

Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22	Sunday 23
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 Special Music by Harpist Brigetta Timmer w/ Rev. Les Wiseman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
9:15 Stretch & Flex (BS)	8:30 Resident Golf League at the Pines (OCO)	9:15 Stretch & Flex (BS)	9:15 Balance & Core Stability (BS)	9:00 Pickleball * (resident led) (PC)	10:00 Hymn Sing (Cafe)	
9:30 Strength Training (TFC)	9:15 Balance & Core Stability (BS)	9:30 Strength Training (TFC)	9:30 Balance & Core Stability (TFC)	9:15 Stretch & Flex (BS)	1:00 Men's Billiards (RBR)	
9:30 Shuffleboard and Bocce Ball * (resident led) (BP)	9:30 Balance & Core Stability (TFC)	10:00 Catholic Communion (TPDR)	9:30 Shuffleboard and Bocce Ball * (resident led) (BP)	9:30 Strength Training (TFC)	2:00 Stinky Feet (EX)	
10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	9:30 Balance & Core Stability (TFC)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	10:00 Ladies Laughing and Learning to Play Pool (TBR)	10:00 Breton Market (10:00 am - 12:00 pm) (TLL)	7:00 Terrace Movie: "The World According to Garp" (TT)	
10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	9:30 Allegan Adventure (sign-up required) (OCO)	10:15 Strength Training (BS)	10:15 Strength & Stability (BS)	10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)	7:00 Ridge Movie: "The Stepford Wives" (RT)	
10:15 Strength Training (BS)	10:00 Ladies Billiards (RBR)	10:15 Stretch & Flex Info Session (EX)	10:30 REAL: "Continuing the Care Within the Continium" (CP)	10:15 Strength Training (BS)		
10:30 ROMEO Men's Lunch @ Big E's (sign-up required) (OCO)	10:00 Sew Wonderful Quilters (10:00 am - 4:00 pm) (AS)	10:30 JULIET Ladies Lunch @ Noco Provisions (sign-up required) (OCO)	11:00 Water Walking (POOL)	11:00 Stretch & Flex (EX)		
11:00 Stretch & Flex (EX)	10:15 Strength & Stability (BS)	11:00 Stretch & Flex (EX)	11:15 Balance & Core Stability (BS)	11:15 Heart Healthy Dance (VI)		
11:15 Heart Healthy Dance (VI)	11:00 Water Walking (POOL)	11:15 Heart Healthy Dance (VI)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)		
12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe)	11:00 Dog Pawty * (TC)	12:00 Dynamic Movement (BS)	1:00 Ping Pong (VI)	1:00 Men's Billiards (RBR)		
12:00 Dynamic Movement (BS)	11:15 Balance & Core Stability (BS)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:15 Strength Training (TFC)		
12:30 Open Swim (12:30 - 10:00 pm) (POOL)	12:30 Open Swim (12:30 - 10:00 pm) (POOL)	12:30 Bus to Gaines Meijer (TL)	1:00 Men's Billiards (RBR)	2:00 5 Crowns (TL)		
1:00 Men's Billiards (RBR)	1:00 Men's Billiards (RBR)	12:30 Mah Jongg (EX)	1:15 Balance & Core Stability (TFC)	5:30 Men's Social Supper (5:30 - 7:00 pm; resident led) (EX)		
1:15 Strength Training (TFC)	1:15 Balance & Core Stability (TFC)	1:00 Bus to Gaines Meijer (RL)	1:15 HUR Circuit Training (BS)	7:00 Terrace Movie: "The Stepford Wives" (TT)		
1:30 REAL: "Musical History Tour" (CP)	1:15 Balance & Core Stability (TFC)	1:00 Breton Market (1:00 - 3:00 pm) (TLL)	1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)	7:00 Ridge Movie: "The World According to Garp" (RT)		
3:00 RAC Meeting (VI)	1:15 HUR Circuit Training (BS)	1:00 Pickleball * (resident led) (PC)	2:00 Men's Billiards (TBR)			
6:30 Games (EX)	2:00 Yarntastics (EX)	1:00 Men's Billiards (RBR)	2:00 Knit Wits (BI)			
6:30 Dirty Dog (TPDR) (EX)	2:00 Seated Stretch & Flex (TFC)	1:15 Strength Training (TFC)	2:00 Seated Stretch & Flex (TFC)			
7:00 Resident Led Movie: "The World According to Garp" (RT)	3:00 Ladies Billiards (TBR)	1:30 Terrace Sundae Social (1:30 - 4:00 pm) (Cafe)	2:00 Bretonaires Brass Practice (EX)			
	3:00 Ladies Tea (EX)	2:00 Men's Billiards (TBR)	3:30 Social Hour at the Terrace (TPDR)			
	3:30 Caregiver Support Group (RPDR)	4:00 Social Hour at the Ridge (RPDR)				
		6:00 Games (BI) (RL)				
		6:45 Euchre (TB) Mah Jongg (RL)				
		7:00 Dominos (EX)				

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

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
VI- Vineyard
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OCO - Off Campus Outing  
\* Weather permitting



Holland Home  
Vibrant Living™

PHYSICAL WELLNESS

EMOTIONAL WELL-BEING

SPIRITUAL FULFILLMENT

INTELLECTUAL DISCOVERY

SOCIAL ENGAGEMENT

| Monday 24                                                           | Tuesday 25                                             | Wednesday 26                                                              | Thursday 27                                                   | Friday 28                                                    | Saturday 29                                     | Sunday 30                                                                                                             |
|---------------------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 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 w/ Rev. Les Wiseman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP) |
| 9:15 Stretch & Flex (BS)                                            | 8:30 Resident Golf League at the Pines (OCO)           | 9:15 Stretch & Flex (BS)                                                  | 8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX) | 9:00 Pickleball * (resident led) (PC)                        | 10:00 Hymn Sing (Cafe)                          |                                                                                                                       |
| 9:30 Strength Training (TFC)                                        | 9:15 Balance & Core Stability (BS)                     | 9:30 Strength Training (TFC)                                              | 9:15 Balance & Core Stability (BS)                            | 9:15 Stretch & Flex (BS)                                     | 1:00 Men's Billiards (RBR)                      |                                                                                                                       |
| 9:30 Shuffleboard and Bocce Ball * (resident led) (BP)              | 9:30 Balance & Core Stability (TFC)                    | 10:00 Catholic Communion (TPDR)                                           | 9:30 Balance & Core Stability (TFC)                           | 9:30 Strength Training (TFC)                                 | 2:00 Stinky Feet (EX)                           |                                                                                                                       |
| 10:00 Breton Market (10:00 am - 12:00 pm) (TLL)                     | 10:00 Ladies Billiards (RBR)                           | 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)                        | 9:30 Shuffleboard and Bocce Ball * (resident led) (BP)        | 10:00 Breton Market (10:00 am - 12:00 pm) (TLL)              | 7:00 Ridge Movie: "Titanic" (RT)                |                                                                                                                       |
| 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)                  | 10:00 Sew Wonderful Quilters (10:00 am - 4:00 pm) (AS) | 10:15 Strength Training (BS)                                              | 10:00 Ladies Laughing and Learning to Play Pool (TBR)         | 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL)           | 7:00 Terrace Movie: "Ocean's 8" (TT)            |                                                                                                                       |
| 10:15 Strength Training (BS)                                        | 10:15 Strength & Stability (BS)                        | 11:00 Stretch & Flex (EX)                                                 | 10:00 Floral Friends (RI)                                     | 10:15 Strength Training (BS)                                 |                                                 |                                                                                                                       |
| 11:00 Stretch & Flex (EX)                                           | 11:00 Water Walking (POOL)                             | 11:15 Heart Healthy Dance (VI)                                            | 10:15 Strength & Stability (BS)                               | 11:00 Stretch & Flex (EX)                                    |                                                 |                                                                                                                       |
| 11:15 Heart Healthy Dance (VI)                                      | 11:00 Dog Pawty * (TC)                                 | 12:00 Dynamic Movement (BS)                                               | 11:00 Water Walking (POOL)                                    | 11:15 Heart Healthy Dance (VI)                               |                                                 |                                                                                                                       |
| 12:00 Terrace Coffee Bar with Soup & Salad (12:00 - 2:00 pm) (Cafe) | 11:15 Balance & Core Stability (BS)                    | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)                                 | 11:15 Balance & Core Stability (BS)                           | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)                    |                                                 |                                                                                                                       |
| 12:00 Dynamic Movement (BS)                                         | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)              | 12:30 Bus to Cascade Meijer (TL)                                          | 12:30 Open Swim (12:30 - 10:00 pm) (POOL)                     | 1:00 Men's Billiards (RBR)                                   |                                                 |                                                                                                                       |
| 12:30 Open Swim (12:30 - 10:00 pm) (POOL)                           | 1:00 Men's Billiards (RBR)                             | 12:30 Mah Jongg (EX)                                                      | 1:00 Ping Pong (VI)                                           | 1:15 Strength Training (TFC)                                 |                                                 |                                                                                                                       |
| 1:00 Men's Billiards (RBR)                                          | 1:15 Balance & Core Stability (TFC)                    | 1:00 Bus to Cascade Meijer (RL)                                           | 1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS)       | 2:00 5 Crowns (TL)                                           |                                                 |                                                                                                                       |
| 1:15 Strength Training (TFC)                                        | 1:15 HUR Circuit Training (BS)                         | 1:00 Breton Market (1:00 - 3:00 pm) (TLL)                                 | 1:00 Breton Market (1:00 - 3:00 pm) (TLL)                     | 5:30 Men's Social Supper (5:30 - 7:00 pm; resident led) (EX) |                                                 |                                                                                                                       |
| 6:30 Games (EX)                                                     | 2:00 Yarntastics (EX)                                  | 1:00 Men's Billiards (RBR)                                                | 1:00 Men's Billiards (RBR)                                    | 7:00 Terrace Movie: "Titanic" (TT)                           |                                                 |                                                                                                                       |
| 6:30 Dirty Dog (TPDR) (EX)                                          | 2:00 Seated Stretch & Flex (TFC)                       | 1:15 Strength Training (TFC)                                              | 1:15 Balance & Core Stability (TFC)                           | 7:00 Ridge Movie: "Ocean's 8" (RT)                           |                                                 |                                                                                                                       |
| 7:00 Resident Led Movie: "Gaither Music - Reunited" (RT)            | 3:00 Ladies Billiards (TBR)                            | 1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)                           | 1:15 HUR Circuit Training (BS)                                |                                                              |                                                 |                                                                                                                       |
|                                                                     | 3:00 Ladies Tea (EX)                                   | 1:00 Pickleball * (resident led) (PC)                                     | 1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe)               |                                                              |                                                 |                                                                                                                       |
|                                                                     | 7:00 Silver Waltzers (resident led) (VI)               | 2:00 Men's Billiards (TBR)                                                | 2:00 Men's Billiards (RBR)                                    |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | 3:00 Breton Readers at the Terrace (TPDR)                                 | 2:00 Bretonaires Brass Practice (EX)                          |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | 4:00 Social Hour at the Ridge (RPDR)                                      | 2:00 Knit Wits (BI)                                           |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | 5:00 Ridge Patio Picnic (sign-up required; transportation available) (RP) | 2:00 Seated Stretch & Flex (TFC)                              |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | 6:00 Games (BI) (RL)                                                      | 2:00 Bretonaires Brass Practice (EX)                          |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | 6:45 Euchre (TB) Mah Jongg (RL)                                           | 3:30 Social Hour at the Terrace (TPDR)                        |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | 7:00 Dominos (EX)                                                         |                                                               |                                                              |                                                 |                                                                                                                       |
|                                                                     |                                                        | Bistro: closed for lunch<br>Cafe: closed for dinner                       |                                                               |                                                              |                                                 |                                                                                                                       |