

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Worship Service 1 Refreshments and Music 1:00 Detroit Tigers Baseball – Channel 201 Resident Choice 6:30 LaGrave CRC Service Coffee & Fellowship <i>Happy 68th Anniversary to Charlie and Ann!</i>	9:15 Hymn Sing with Dee 2 Exercise, Refreshments and Devotions 1:00 Detroit Tigers Baseball – Channel 201 Refresh and Reminisce Trivia Evening: Staff Choice <small>Labor Day</small>	9:30 Knitting Club 3 After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Tabletop Bowling	Exercise 4 11:00 Evening Star Worship Service After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Hangman or Name 10	Exercise, Refreshments, Music and Devotions 5 After Lunch: 1:00 Detroit Tigers Baseball – Channel 201 Bingo Refresh and Reminisce Evening: Shuffleboard	10:30 Exercise, Refreshments, Music and Devotions 6 After Lunch: Manicures Refresh and Reminisce Evening: Movie Night or Staff Choice	Exercise, Refreshments, Music and Devotions 7 After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard
9:30 Worship Service 8 Refreshments and Music 4:00 Detroit Tigers Baseball – Channel 201 Resident Choice 6:30 LaGrave CRC Service Coffee & Fellowship <small>Grandparents' Day</small>	9:15 Hymn Sing with Dee 9 Exercise, Refreshments and Devotions 12:00 Lunch Outing Game Hour Refresh and Reminisce Trivia Evening: Staff Choice	9:30 Knitting Club 10 9:00-11:00 Farmer's Market – Manor Parking Lot Game Hour Refresh and Reminisce Tabletop activities 5:45 Dinner Music with Geneva Evening: Tabletop Bowling	Exercise 11 11:00 Evening Star Worship Service After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Hangman or Name 10	Exercise, Refreshments, Music and Devotions 12 1:00 Detroit Tigers Baseball – Channel 201 2:30 Visit with Lincoln & Phoebe (Dogs) Refresh and Reminisce 7:00 Jubilee Women's Ensemble - Chapel	10:30 Intergenerational Social Time 13 After Lunch: Manicures 3:00 Bible Stories and Songs with Marilyn Refresh and Reminisce Evening: Movie Night or Staff Choice	Exercise, Refreshments, Music and Devotions 14 After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard
9:30 Worship Service 15 Refreshments and Music 1:00 Detroit Tigers Baseball – Channel 201 Resident Choice 6:30 LaGrave CRC Service Coffee & Fellowship	9:15 Hymn Sing with Dee 16 Exercise, Refreshments and Devotions After Lunch: Game Hour Refresh and Reminisce 4:00 Detroit Tigers Baseball – Channel 201 7:00 Grace Gospel Band - Chapel	9:30 Knitting Club 17 After Lunch: Game Hour Refresh and Reminisce Tabletop activities 7:00 Eldermusic Ministries – On Unit	Exercise 18 11:00 Worship Service After Lunch: Game Hour Refresh and Reminisce Tabletop activities Evening: Hangman or Name 10	Exercise, Refreshments, Music and Devotions 19 1:30 Piano Music with Tricia Bingo Refresh and Reminisce Evening: Shuffleboard	Exercise, Refreshments, Music and Devotions 20 After Lunch: Manicures Refresh and Reminisce 50 States Challenge Evening: Movie Night or Staff Choice	Exercise, Refreshments, Music and Devotions 21 After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard <i>Happy 90th Birthday to Bill D!</i> <small>Oktoberfest Begins</small>
9:30 Worship Service 22 Refreshments and Music 1:00 Detroit Tigers Baseball – Channel 201 Resident Choice 6:30 LaGrave CRC Service Coffee & Fellowship	9:15 Hymn Sing with Dee 23 Exercise, Refreshments and Devotions 3:00 Campus Prayer Walk Evening: Staff Choice <i>Happy 69th birthday to Jennie!</i> Celebrate Spiritual Fulfillment! <small>Autumn Begins</small>	10:00 "Embracing your Story with Kristin Sterk - Chapel 24 2:30 "Back to Our Roots" Open House – Friendship Room 5:45 Dinner Music with Geneva Evening: Tabletop Bowling Celebrate Emotional Well-being!	Exercise 25 11:00 Evening Star Worship Service After Lunch: Game Hour 3:00 September Birthday Party Evening: Hangman or Name 10 Celebrate Physical Wellness!	10:00 "Laughter is the Best Medicine" – Friendship Room 26 2:30 Visit with Lincoln & Phoebe (Dogs) 3:00 "Plant Your Roots" – Friendship Room Evening: Shuffleboard Celebrate Social Engagement!	10:30 Intergenerational Social Time 27 10:00 "Get to the Root" team trivia – Friendship Room 3:00 Bible Stories and Songs with Marilyn Evening: Movie Night or Staff Choice Celebrate Intellectual Discovery!	Exercise, Refreshments, Music and Devotions 28 After Lunch: Individual Leisure Resident Choice Trivia Evening: Shuffleboard <i>Happy 91st Birthday to Viola!</i>
9:30 Worship Service 29 Refreshments and Music 3:00 Detroit Tigers Baseball – Channel 201 Resident Choice 6:30 LaGrave CRC Service Coffee & Fellowship	9:15 Hymn Sing with Dee 30 Exercise, Refreshments and Devotions After Lunch: Game Hour Refresh and Reminisce Trivia Evening: Staff Choice <small>Rosh Hashanah (first Day)</small>	<h1>September 2019</h1> <h2>Raybrook Manor Cook Unit</h2> <p>September 23-27 is Active Aging Week. Our theme for the week is "Rooted in Wellness", based on Colossians 2:7. Each day, we will be celebrating a different component of Vibrant Living.</p>				

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