




Activity Calendar Color Code: Estates I, Estates II, Estates III, Homes & All Areas

July 1 - July 7

Sunday, July 1	Monday, July 2	Tuesday, July 3	Wednesday, July 4	Thursday, July 5	Friday, July 6	Saturday, July 7
<p>9:30 Worship Service led by: Mr. Josh Holwerda, Seminary Graduate, CH</p> <p>6:15 Song Service</p> <p>6:30 Worship Service led by: Rev. David Fleming, Our Savior Lutheran, CH</p> <p><i>Offering: Chapel Expense Fund</i></p>	<p>8:30 Men's Coffee Group, SDR</p> <p>8:30 Moving with Mike Exercise Class, Level One Lounge</p> <p>8:30 Stretch & Flex, GP</p> <p>9:30 *Pool Class with Cyn, pool is closed</p> <p>10:00 Open Gym, BWC</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>11:00 Fitness Video, BWC</p> <p>11:30 Cardio Action, BWC</p> <p>3:00 Coffee Hour, CS</p> <p>7:00 Game Night, CS</p> <p>7:00 Movie Night; "Guarding Tess", FR</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><u>The Omelette Shoppe</u> 8:10/EI, 8:15/EII</p> </div> <p>9:00 Balance & Core Stability, BWC</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>10:30 Balance & Core Stability, BWC</p> <p>11:15 Water Walking, pool is closed</p> <p>1:00 Knitting Club, GP</p> <p>1:30 Balance & Core Stability, BWC</p> <p>2:30 First Step, BWC</p> <p>3:00 Coffee Hour, CS</p> <p>7:00 Bible Study Rev. Doug Wood, Raybrook Chaplain, CH</p>	 <p>8:30 Moving with Mike exercise class, Level One Lounge—cancelled today</p> <p>8:30 Stretch & Flex, no Zack today</p> <p>9:30 *Pool Class with Cyn, pool is closed</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>11:00 Fitness Video, no Zack today</p> <p>11:30 Cardio Action, no Zack today</p> <p>2:00 Open Swim with Zack, no Zack today</p> <p>3:00 Coffee Hour, CS</p>	<p>8:00 EIII Breakfast at the Omelette Shoppe, sign up on your bulletin board by NOON Wed, carpool</p> <p>9:00 Balance & Core Stability, BWC</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time; Coffee & Donuts with Development, CR</p> <p>10:30 Balance & Core Stability, BWC</p> <p>11:15 Water Walking, pool is closed</p> <p>1:30 Balance & Core Stability, BWC</p> <p>2:30 First Step, BWC</p> <p>3:00 Coffee Hour, CS.</p> <p>5:30 Raybrook Community Dinner, <i>there is no dinner tonight</i></p>	<p>8:30 Moving with Mike exercise class, FR</p> <p>8:30 Stretch & Flex , GP</p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><u>Shopping at Meijer</u> 9:00/EI Lobby, 9:05/EII</p> </div> <p>9:30 RENEW with CYN, GP</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>11:00 Fitness Video, BWC</p> <p>11:30 Cardio Action, BWC</p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>Physical Wellness: PATH & Portal Leader: Alisha VanEpps, Fitness Coordinator & Certified Personal Trainer 2:30 pm Friendship Room</p> </div> <p>3:00 Coffee Hour, CS</p> <p>7:00 Bingo, CR</p> <p>8:00 Games, CR</p>	<p>10:00 Coffee Time, CR</p> <p>2:00 Men's Pool, GR</p> <p>3:00 Coffee Hour, CS</p> <p>7:00 Movie Night; "Chimpanzee", SDR</p>
<div style="border: 1px solid black; padding: 5px;"> <p><u>Location/Key:</u></p> <p><u>Estates I</u> CR—Club Room</p> <p><u>Estates II:</u> CS—Coffee Shop GR—Game Room GP—Gathering Place LA—Lounge off of the Atrium LDR—Large Dining Room SDR—Small Dining Room</p> <p><u>Raybrook Campus:</u> CH—Chapel FR—Friendship Room BWC—Buiten Wellness Center</p> <p>(*)Indicates a fee for the class</p> <p>RE·A·L Indicates Resident Enrichment Academy for Living <i>Family & friends welcome</i></p> </div>			<div style="border: 1px solid blue; padding: 5px; text-align: center;">  <p>Estates & Homes 4th of July Dinner Celebration 5:30 pm Friendship Room</p> <p><i>Wear a name tag please</i> Picnic ware is provided Questions? Call Shirley Lautenbach 299.3584 Reservations required</p> </div>	<div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p>All Campus 4th of July Outdoor Celebration Music by Diana Oudbier, Red, White & Blue popsicles & Fireworks!!! 7:00 pm Manor Parking Lot</p>  </div>	<div style="border: 1px solid black; padding: 5px;"> <p><u>Estates Beauty Salon</u> Open T, W, Th, F 8:00 a.m.-4:00 p.m. Make an appointment: Phone #: 235-5701</p> <p><u>Health Center</u> Estates I: Mon– Fri 7:00-10:00 & 3:00-4:30 Weekends/Holidays 7:00-11:00 a.m. Phone #: 235-5721 Estates II: Mon-Fri 10:30-1:00 & 5:00-6:30 Weekends/Holidays 1:00-5:00 p.m. Phone #: 235-5675</p> <p><u>Maintenance Requests</u> Phone #: 235-2787</p> <p><u>Van's Market Store Hours</u> Mondays 9:30 - 11:30 am Wednesdays 9:30 - 11:30 Fridays 1:00 - 3:30 pm</p> <p><u>Volunteer Office</u> Phone#: 235-5717</p> </div>	

July 8 - July 14

Activity Calendar Color Code: Estates I, Estates II, Estates III, Homes & All Areas

Sunday, July 8	Monday, July 9	Tuesday, July 10	Wed., July 11	Thursday, July 12	Friday, July 13	Saturday, July 14
<p>9:30 Worship Service led by: Rev. John Steigenga, Retired CRC, CH</p> <p>6:15 Song Service</p> <p>6:30 Worship Service led by: Mr. Jim Heemstra, Retired Home Missionary, CH</p> <p><i>Offering: Resident Assistance Fund</i></p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Location Key:</p> <p>Estates I CR—Club Room</p> <p>Estates II: CS—Coffee Shop GR—Game Room GP—Gathering Place LA—Lounge off of the Atrium LDR—Large Dining Room SDR—Small Dining Room</p> <p>Raybrook Campus: CH—Chapel FR—Friendship Room BWC—Buiten Wellness Center</p> <p>(*)Indicates a fee for the class</p> <p>REAL Indicates Resident Enrichment Academy for Living <i>Family & friends welcome</i></p> </div>	<p>8:30 Men's Coffee Group, SDR</p> <p>8:30 Moving with Mike Exercise Class, Level one lounge</p> <p>8:30 Stretch & Flex, BWC</p> <p>9:30 *Pool Class with Cyn, pool is closed</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR REAL</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Current Events Leader: Hank Post, EIII Resident 10:00 a.m. EII Small Dining Room</p> </div> <p>11:00 Fitness Video, BWC</p> <p>11:30 Cardio Action, BWC</p> <p>3:00 Coffee Hour, CS</p> <p>7:00 Game Night, CS</p> <p>7:00 Movie Night; "Chimpanzee", FR</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p>The Omelette Shoppe 8:10/EI, 8:15/EII</p> </div> <p>9:00 Balance & Core Stability, BWC </p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>FARMER'S MARKET 9:30—11:30 am Manor Parking Lot</p> </div> <p>10:00 Coffee Connections, LA</p> <p>10:30 Balance & Core Stability, BWC</p> <p>11:15 Water Walking, pool is closed</p> <p>1:00 Knitting Club, LA</p> <p>1:30 Balance & Core Stability, BWC</p> <p>2:30 First Step, BWC</p> <p>7:00 Games</p> <p>7:00 EII Birthday Ice Cream Social, LDR</p> <p>7:00 Organ concert with Ken Bos, CH </p>	<p>8:30 Moving with Mike, FR</p> <p>8:30 Stretch & Flex, GP</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Shopping at Meijer 9:00/EI, 9:05/EII</p> </div> <p>9:30 *Pool class with Cyn, pool is closed</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>11:00 Fitness Video, BWC</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Raybrook Lunch Pulled Pork Sandwiches & Soup 11:30-12:30 pm, LDR</p> </div> <p>11:30 Cardio Action, BWC</p> <p>1:15 Vibrant Living Class of the Month: Barre Aerobics, BWC</p> <p>2:00 Open Swim w/Zack, pool is closed REAL</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>The Positive Approach to Care giving: Caring for and connecting with people with Dementia 2:30 pm Friendship Room</p> </div> <p>3:00 Coffee Hour, CS</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>WHITECAPS GAME with Zack House Bus Pick Up EIII 2260 building at 5:25 Estates I Lobby at 5:30 Estates II Lobby at 5:35</p> </div>	<p>8:30 Homes Breakfast at Arnies, call Harriet by NOON Wed @ 949-0396, carpool</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Building & Grounds Maintenance Meeting 8:30 am, FR</p> </div> <p>9:00 Balance & Core Stability, BWC</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>10:30 Balance & Core Stability, BWC</p> <p>11:15 Water Walking, pool is closed</p> <p>1:30 Balance & Core Stability, BWC</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>CAREGIVER'S SUPPORT GROUP 2:00 p.m., EI Club Room</p> </div> <p>2:30 First Step, BWC</p> <p>REAL</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>God is at Work in South Korea Leader: Rev. Daniel Bud, Hillside CRC 2:30 pm Friendship Room</p> </div> <p>3:00 Coffee Hour, CS</p> <p>5:30 Raybrook Community Dinner, LDR *Swiss Steak <i>Sign up is required</i></p>	<p>8:30 Moving with Mike exercise class, FR</p> <p>8:30 Stretch & Flex, GP</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Shopping at Meijer 9:00/EI Lobby, 9:05/EII</p> </div> <p>9:30 *RENEW with Cyn, GP</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>11:00 Fitness Video, BWC</p> <p>11:30 Cardio Action, BWC</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Come & play or watch!! 2:00 pm EII Dining Room Courtyard</p> </div> <p>3:00 Coffee Hour, CS</p> <p>7:00 Games, CR</p>	<p>10:00 Coffee Time, CR</p> <p>2:00 Men's Pool, GR</p> <p>3:00 Coffee Hour, CS.</p> <p>7:00 Movie: "Let There Be Light", SDR</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p style="text-align: center;"><u>Upcoming Events</u></p> <p> Friday, July 20 Board Updates with Mina & David 10:00 am in the Friendship Room</p> <p>Saturday, July 21 CR Conference Grounds for dinner & concert "Mark Trammel Quartet" Leave Raybrook at 4:00 pm, return about 9:30 pm, <i>Sign up information coming soon.</i></p> <p>Wednesday, August 8 CR Conference Grounds "Ladies Day" Leave Raybrook at 8:00 am, return at 3:00 pm, <i>Sign up information coming soon.</i></p> <p style="text-align: center;"> VibrantLiving</p> </div>