

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# October 2019

## Raybrook Manor Cook Center

9:30 Knitting Club  
2:30 Music with Chris Sloan –  
On Unit  
Refresh and Reminisce  
**Evening:**  
Tabletop Bowling

Exercise  
11:00 Evening Star Worship  
Service  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Tabletop activities  
7:00 Grand Rapids Accordion  
Ensemble - Chapel

10:30 Movin' and Groovin'  
with Lori Teft – On Unit  
**After Lunch:**  
Bingo  
Refresh and Reminisce  
**Evening:**  
Shuffleboard

10:30 Exercise, Refreshments,  
Music and Devotions  
**After Lunch:**  
Manicures  
Refresh and Reminisce  
50 States Challenge  
**Evening:**  
Movie Night or Staff Choice

Exercise, Refreshments,  
Music and Devotions  
**After Lunch:**  
Individual Leisure  
Resident Choice  
Trivia  
**Evening:**  
Shuffleboard

9:30 **Worship Service**  
Refreshments, Music and  
Devotions  
**After Lunch:**  
Resident Choice  
Travelogue  
**Evening:**  
6:30 LaGrave CRC Service  
Coffee & Fellowship

9:15 Hymn Sing with Dee  
Exercise, Refreshments and  
Devotions  
2:00 Scenic Bus Ride  
**Evening:**  
Staff Choice

9:30 Knitting Club  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Tabletop activities  
5:45 Dinner Music with  
Geneva  
**Evening:**  
Tabletop Bowling

Exercise  
11:00 Evening Star Worship  
Service  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Tabletop activities  
**Evening:**  
Hangman or Name 10  
**Happy 85<sup>th</sup> Birthday to Arlene!**  
Yom Kippur

Exercise, Refreshments,  
Music and Devotions  
**After Lunch:**  
Bingo  
2:30 Visit with Lincoln &  
Phoebe (Dogs)  
Refresh and Reminisce  
**Evening:**  
Shuffleboard

10:30 Intergenerational Social  
Time  
**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  
**After Lunch:**  
Individual Leisure  
Resident Choice  
Trivia  
**Evening:**  
Shuffleboard

9:30 **Worship Service**  
Refreshments, Music and  
Devotions  
**After Lunch:**  
Resident Choice  
Travelogue  
**Evening:**  
6:30 LaGrave CRC Service  
Coffee & Fellowship

9:15 Hymn Sing with Dee  
Exercise, Refreshments and  
Devotions  
12:00 Lunch Outing  
Game Hour  
Refresh and Reminisce  
Trivia  
**Evening:**  
Fall Craft Activity  
Columbus Day (US)  
Thanksgiving Day (Canada)  
Sukkot

9:30 Knitting Club  
9:45 Regina plays the  
Dulcimer  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Tabletop activities  
7:00 Eldermusic Ministries –  
On Unit  
**Happy 96<sup>th</sup> Birthday to Rich H!**

Exercise  
11:00 Evening Star Worship  
Service  
2:30 Ransom Street Big Band  
– Chapel  
Refresh and Reminisce  
Tabletop activities  
**Evening:**  
Hangman or Name 10

Exercise, Refreshments,  
Music and Devotions  
1:30 Piano Music with Tricia  
Bingo  
Refresh and Reminisce  
**Evening:**  
Shuffleboard

Exercise, Refreshments, Music  
and Devotions  
**After Lunch:**  
Manicures  
Refresh and Reminisce  
50 States Challenge  
**Evening:**  
Movie Night or Staff Choice

Exercise, Refreshments,  
Music and Devotions  
**After Lunch:**  
Individual Leisure  
Resident Choice  
Trivia  
**Evening:**  
Shuffleboard

9:30 **Worship Service**  
Refreshments, Music and  
Devotions  
**After Lunch:**  
Resident Choice  
Travelogue  
**Evening:**  
6:30 LaGrave CRC Service  
Coffee & Fellowship

9:15 Hymn Sing with Dee  
Exercise, Refreshments and  
Devotions  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Trivia  
**Evening:**  
Staff Choice

9:30 Knitting Club  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Tabletop activities  
5:45 Dinner Music with  
Geneva  
**Evening:**  
Tabletop Bowling  
  
Simchat Torah

Exercise  
11:00 Evening Star Worship  
Service  
**After Lunch:**  
Game Hour  
3:00 October Birthday Party  
**Evening:**  
Hangman or Name 10

Exercise, Refreshments,  
Music and Devotions  
**After Lunch:**  
Bingo  
2:30 Visit with Lincoln &  
Phoebe (Dogs)  
3:00 Scripture & Strings -  
Chapel  
**Evening:**  
Shuffleboard

10:30 Intergenerational Social  
Time  
**After Lunch:**  
Manicures  
3:00 Bible Stories and Songs  
with Marilyn  
Refresh and Reminisce  
**Evening:**  
Movie Night or Staff Choice  
**Happy 88<sup>th</sup> Birthday to Ina!**

Exercise, Refreshments,  
Music and Devotions  
**After Lunch:**  
Individual Leisure  
Resident Choice  
Trivia  
**Evening:**  
Shuffleboard  
**Happy 91<sup>st</sup> Birthday to Rose  
S!**

9:30 **Worship Service**  
Refreshments, Music and  
Devotions  
**After Lunch:**  
Resident Choice  
Travelogue  
**Evening:**  
6:30 LaGrave CRC Service  
Coffee & Fellowship  
**Happy 80<sup>th</sup> Birthday to Mary!**

9:15 Hymn Sing with Dee  
Exercise, Refreshments and  
Devotions  
2:00 Scenic Bus Ride  
**Evening:**  
Staff Choice

9:30 Knitting Club  
**After Lunch:**  
Game Hour  
Refresh and Reminisce  
Tabletop activities  
**Evening:**  
Tabletop Bowling

Exercise  
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  
**After Lunch:**  
The Raybrook Circus is in  
town! – Show time to be  
determined  
**Evening:**  
Shuffleboard  
  
Halloween

### Components of Vibrant Living:

- \* Social Engagement
- \* Physical Wellness
- \* Spiritual Fulfillment
- \* Intellectual Discovery
- \* Emotional Wellbeing

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