



July 29 - August 4


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

Sunday, July 29	Monday, July 30	Tuesday, July 31	Wednesday, August 1	Thursday, August 2	Friday, August 3	Saturday, August 4
<p>9:30 Worship Service led by: David Woolin, Seminary Graduate, CH</p> <p>6:15 Raybrook Singing  Men, CH</p> <p>6:30 Worship Service led by: Rev. Doug Wood, Raybrook Chaplain, 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 with Zack, BWC</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</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>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 with Zack, 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>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; Donuts & Coffee 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, LDR <i>*Grilled Salmon</i> <i>Sign up is required</i></p> <p>7:00 Calder City Band, CH </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: 10px 0;"> <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 Open Gym with Zack, 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 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; "While You Were Sleeping", SDR</p>
<div style="border: 1px solid black; padding: 5px;"> <p><u>Location/Key:</u></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>RE·A·L <small>Resident Enrichment Academy for Living</small> <i>Indicates Family & friends welcome</i></p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>TRADER JOE's <u>Bus Pick Up Locations</u> EI/10:00, EII/10:05</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Mackinac Island Cottages of the Rich & Famous Leader: Tom Buettner, Historian 2:30 p.m. Friendship Room</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Raybrook Lunch BBQ Beef Brisket Sandwiches with soup 11:30-12:30 pm, LDR</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Inpatient or Observation? Hospital Stays Can Be Confusing Leader: Sonja Rose, RN of HH/Hospital Liason 2:30 p.m. Friendship Room</p> </div>	<div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p>Estates Beauty Salon Open T, W, Th, F 8:00 a.m.-4:00 p.m. Make an appointment: Phone #: 235-5701</p> <p>Health Center 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>Maintenance Requests Phone #: 235-2787</p> <p>Van's Market Store Hours Mondays 9:30 - 11:30 am Wednesdays 9:30 - 11:30 Fridays 1:00 - 3:30 pm</p> <p>Volunteer Office Phone#: 235-5717</p> </div>	



August 5- August 11

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

Sunday, August 5	Monday, August 6	Tuesday, August 7	Wed., August 8	Thursday, August 9	Friday, August 10	Saturday, August 11
<p>9:30 Worship Service led by: David Woolen, CH</p> <p>6:15 Song Service</p> <p>6:30 Worship Service led by: Rev. Lloyd Wolters, Retired CRC, 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</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>REAL</p> <p>Current Events Leader: Hank Post, EIII Resident 10:00 a.m. EII Small Dining Room</p> <p>11:00 Fitness Video, BWC</p> <p>11:30 Cardio Action, BWC</p> <p>1:30 EI RAC Meeting, CR</p> <p>3:00 Coffee Hour, CS</p> <p>7:00 Game Night, CS</p> <p>7:00 Movie Night; "While You Were Sleeping", FR</p>	<p>The Omelette Shoppe 8:10/EI, 8:15/EII</p> <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</p> <p>1:00 Knitting Club, LA</p> <p>1:30 Balance & Core Stability, BWC</p> <p>2:30 First Step, BWC</p> <p>REAL</p> <p>Takeover! W MI Suffragists & 1914 Grand Rapids Press Leader: Fran VanStee, Retired from the GR Public Library 2:30 p.m. Friendship Room</p> <p>5:30 Fellowship Dinner, FR</p> <p>7:00 Games, CR</p> <p>7:00 EII Birthday Ice Cream Social, celebrating July & August birthdays, LDR</p>	<p>GR Conference Grounds Ladies Day Bus Pick Up Locations EIII at 7:55, EI at 8:00, EII at 8:05</p> <p>Shopping at Meijer 9:00/EI, 9:05/EII</p> <p>8:30 Moving with Mike, Level one lounge</p> <p>8:30 Stretch & Flex, GP</p> <p>9:30 *Pool class with Cyn, pool</p> <p>10:00 Coffee Connections, LA</p> <p>10:00 Coffee Time, CR</p> <p>11:00 Fitness Video, BWC</p> <p>Raybrook Lunch Grilled brats & hotdogs 11:30-12:30 pm, LDR <i>Invite your family & friends</i></p> <p>11:30 Cardio Action, BWC</p> <p>2:00 Open Swim w/Zack, pool</p> <p>3:00 Coffee Hour, CS</p> <p>3:30 Heart Healthy Dance, FR</p>	<p>8:30 Homes Breakfast at Arnies, call Harriet by NOON Wed @ 949-0396, carpool</p> <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</p> <p>1:30 Balance & Core Stability, BWC</p> <p>CAREGIVER'S SUPPORT GROUP 2:00 p.m., EI Club Room</p> <p>2:30 First Step, BWC</p> <p>2:30 Third Coast Folks, 🎵 Music from 60's & 70's, CH</p> <p>3:00 Coffee Hour, CS</p> <p>5:30 Raybrook Community Dinner, LDR *Steak dinner <i>Sign up is required</i></p>	<p>8:30 Moving with Mike exercise class, FR</p> <p>8:30 Stretch & Flex , GP</p> <p>Shopping at Meijer 9:00/EI Lobby, 9:05/EII</p> <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> <p>REAL</p> <p>The Teaching Kitchen Leader: Brian Brookman, Fulton Executive Chef & Karen Portko, Dietician 2:30 p.m. Friendship Room <i>Sign up is required</i></p> <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: "Guess Who's Coming to Dinner", SDR</p> <p>Upcoming Events Tuesday, August 14 Concert at Kollen Park, Holland, MI American Legion Band Concert starts at 7:30. We will be stopping for ice cream after concert NOTE: It is a little cooler out there, so bring a sweater or light jacket Lawn chairs and a cooler will be provided if you would like to bring your own beverage. <i>Sign up information will be coming soon.</i></p> <p>Wednesday, August 22 David's House Ministries Campus Tour Bus pick up locations: Estates III at 1:25, Estates I at 1:30 & Estates II at 1:35 Sign up on your bulletin board or call Jill at 235-5042</p> <p> VibrantLiving</p>
<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 (*Indicates a fee for the class</p> <p>REAL Indicates Resident Enrichment Academy for Living <i>Family & friends welcome</i></p>						