

January 22 – January 28 Estates & Homes





Based On Information Known At Time Of Print

RMP-Manor Parking Lot

TRAN-Transportation

Based On Information Known At Time Of Print										
Sunday 22	Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27					
OPEN SWIM	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	Г				
9:30Chapel Service - Rev.	10am, 11am-10pm	10:45am, 11:45am-10pm	10am, 11am-10pm	10:45am, 11:45am-10pm	10am, 11am-10pm	1				
Ralph Robrahn, RCA	8:30Men's Social Hour	8:15Stretch and Flex (GP)	9:00Meijer Shopping-El PU:	8:15Stretch and Flex (GP)	9:00Friday Shopping -	7				
(CH)	(SDR)	9:30Balance and Core	9am, EII PU:9:05am-	8:30Building & Grounds	Lobby PU, EI/9am &					
6:15Chapel Service - Rev.	9:15Cardio Express (BWC)	Stability (BWC)	SUR (TRAN)	Meeting (FR)	EII/9;05am (EL)					
David Fleming, Our	9:30Coffee Connections	9:30Coffee Connections	9:15Cardio Express (BWC)	9:30Balance and Core	9:15Cardio Express (BWC)					
Savior Lutheran (CH)	(LA)	(LA)	9:30Coffee Connections	Stability (BWC)	9:30Coffee Connections					
	9:45Strength Training	10:00Coffee Time (CR)	(LA)	9:30Coffee Connections	(LA)					
	(BWC)	10:00RAY'S BISTRO -	9:45Strength Training	(LA)	9:45Strength Training	L.				
	10:00Coffee Time (CR)	10:00am - 1:30pm (RB)	(BWC)	10:00Coffee Time (CR)	(BWC)					
	10:00RAY'S BISTRO -	10:15Balance and Core	10:00Coffee Time (CR)	10:00RAY'S BISTRO -	10:00Coffee Time (CR)	I				
	10:00am - 1:30pm (RB)	Stability (BWC)	10:00RAY'S BISTRO -	10:00am - 1:30pm (RB)	10:00RAY'S BISTRO -					
	10:15Water Walking (POOL)	11:00Water Aerobics	10:00am - 1:30pm (RB)	10:15Balance and Core	10:00am - 1:30pm (RB)					
	10:30Van's Market (MKT)	(POOL)	10:15Water Walking (POOL)	Stability (BWC)	10:15Water Walking (POOL)					
	11:00Cardio Express (BWC)	12:30January Series Live	10:30Van's Market (MKT)	11:00Water Aerobics	10:30Van's Market (MKT)					
	11:30Strength Training	Stream (FR)	11:00Cardio Express (BWC)	(POOL)	11:00Cardio Express (BWC)					
	(BWC)	2:00First Step during	11:30Strength Training	12:30January Series Live	11:30Strength Training					
LOCATION LEGEND	12:30January Series Live	January Series (BWC)	(BWC)	Stream (FR)	(BWC)					
ECONTION ELOCIND	Stream (FR)	3:00Coffee Time (LA)	12:30January Series Live	1:45Caregiver's Support	12:30January Series Live					
SUR-Sign Up Required	1:00Raybrook Purls	6:30Pool League (RBB)	Stream (FR)	Group - TIME CHANGE	Stream (FR)					
\$\$-Cost Involved	Knitting/Crocheting	7:00Game Night (CR)	2:00Open Swim (POOL)	TODAY ONLY (CR)	3:00Coffee Time (LA)					
BWC-Buiten Wellness Center	(LA)	3 (,	3:00Coffee Time (LA)	2:00First Step during	7:00Game Night (1st Friday					
CH-Chapel	2:00Exercise w/the GR		3:30Open Gym (BWC)	January Series (BWC)	ONLY begins with					
CR-EI Club Room	Ballet - Moved to the		6:30Pool League (RBB)	3:00Coffee Time (LA)	BINGO) (CR)					
CS-EII Coffee Shop E2P-EII Patio	GP during the January		7:00Game Night (Except	7:00Hymn Sing with Emily						
GR-Game Room	Series (GP)		the 3rd Wed Each	Brink and						
GP-Gathering Place	3:00Coffee Time (LA)		Month) (GP)	Accompanist(s) (CH)						
SDR-Small Dining Room LDR-Large Dining Room	3:00Open Gym (BWC)		, (5)	, 1000pulliot(e) (01.)						
LA-EII Lounge	6:30Pool League (RBB)									
FR-Friendship Room OFFS-Offsite	7:00Movie Night (FR)									
POOL-Pool	7.00movie raight (ray									
RB-Ray's Bistro										
RBB-Ray's Bistro Billiards										
RBC-Ray's Bistro Conf Room										

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CONTACTS

Saturday 28

OPEN SWIM

10:00Coffee Time (LA) 7:00Movie Night (SDR)

ESTATES & HMS OFFICE 616-235-5006 M-F, 8:00am-4:30pm

HEALTH CENTER

El: 616-235-5721 8:30am-12:00pm

EII: 616-235-5675 1:oopm-4:30pm

EMERG RESPONSE 5:00pm-8:00am

VAN'S MARKET M,W & F - 10:30am-1:00pm

> FACILITY SERVICES 616-235-2787

ESTATES SALON 616-235-5701

VOLUNTEER SERVICES 616-235-5717

NOTARY SERVICES Office, By Appointment



January 29 – February 4



Estates & Homes

OPEN SWIM 9:30 Chapel Services Victoria White, Director of All Bellong Church Services (CH) 6:15 Chapel Services (CW) 10:00 Carfee Time (CR) 10:00 Carfee Time (Based On Information Known At Time Of Print						
9.30Chapel Services (2H) Director of All Belong Church Services (2H) 9.30Coffee Connections (LA) 9.30Coffee Connections (LA) 9.30Strength Training (BWC) 10.00RAY'S BISTRO- 10.00Cardic Express (BWC) 15.00Cardic Exp	Sunday 29	Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4
Sign Up Begins Feb. 6	9:30Chapel Service - Victoria White, Director of All Belong Church Services (CH) 6:15Chapel Service - Rev. Evan Heerema, Retired CRC - RAYBROOK SINGING MEN (CH) TAKE NOTE The POOL is closed for annual maintence beginning Wednesday,	10am, 11am-10pm 8:30 Men's Social Hour (SDR) 9:15 Cardio Express (BWC) 9:30 Coffee Connections (LA) 9:45 Strength Training (BWC) 10:00 Coffee Time (CR) 10:00 RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:15 Water Walking (POOL) 10:30 Van's Market (MKT) 11:00 Cardio Express (BWC) 11:30 Strength Training (BWC) 1:00 Raybrook Purls Knitting/Crocheting (LA) 2:00 Exercise w/the GR Ballet (FR) 3:00 Coffee Time (LA) 3:00 Open Gym (BWC) 6:30 Pool League (RBB)	10:45am, 11:45am-10pm 8:15Stretch and Flex (GP) 9:30Balance and Core Stability (BWC) 9:30Coffee Connections (LA) 10:00Coffee Time (CR) 10:00RAY'S BISTRO- 10:00am - 1:30pm (RB) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (CR) 7:00Gentit Family Singers	PU: 9am, EII PU:9:05am-SUR (TRAN) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00am - 1:30pm (RB) 10:15Open Gym (while pool closed) (BWC) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 2:30Current Events w/Hank Post - MASK Req (D1DR) 3:00Coffee Time (LA) 3:30Open Gym (BWC) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each	8:30 Homes Breakfast at New Beginnings - RSVP to Harriet Hasper at 616-450-7428 or hhspr25@gmail.com (OFFS) 9:30 Balance and Core Stability (BWC) 9:30 Coffee Connections (LA) 10:00 Coffee Time (CR) 10:00 RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00 El/Elll Donuts with Development (CR) 10:15 Balance and Core Stability (BWC) 10:45 Downtown Market Shopping & Lunch Outing - SUR (OFFS) 11:00 Fitness Games (offered while pool closed) (BWC) 1:15 First Step (BWC)	PU, EI/9am & EII/9;05am (EL) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00am - 1:30pm (RB) 10:15Open Gym (while pool closed) (BWC) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with	FEBRUARY 7 CANVAS PAINTING CLASS (See Feb REAL Catalog for more info.) Sign Up Begins Jan. 24 FEBRUARY 9 SERVICE OF REMEMBRANCE FEBRUARY 14 VALENTINE'S AFTERNOON TEA Sign Up Begins Jan. 27 FEBRUARY 20 RESTAURANT OUTING