

# July 24 – 30

## Estates & Homes

Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
<p><b>OPEN SWIM</b></p> <p>9:30 Chapel Service - Jack Roeda - CRC (CH)</p> <p>6:15 Chapel Service - Pastor Josh Holwerda, CRC (CH)</p>	<p><b>OPEN SWIM: 5:30am-10am, 11am-10pm</b></p> <p>8:30 Men's Social Hour (SDR)</p> <p>9:15 Cardio Express (BWC)</p> <p>9:30 Coffee Connections (LA)</p> <p>9:45 Strength Training (BWC)</p> <p>10:00 Coffee Time (CR)</p> <p>10:15 Water Walking (POOL)</p> <p>11:00 Raybrook Cafe' (CS)</p> <p>11:00 Cardio Express (BWC)</p> <p>11:30 Strength Training (BWC)</p> <p>1:00 Raybrook Purls Knitting/Crocheting (LA)</p> <p>1:15 Matter of Balance - SIGN UP REQUIRED in the BWC (SDR)</p> <p>1:30 Corn Hole (E2P)</p> <p>3:00 Open Gym (BWC)</p> <p>3:00 (BYOC) Coffee Time (LA)</p> <p>6:30 Pool League (GR)</p> <p>7:00 Movie Night (FR)</p>	<p><b>OPEN SWIM: 5:30am-10:45am, 11:45am-10pm</b></p> <p>8:15 Stretch and Flex (GP)</p> <p>9:30 Coffee Connections (LA)</p> <p>9:30 Balance and Core Stability (BWC)</p> <p>10:00 Coffee Time (CR)</p> <p>10:15 Balance and Core Stability (BWC)</p> <p>11:00 Water Aerobics (POOL)</p> <p>1:15 First Step (BWC)</p> <p>3:00 (BYOC) Coffee Time (LA)</p> <p>6:30 Pool League (GR)</p> <p>7:00 Game Night (CR)</p> <p>7:00 REAL: Films with Chester Alkema - 'The Other Side of the Mountain', Part One (SDR)</p>	<p><b>OPEN SWIM: 5:30am-10am, 11am-10pm</b></p> <p>9:00 Meijer Shopping-EI PU: 9am, EII PU:9:05am-SUR (TRAN)</p> <p>9:15 Cardio Express (BWC)</p> <p>9:30 Coffee Connections (LA)</p> <p>9:45 Strength Training (BWC)</p> <p>10:00 Coffee Time (CR)</p> <p>10:15 Water Walking (POOL)</p> <p>10:30 VAN'S MARKET OPENING (Lower Level of Raybrook Manor) 10:30am - 1:00pm (MKT)</p> <p>11:00 Raybrook Cafe' (CS)</p> <p>11:00 Cardio Express (BWC)</p> <p>11:30 Strength Training (BWC)</p> <p>2:00 Open Swim (POOL)</p> <p>3:00 (BYOC) Coffee Time (LA)</p> <p>3:30 Open Gym (BWC)</p> <p>6:30 Pool League (GR)</p> <p>7:00 Game Night (GP)</p>	<p><b>OPEN SWIM: 5:30am-10:45am, 11:45am-10pm</b></p> <p>8:15 Stretch and Flex (GP)</p> <p>8:30 Building &amp; Grounds Meeting (FR)</p> <p>9:30 Coffee Connections (LA)</p> <p>9:30 Balance and Core Stability (BWC)</p> <p>10:00 Coffee Time (CR)</p> <p>10:15 Balance and Core Stability (BWC)</p> <p>11:00 Water Aerobics (POOL)</p> <p>12:00 REAL: ZOOM Wellness Workshop: Nutrition (SDR)</p> <p>1:00 Caregiver's Support Group (CR)</p> <p>1:15 First Step (BWC)</p> <p>3:00 (BYOC) Coffee Time (LA)</p> <p>7:00 Hope Herald's Men's Choir (FR)</p>	<p><b>OPEN SWIM: 5:30am-10am, 11am-10pm</b></p> <p>9:00 Target Shopping - Lobby PU, EI/9am &amp; EII/9;05am (EL)</p> <p>9:15 Cardio Express (BWC)</p> <p>9:30 Coffee Connections (LA)</p> <p>9:45 Strength Training (BWC)</p> <p>10:00 Coffee Time (CR)</p> <p>10:15 Water Walking (POOL)</p> <p>10:30 Van's Market (MKT)</p> <p>11:00 Raybrook Cafe' (CS)</p> <p>11:00 Cardio Express (BWC)</p> <p>11:30 Strength Training (BWC)</p> <p>3:00 (BYOC) Coffee Time (LA)</p> <p>7:00 Game Night (1st Friday ONLY begins with BINGO) (CR)</p>	<p><b>OPEN SWIM</b></p> <p>10:00 Coffee Time (No July Birthday Social) (CR)</p> <p>7:00 Movie Night (SDR)</p>
						<p><b>CONTACTS</b></p> <p>ESTATES &amp; HMS OFFICE 616-235-5006 M-F, 8:00am-4:30pm</p> <p>HEALTH CENTER EI: 616-235-5721 8:30am-12:00pm EII: 616-235-5675 1:00pm-4:30pm</p> <p>EMERG RESPONSE 5:00pm-8:00am</p> <p>VAN'S MARKET M,W &amp; F - 10:30am-1:00pm</p> <p>FACILITY SERVICES 616-235-2787</p> <p>ESTATES SALON 616-235-5701</p> <p>VOLUNTEER SERVICES 616-235-5717</p> <p>NOTARY SERVICES Office, By Appointment</p>
<p><b>LOCATION LEGEND</b></p> <p>BWC-Buiten Wellness Center CH-Chapel CR-EI Club Room CS-EII Coffee Shop E2P-EII Patio GR-Game Room GP-Gathering Place SDR-Small Dining Room LDR-Large Dining Room LA-EII Lounge FR-Friendship Room OFFS-Offsite POOL-Pool RMP-Manor Parking Lot TRAN-Transportation</p>						

# July 31 – August 6

## Estates & Homes

Sunday 31	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
<p><b>OPEN SWIM</b>            9:30Chapel Service - Jack Roeda - CRC (CH)            6:15Chapel Service - Rev. David Fleming, Our Savior Lutheran - RAYBROOK SINGING MEN (CH)</p>	<p><b>OPEN SWIM: 5:30am-10am, 11am-10pm</b>            8:30Men's Social Hour (SDR)            9:15Cardio Express (BWC)            9:30Coffee Connections (LA)            9:45Strength Training (BWC)            10:00Coffee Time (CR)            10:15Water Walking (POOL)            10:30Van's Market (MKT)  <b>11:00Raybrook Cafe' (CS)</b>            11:00Cardio Express (BWC)            11:30Strength Training (BWC)            1:00Raybrook Purls Knitting/Crocheting (LA)            1:15Matter of Balance - SIGN UP REQUIRED in the BWC (SDR)            1:30Corn Hole (E2P)            1:30EI RAC Meeting (CR)            3:00(BYOC) Coffee Time (LA)            3:00Open Gym (BWC)            6:30Pool League (GR)            7:00Movie Night (FR)</p>	<p><b>OPEN SWIM: 5:30am-10:45am, 11:45am-10pm</b>            8:15Stretch and Flex (GP)            9:30Coffee Connections (LA)            9:30Balance and Core Stability (BWC)            10:00Coffee Time (CR)            10:15Balance and Core Stability (BWC)            11:00Water Aerobics (POOL)            1:15First Step (BWC)            3:00(BYOC) Coffee Time (LA)            6:30Pool League (GR)            7:00Game Night (CR)            7:00EII Ice Cream Birthday Social - LDR (LDR)</p>	<p><b>OPEN SWIM: 5:30am-10am, 11am-10pm</b>            8:30Ladies Day at CRC Conference Grounds - Sign Up Required -Cost - EI Lobby PU: 8:30am, EII Lobby PU: 8:35am (OFFS)            9:00Meijer Shopping-EI PU: 9am, EII PU:9:05am-SUR (TRAN)            9:15Cardio Express (BWC)            9:30Coffee Connections (LA)            9:45Strength Training (BWC)            10:00Coffee Time (CR)            10:15Water Walking (POOL)            10:30Van's Market (MKT)  <b>11:00Raybrook Cafe' (CS)</b>            11:00Cardio Express (BWC)            11:30Strength Training (BWC)            2:00Open Swim (POOL)            2:30Current Events w/Hank Post - MASK Req (D1DR)            2:30REAL: Living Well: Patient Advocacy w/Sherry Greenbaum, LMSW w/Atrio Home Health (FR)            3:00(BYOC) Coffee Time (LA)            3:30Open Gym (BWC)            6:30Pool League (GR)            7:00Game Night (GP)</p>	<p><b>OPEN SWIM: 5:30am-10:45am, 11:45am-10pm</b>            8:15Stretch and Flex (GP)            8:30Homes Denny's Breakfast - RSVP to Harriet Hasper at 616-450-7428 or hhspr25@gmail.com (OFFS)            9:30Coffee Connections (LA)            9:30Balance and Core Stability (BWC)            10:00Coffee Time (CR)            10:00EI/EIII Donuts with Development (CR)            10:15Balance and Core Stability (BWC)            11:00Water Aerobics (POOL)            1:15First Step (BWC)            3:00(BYOC) Coffee Time (LA)</p>	<p><b>OPEN SWIM: 5:30am-10am, 11am-10pm</b>            9:00Aldi Shopping - Lobby PU, EI/9am &amp; EII/9;05am (EL)            9:15Cardio Express (BWC)            9:30Coffee Connections (LA)            9:45Strength Training (BWC)            10:00Coffee Time (CR)            10:15Water Walking (POOL)            10:30Van's Market (MKT)  <b>11:00Raybrook Cafe' (CS)</b>            11:00Cardio Express (BWC)            11:30Strength Training (BWC)            3:00(BYOC) Coffee Time (LA)            7:00Game Night (1st Friday ONLY begins with BINGO) (CR)</p>	<p><b>OPEN SWIM</b>            10:00Coffee Time (Except when there is the EI/EIII Birthday Social) (CR)            7:00Movie Night (SDR)</p> <div style="text-align: center; background-color: #f4a460; padding: 5px; border-radius: 10px; margin: 10px 0;"> <b>SAVE THE DATE!</b> </div> <p style="text-align: center;">             AUGUST 9              CALVIN SEMINARY Tour              Sign Ups Begin July 28               AUGUST 14              HUNAN Restaurant Outing              Sign Ups Begin Aug 2               AUGUST 16              Outing - TBD              Sign Ups Begin Aug 2           </p>