

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10	Saturday 11	Sunday 12
<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 & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>9:30 Shuffleboard and Bocce Ball * (resident led) (BP)</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 & 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>12:00 Dynamic Movement (BS)</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 Outdoor Games (TC)</p> <p>2:00 July Birthday Social at the Ridge (VI)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (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>8:30 Resident Golf League at the Pines (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 Sew Wonderful Quilters (10:00 am - 4:00 pm) (AS)</p> <p>10:00 West Michigan Whitecaps Game (sign-up required) (OCO)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:00 Dog Pawty * (TC)</p> <p>11:15 Balance & 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>1:15 Balance & Core Stability (TFC)</p> <p>2:00 Yarnastics (EX)</p> <p>2:00 Breton Readers at the Ridge (RPDR)</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 Choral Ambassadors (sign up for 6:30 pm transportation from the Ridge) (TL)</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 & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>9:30 Frederik Meijer Gardens - Chihuly Exhibit (sign-up required) (OCO)</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 KDL Book Mobile at the Ridge (RL)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:00 KDL Book Mobile at the Terrace (TL)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>12:00 Dynamic Movement (BS)</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>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>1:00 Pickleball * (resident led) (PC)</p> <p>1:15 Strength Training (TFC)</p> <p>1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)</p> <p>1:30 Movie Presentation Featuring an On-Site Visit with the Director, Producer, and Star of "Miracle Mile" (CP)</p> <p>2:00 Men's Billiards (TBR)</p> <p>2:00 REAL: "Declaration of Independence and American Constitution: Foundations of Freedom and Authority - Part II" w/ Phil Bom (VI)</p> <p>2:00 Exercise with the GR Ballet (TFC)</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>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 & Core Stability (BS)</p> <p>9:15 Breakfast at Sundance Grill & Bar (sign-up required) (OCO)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>9:30 Shuffleboard and Bocce Ball * (resident led) (BP)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:15 Terrace Library Committee Meeting (TLI)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance & 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 & Core Stability (TFC)</p> <p>1:15 Park Circuit (in place of HUR Circuit Training) (BP)</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>2:00 "Calder City Band" Concert (sign up for 1:30 pm transportation from the Ridge) (TL)</p> <p>3:30 Social Hour at the Terrace (TPDR)</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 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>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</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 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 Count of Monte Cristo" (TT)</p> <p>7:00 Ridge Movie: "The Cutting Edge" (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 Men's Billiards (RBR)</p> <p>1:00 Bingo at the Ridge (resident led) (BI)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "The Count of Monte Cristo" (RT)</p> <p>7:00 Terrace Movie: "The Cutting Edge" (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/ Rev. Lamarr Gibson (Transportation from the Terrace leaves at 5:15 and 5:30 pm) (VI)</p>
					<h3>Location Key</h3>	
					<h4>Breton Terrace</h4> <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>	<h4>Breton Ridge</h4> <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>OCO - Off Campus Outing * Weather permitting</p>	

Pet Therapy with Sailor!
8:00 am - 12:00 pm
3:00 - 4:30 pm
Amy Perin's Office



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 & Flex (BS)</p> <p>9:30 Strength Training (TFC)</p> <p>9:30 Shuffleboard and Bocce Ball * (resident led) (BP)</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 & 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>12:00 Dynamic Movement (BS)</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 Outdoor Games (TC)</p> <p>2:00 "Patrick Henry" Visit (CP)</p> <p>6:30 Games (EX)</p> <p>6:30 Dirty Dog (TPDR) (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>8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI)</p> <p>8:30 Resident Golf League at the Pines (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 Sew Wonderful Quilters (10:00 am - 4:00 pm) (AS)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:00 Dog Pawty * (TC)</p> <p>11:15 Balance & 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>1:15 Balance & Core Stability (TFC)</p> <p>1:15 HUR Circuit Training (BS)</p> <p>1:30 REAL: "The Grand History of River City" presentation by Caroline Cook (CP)</p> <p>2:00 Yarnstastics (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>3:30 Caregiver Support Group (RPDR)</p> <p>7:00 Classic Music Community (CP)</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 & 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 Trillium Living Board Report (VI)</p> <p>10:15 Strength Training (BS)</p> <p>11:00 Stretch & Flex (EX)</p> <p>11:15 Heart Healthy Dance (VI)</p> <p>11:30 Party in the Park (transportation provided from the Terrace) (BP)</p> <p>12:00 Dynamic Movement (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 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>1:00 Men's Billiards (RBR)</p> <p>1:15 Strength Training (TFC)</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 Building & Grounds Open Forum Meeting (VI)</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 lunch. Ridge Bistro - closed for 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 & Core Stability (BS)</p> <p>9:30 Balance & Core Stability (TFC)</p> <p>9:30 Shuffleboard and Bocce Ball * (resident led) (BP)</p> <p>9:45 Grand Haven Beach Adventure (sign-up required) (OCO)</p> <p>10:00 Ladies Laughing and Learning to Play Pool (TBR)</p> <p>10:15 Strength & Stability (BS)</p> <p>11:00 Water Walking (POOL)</p> <p>11:15 Balance & Core Stability (BS)</p> <p>12:30 Open Swim (12:30 - 10:00 pm) (POOL)</p> <p>1:00 Ping Pong (VI)</p> <p>1:00 Breton Market (1:00 - 3:00 pm) (TLL)</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>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>7:00 Gene Haan Violin Concert (sign up for 6:30 pm transportation from the Terrace) (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>9:00 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>10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)</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 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>1:30 BW Choir Rehearsal (CP)</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 Great Escape" (TT)</p> <p>7:00 Ridge Movie: "Anything Goes" (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>11:45 Pizza Luncheon (sign-up and payment required 7/9/26 - 7/16/26 at the Terrace Reception Desk; \$10 per person) (Cafe)</p> <p>1:00 Men's Billiards (RBR)</p> <p>2:00 Stinky Feet (EX)</p> <p>7:00 Ridge Movie: "The Great Escape" (RT)</p> <p>7:00 Terrace Movie: "Anything Goes" (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 Choir and Worship Service w/ Rev. Dr. Ken Campbell (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>	
					<h4 style="margin: 0;">Breton Terrace</h4> <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>	<h4 style="margin: 0;">Breton Ridge</h4> <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> <hr style="border-top: 1px dashed black;"/> <p>OCO - Off Campus Outing * Weather permitting</p>