TFC)

9:15 Balance & Core Stability (BS)

9:30 Balance & Core Stability (TFC)

10:00 Ladies Laughing and Learning to Play Pool (TBR)

10:00 Shuffleboard * (resident led) (BP)

10:15 Terrace Library Committee Meeting (TLI)

10:15 Strength & Stability (BS)

11:00 Water Walking (POOL)

11:15 Balance & Core Stability (BS)

12:30 Open Swim (12:30 - 10:00 pm) (POOL)

1:00 Men's Billiards (RBR)

1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)

1:00 Breton Market (1:00 - 3:00 pm) (TLL)

1:00 Ping Pong (canceled today) (VI)

1:15 Balance & Core Stability (TFC)

1:15 HUR Circuit Training (BS)

1:30 Terrace Coffee Bar (closed today) (Cafe)

2:00 Men's Billiards (TBR)

2:00 Bretonaires Practice (EX)

2:00 Seated Stretch & Flex (TFC)

3:00 Gardening Group (resident led) (RI)

3:30 Social Hour at the Terrace (TPDR)

7:00 "A Psalm Sampler" Bible Study w/ Daniel Bos (resident led) (RI)

6:00 Open Swim (6:00 - 8:15 am) (POOL)

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

8:30 Aqua Fit (POOL)

9:00 Blood Pressure Clinic (HC)

9:00 Pickleball * (resident led) (PC)

9:15 Stretch & Flex (BS)

9:30 Strength Training (TFC)

10:00 Breton Market (10:00 am - 12:00 pm) (TLL)

10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)

10:15 Strength Training (BS)

11:00 Stretch & Flex (EX)

11:15 Heart Healthy Dance (VI)

12:30 Open Swim (12:30 - 10:00 pm) (POOL)

1:00 Men's Billiards (RBR)

1:15 Strength Training (TFC)

2:00 5 Crowns (TL)

5:30 Men's Social Supper (5:30 - 7:00 pm) (resident led) (EX)

7:00 Terrace Movie: "A Streetcar Named Desire" (TT)

7:00 Ridge Movie: "A View to a Kill" (RT)

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)

8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)

10:00 Breton Market (10:00 am - 12:00 pm) (TLL)

10:00 Hymn Sing (Cafe)

2:00 Stinky Feet (EX)

5:45 "Grand Rapids Choir of Men & Boys" at St. Adelbert's (sign-up required) (OCO)

7:00 Ridge Movie: "A Streetcar Named Desire" (RT)

7:00 Terrace Movie: "A View to a Kill" (TT)

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

6:00 Open Swim (6:00 am - 10:00 pm) (POOL)

10:45 Calvary Church Livestream (CP)

6:00 Breton Woods Worship Service w/ Rev. Linda Lee (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)

7:00 Refreshments and Fellowship (resident led) (EX)

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

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

~~~ Breton Campus Care Week - "Moments in Bloom" ~~~  
See your Care Week flyer for all the fun!

Terrace Cafe - closed

Terrace Cafe - closed for lunch

\*Weather permitting.

