

Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18	Saturday 19	Sunday 20
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) 9:15 Breakfast at Real Food Cafe (sign-up required) (OCO) 9:30 Strength Training (TFC) 9:30 Shuffleboard and Bocce Ball * (resident led) (BP) 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) 12:00 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 "Prayer" (resident led) (RPDR) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 2:00 Bretonaires Practice (EX) 2:00 "Continuing the Care Within the Continium" with Sara Heethuis, Konika VanDrie-Cidanli, and Kaye Scholle (CP) 2:00 Ping Pong (VI) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 "Tell Others Your Story" w/ Janet & Bob Hoffman - "Searching for Your Family" (resident led) (VI) 7:00 Jonathan Gerry Guitar Concert (sign up for 6:30 pm transportation from the Ridge) (CP)	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 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 Sew Wonderful Quilters (10:00 am - 4:00 pm) (AS) 10:00 Ladies Bible Study "The Book of Isaiah" (resident led) (TPDR) 10:15 Strength & Stability (BS) 10:30 "Talking Bibles" Presentation (VI) 11:00 Water Walking (POOL) 11:00 Dog Pawty * (TC) 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) 1:30 "Time, Talent, Treasures" - Part 2; Presentation by Caroline Cook (CP) 2:00 Yarnastics (EX) 2:00 Seated Stretch & Flex (TFC) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (BI) (EX) 7:00 Silver Waltzers (resident led) (VI) Pet Therapy with Sailor! 8:00 am - 12:00 pm 3:00 - 4:30 pm Amy Perin's Office 	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 Used Book Sale & Bake Sale (10:00 am - 2:30 pm) (TL) 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) 12:30 Bus to Gaines Meijer (TL) 12:30 Mah Jongg (EX) 1:00 Bus to Gaines Meijer (RL) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Pickleball * (resident led) (PC) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 1:30 Terrace Sundae Social (1:30 - 3:30 pm) (Cafe) 2:00 Men's Billiards (TBR) 2:00 Building & Grounds Open Forum Meeting (CP) 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) 9:30 Shuffleboard and Bocce Ball * (resident led) (BP) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 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 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Men's Billiards (RBR) 1:15 Balance & Core Stability (TFC) 1:15 HUR Circuit Training (BS) 1:30 Terrace Sundae Social (1:30 - 3:30 pm) (Cafe) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Seated Stretch & Flex (TFC) 2:00 Bretonaires Practice (EX) 3:30 Social Hour at the Terrace (TPDR) Terrace Cafe and Ridge Bistro: ~ closed today ~	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 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) 10:00 GriefShare - "Is This Normal?" (RPDR) 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) 1:30 BW Choir Rehearsal (resident led) (CP) 2:00 5 Crowns (TL) 5:30 Men's Social Supper (5:30 - 7:00 pm; resident led) (EX) 7:00 Terrace Movie: "The Patriot" (TT) 7:00 Ridge Movie: "The Intern" (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) 1:00 Men's Billiards (RBR) 2:00 Stinky Feet (EX) 7:00 Ridge Movie: "The Patriot" (RT) 7:00 Terrace Movie: "The Intern" (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 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 ~~~~~ OCO - Off Campus Outing * Weather permitting	

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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) 9:30 Shuffleboard and Bocce Ball * (resident led) (BP) 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 AAW - Coffee & Donuts (Cafe) (BI) 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 "Prayer" (resident led) (RPDR) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 2:00 Bretonaires Practice (EX) 2:00 Ping Pong (VI) 2:00 AAW - Pool Volleyball (POOL) 3:00 RAC Meeting (CP) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 Resident Led Movie: "The Good Mother" (RT) 7:00 AAW - Harp Concert (CP)	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 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 Sew Wonderful Quilters (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) 11:00 Dog Pawty * (TC) 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 Yarnastics (EX) 2:00 Seated Stretch & Flex (TFC) 2:00 AAW - Root Beer Floats (TSP) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (BI) (EX) 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) 10:15 Strength Training (BS) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 11:30 AAW - BBQ Lunch (no sign-up needed) (Cafe) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 12:30 Bus to Cascade Meijer (TL) 12:30 Mah Jongg (EX) 1:00 Bus to Cascade Meijer (RL) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Pickleball * (resident led) (PC) 1:00 Men's Billiards (RBR) 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) 2:00 AAW - Golf Games (BP) 4:00 Social Hour at the Ridge (RPDR) 6:00 Games (BI) (RL) 6:30 "Come From Away" at the GR Civic Theatre (sign-up required) (OCO) 6:45 Euchre (TB) Mah Jongg (RL) 7:00 Dominos (EX) Ridge Bistro - closed for lunch	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) (EX) 9:15 Balance & Core Stability (BS) 9:30 Balance & Core Stability (TFC) 9:30 Shuffleboard and Bocce Ball * (resident led) (BP) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:00 Floral Friends (RI) 10:15 Strength & Stability (BS) 10:30 AAW - Cornhole Tournament (TC) 11:00 Water Walking - canceled today (POOL) 11:15 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1 - 3 pm) (TLL) 1:15 Balance & Core Stability (TFC) 1:15 HUR Circuit Training (BS) 1:30 Terrace Coffee Bar (1:30 - 4:00 pm) (Cafe) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Bretonaires Practice (EX) 2:00 Seated Stretch & Flex - canceled today (TFC) 2:00 AAW - Family Feud (VI) 3:30 Social Hour at the Terrace (TPDR) 7:00 "The Book of Esther" Bible Study w/ Gerrit Koedoot (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 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) 10:00 GriefShare - "Your Grief Journey" (RPDR) 10:00 AAW - Bible Study with Rev. Les (VI) 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) 2:00 AAW - Putt-Putt Croquet (BP) 5:30 Men's Social Supper (5:30 - 7:00 pm; resident led) (EX) 7:00 Terrace Movie: "We Bought a Zoo" (TT) 7:00 Ridge Movie: "3:10 to Yuma" (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) 1:00 Men's Billiards (RBR) 2:00 Stinky Feet (EX) 3:30 Grand Raggidy Roller Derby (sign-up required) (OCO) 7:00 Ridge Movie: "We Bought a Zoo" (RT) 7:00 Terrace Movie: "3:10 to Yuma" (TT)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (CP) 6:00 Breton Woods Worship Service and Special Music by Faye Forward w/ Rev. Les Wiseman (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
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