


Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21																																								
<p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Circuit Training in place of Aqua Fit (TFC)</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 Shuffleboard * (resident led) (BP)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)</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>3:00 RAC Meeting (VI)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (EX)</p> <p>7:00 Good Medicine Band (sign up for 6:30 pm transportation from the Ridge) (TL)</p> <p>7:00 Resident Led Movie: "Blazing Saddles" (RT)</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>9:00 Ladies Sewing & Quilting Adventure (sign-up required) (OCO)</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>10:30 Story Spinners of Grand Rapids (CP)</p> <p>11:00 Walking Club in place of Water Walking (TL)</p> <p>11:15 Balance & Core Stability (BS)</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 Yartastics (EX)</p> <p>2:00 Seated Stretch & Flex (TFC)</p> <p>3:00 Ladies Billiards (TBR)</p> <p>3:00 Ladies Tea (EX)</p> <p>7:00 Silver Waltzers (resident led) (VI)</p>	<p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Circuit Training in place of Aqua Fit (TFC)</p> <p>9:15 Stretch & Flex (BS)</p> <p>9:15 Breakfast at The Brunch House (sign-up required) (OCO)</p> <p>9:30 Strength Training (TFC)</p> <p>10:00 Catholic Communion (TPDR)</p> <p>10:00 Open Painting (10:00 - 11:30 am) (resident led) (RPDR)</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 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 Sundae Social (1:30 - 4:00 pm) (Cafe)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 REAL: "Declaration of Independence and American Constitution: Foundations of Freedom and Authority:" w/ Phil Bom (VI)</p> <p>4:00 Social Hour at the Ridge (RPDR)</p> <p>6:00 Games (BI) (RL)</p> <p>6:30 "Legally Blonde" at the GR Civic Theatre (sign-up required) (OCO)</p> <p>6:45 Euchre (TB) Mah Jongg (RL)</p> <p>7:00 Dominos (EX)</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 Laughing and Learning to Play Pool (TBR)</p> <p>10:00 Shuffleboard * (resident led) (BP)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Walking Club in place of Water Walking (TL)</p> <p>11:15 Balance & Core Stability (BS)</p> <p>11:30 Men's Cookout and Caroline Cook Presentation: "Firehouse Fun" (sign-up required; transportation is provided at 11:30 am) (VI)</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 & 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 (TFC)</p> <p>2:00 Bretonaires Brass Practice (EX)</p> <p>3:30 Social Hour at the Terrace (TPDR)</p>	<p>8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI)</p> <p>8:30 Circuit Training in place of Aqua Fit (TFC)</p> <p>9:00 Blood Pressure Clinic (HC)</p> <p>9:00 Pickleball * (resident led) (PC)</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>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</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: "Cats" (TT)</p> <p>7:00 Ridge Movie: "Marvin's Room" (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: "Cats" (RT)</p> <p>7:00 Terrace Movie: "Marvin's Room" (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 Chad Boorsma (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>Location Key</h3> <table border="0"> <tr> <td>Breton Terrace</td> <td>Breton Ridge</td> </tr> <tr> <td>AS - Art Studio</td> <td>BI - Bistro</td> </tr> <tr> <td>Cafe - Terrace Café</td> <td>BP - Breton Park</td> </tr> <tr> <td>CP - Centre Place</td> <td>BS - Body Shop</td> </tr> <tr> <td>EL - Employee Lounge</td> <td>CR - Craft Room</td> </tr> <tr> <td>EX - Expressions</td> <td>PC - Pickleball Courts</td> </tr> <tr> <td>HC - Health Centre</td> <td>RBR - Ridge Billiard Room</td> </tr> <tr> <td>TB - Terrace Balcony</td> <td>RI - Ristorante</td> </tr> <tr> <td>TBR - Terrace Billiard Room</td> <td>RL - Ridge Lobby</td> </tr> <tr> <td>TCP - Terrace Café Patio</td> <td>RLI - Ridge Library</td> </tr> <tr> <td>TC - Terrace Courtyard</td> <td>RME - Ridge Main Entrance</td> </tr> <tr> <td>TFC - Terrace Fitness Centre</td> <td>RP - Ridge Patio</td> </tr> <tr> <td>TL - Terrace Lobby</td> <td>RPDR - Ridge Private Dining Room</td> </tr> <tr> <td>TLI - Terrace Library</td> <td>RSOCR - Ridge RSO Conference Room</td> </tr> <tr> <td>TLL - Terrace Lower Level</td> <td>RT - Ridge Theatre</td> </tr> <tr> <td>TME - Terrace Main Entrance</td> <td>VI- Vineyard</td> </tr> <tr> <td>TPDR - Terrace Private Dining Room</td> <td></td> </tr> <tr> <td>TSP - Terrace South Patio</td> <td></td> </tr> <tr> <td>TT - Terrace Theatre</td> <td></td> </tr> <tr> <td>WS - Woodshop</td> <td></td> </tr> </table>		Breton Terrace	Breton Ridge	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		TT - Terrace Theatre		WS - Woodshop	
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<p>6/1/26 - 6/19/26: Pool, Spa, and Locker Rooms are CLOSED for annual maintenance.</p>																																														



~ No mail delivery today.
~ Post Offices and most banks are closed.