

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



March 2019

Raybrook Manor Cook Unit



<p>9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 10:30 Exercise, Refreshments and Devotions 2:00 Scenic Bus Ride Evening: Staff Choice</p>	<p>9:30 Knitting Club After Lunch: Game Hour Refresh and Reminisce 4:00 Travelogue Evening: Staff Choice</p>	<p>10:30 Exercise 11:00 Evening Star After Lunch: Game Hour Refresh and Reminisce 4:00 Tabletop activities Evening: Hangman or Name 10</p>	<p>10:30 Exercise, Refreshments, Music and Devotions After Lunch: Bingo Refresh and Reminisce Trivia 7:00 Praise Music with Steve Jansen and Ruthi Sicklesteel - Chapel</p>	<p>10:30 Intergenerational Social Time After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night</p>	<p>After Breakfast: Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard</p>
<p>9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 10:30 Exercise, Refreshments and Devotions After Lunch: Game Hour Trivia Evening: Staff Choice Happy 98th Birthday to Al!</p>	<p>9:30 Knitting Club After Lunch: Game Hour Refresh and Reminisce 4:00 Travelogue 5:45 Dinner Music with Geneva Staff Choice</p>	<p>10:30 Exercise 11:00 Evening Star After Lunch: Game Hour Refresh and Reminisce 4:00 Tabletop activities Evening: Hangman or Name 10 Happy 85th Birthday to Pat!</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 2:30 Kentwood Community Chorus - Chapel 2:30 Visit with Lincoln (Dog) Trivia Evening: Shuffleboard</p>	<p>10:30 Intergenerational Social Time 1:50 Piano Music with Colette Refresh and Reminisce 50 States Challenge Evening: Movie Night Happy Birthday to Jane!</p>	<p>After Breakfast: Exercise, Refreshments, Devotions After Lunch: Resident Choice Trivia Evening: Shuffleboard Happy 57th Anniversary to Gord and Von!</p>
<p>9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 10:30 Exercise, Refreshments and Devotions 3:00 St. Patrick's Day Social Trivia Evening: Staff Choice</p>	<p>9:30 Knitting Club 9:45 Regina plays the Dulcimer After Lunch: Game Hour Refresh and Reminisce 4:00 Travelogue 7:00 Eldermusic Ministries – On Unit Happy 82nd Birthday to Marv!</p>	<p>10:30 Exercise 11:00 Evening Star After Lunch: Game Hour Refresh and Reminisce 4:00 Tabletop activities 7:00 Hymn Sing with Emily Brink - Chapel</p>	<p>10:30 Exercise, Refreshments, Music and Devotions 1:30 Piano Music with Tricia Bingo Refresh and Reminisce Trivia Evening: Shuffleboard</p>	<p>10:30 Exercise, Refreshments, Music and Devotions After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night</p>	<p>After Breakfast: Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard</p>
<p>9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 10:30 Exercise, Refreshments and Devotions 2:00 Scenic Bus Ride Evening: Staff Choice</p>	<p>9:30 Knitting Club After Lunch: Game Hour Refresh and Reminisce 4:00 Travelogue 5:45 Dinner Music with Geneva 7:00 Sam's Swing Band - Chapel</p>	<p>10:30 Exercise 11:00 Evening Star 3:00 March Birthday Party Evening: Hangman or Name 10</p>	<p>10:30 Exercise, Refreshments, Music and Devotions After Lunch: 2:30 Visit with Lincoln (Dog) Refresh and Reminisce Evening: Shuffleboard</p>	<p>10:30 Exercise, Refreshments, Music and Devotions After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night</p>	<p>After Breakfast: Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard</p>
<p>9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p>9:15 Hymn Sing with Dee 10:30 Exercise, Refreshments and Devotions 2:00 Scenic Bus Ride Evening: Staff Choice</p>	<p>9:30 Knitting Club After Lunch: Game Hour Refresh and Reminisce 4:00 Travelogue 5:45 Dinner Music with Geneva 7:00 Sam's Swing Band - Chapel</p>	<p>10:30 Exercise 11:00 Evening Star 3:00 March Birthday Party Evening: Hangman or Name 10</p>	<p>10:30 Exercise, Refreshments, Music and Devotions After Lunch: 2:30 Visit with Lincoln (Dog) Refresh and Reminisce Evening: Shuffleboard</p>	<p>10:30 Exercise, Refreshments, Music and Devotions After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night</p>	<p>After Breakfast: Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard</p>
<p>9:30 Worship Service Refreshments, Music and Devotions After Lunch: Resident Choice Travelogue Evening: 6:30 LaGrave CRC Service Coffee & Fellowship</p>	<p align="center">Components of Vibrant Living:</p> <ul style="list-style-type: none"> * Social Engagement * Physical Wellness * Spiritual Fulfillment * Intellectual Discovery * Emotional Wellbeing 					<p>After Breakfast: Exercise, Refreshments, Music and Devotions After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard</p>

We appreciate a little spontaneity on the Cook Unit. Therefore, calendar events are subject to change, without notice.