

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
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 * (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) 1:00 Breton Woods Cult Film Classic: "On Golden Pond" (TT) 1:15 Strength Training (TFC) 1:15 Dynamic Movement (BS) 2:00 Bretonaires Practice (EX) 2:00 Ping Pong (VI) 2:00 Bocce Ball * (resident led) (BP) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 "Tell Others Your Story" w/ Safiyah Fosua - "Old Folk's Child" (resident led) (VI) Columbus Day ~ No mail delivery today. ~ Post Offices and most banks are closed.	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) 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) 1:30 REAL: "Steeple Chase - East Side" presentation by Caroline Cook (VI) 2:00 Yarnastics (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 Kentwood Firefighters Appreciation (BI) 10:15 Strength Training (BS) 10:15 "Can I Trust the Bible?" (CP) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 12:00 Gerald R. Ford Presidential Museum Tour (sign-up required) (OCO) 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 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 Exercise with the GR Ballet (BS) 4:00 Social Hour at the Ridge (RPDR) 6:00 Games (BI) (RL) 6:30 Deutschlander German Band (sign up for 6:00 pm transportation from the Ridge) (TL) 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 * (resident led) (BP) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:15 Strength & Stability (BS) 10:30 REAL: "From Romance to Reality: Dutch War Brides to Canada" w/ Janet Sheeres (CP) 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) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Seated Stretch & Flex (TFC) 2:00 Bretonaires Practice (EX) 2:00 90's Birthday Party (sign up for 1:30 pm transportation from the Ridge) (Cafe) 2:00 Bocce Ball * (resident led) (BP) 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) 9:15 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 - "Fearful & Overwhelmed & Anger" (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) 2:00 5 Crowns (TL) 5:30 Men's Social Supper (5:30 - 7:00 pm; resident led) (EX) 7:00 Terrace Movie: "Red Dawn" (TT) 7:00 Ridge Movie: "Amazing Grace" (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) 3:00 Fall Cider & Donuts (resident led) (Cafe) 7:00 Ridge Movie: "Red Dawn" (RT) 7:00 Terrace Movie: "Amazing Grace" (TT)	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (CP) 6:00 Breton Woods Worship Service w/ Pastor Chad Boorsma (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP) 7:00 Refreshments and Fellowship (resident led) (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 ~~~~~ OCO - Off Campus Outing * Weather permitting

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
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 * (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) 10:30 ROMEO Men's Lunch @ HopCat (sign-up required) (OCO) 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 Bocce Ball * (resident led) (BP) 3:00 RAC Meeting (VI) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) (EX) 7:00 Resident Led Movie: "Gaither Music - Hymns" (RT)	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 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) 10:00 Trillium Living Board Report (CP) 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) 1:30 REAL: "Hope For Neighbors" w/ Rev. Dale Dalman (CP) 2:00 Yarnstastics (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) 7:00 Burton Street Brass Concert (sign up for 6:30 pm transportation from the Ridge) (TL)	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) 10:15 "Love to Pray" (CP) 10:30 JULIET Ladies Lunch @ Westside Social (sign-up required) (OCO) 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 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 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) 4:00 Social Hour at the Ridge (RPDR) 5:45 Calvin vs. Hope Volleyball (sign-up required) (OCO) 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) 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 * (resident led) (BP) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:00 Floral Friends (RI) 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 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS) 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) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Seated Stretch & Flex (TFC) 2:00 Bretonaires Practice (EX) 2:00 Kids Food Basket Tour (sign-up required) (OCO) 2:00 Bocce Ball * (resident led) (BP) 3:30 Social Hour at the Terrace (TPDR) 7:00 "The Book of Esther" Bible Study w/ Gerrit Koedoot (resident led) (RI) 7:00 Paul Christopher Concert (sign up for 6:30 pm transportation from the Terrace) (VI) Walk-In Flu Shot Clinic Terrace Health Centre ~ 9:00 am - 12:00 pm ~ 1:00 - 3:00 pm	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 GriefShare - "Regrets" (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) 2:00 5 Crowns (TL) 5:30 Men's Social Supper (5:30 - 7:00 pm; resident led) (EX) 7:00 Bretonaires 20th Anniversary Celebration (resident led) (TL) 7:00 Terrace Movie: "The Pursuit of Happyness" (TT) 7:00 Ridge Movie: "Arsenic and Old Lace" (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 (note location change for today) (Cafe) 7:00 Ridge Movie: "The Pursuit of Happyness" (RT) 7:00 Terrace Movie: "Arsenic and Old Lace" (TT)	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.Gerrit Koedoot (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)
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