

# January 7 - January 13

## Estates & Homes

Based On Information Known At Time Of Print

Sunday 7	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13
<p><b>OPEN SWIM (POOL)</b>  <b>9:30Chapel Service - Rev. Jim Evenhouse, Retired CRC (CH)</b>  <b>6:15Chapel Service - Rev David Fleming - Our Savior Lutheran (CH)</b></p>	<p><b>OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)</b>  <b>8:30Men's Social Hour (SDR)</b>  <b>9:15Cardio Express (BWC)</b>  <b>9:30Coffee Connections (LA)</b>  <b>9:45Strength Training (BWC)</b>  <b>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</b>  <b>10:00Coffee Time (CR)</b>  <b>10:00Calvin Presentation with President Wiebe Boer - This is a rescheduled date. (FR)</b>  <b>10:15Water Walking (POOL)</b>  <b>10:30Van's Market (MKT)</b>  <b>11:00Cardio Express (BWC)</b>  <b>11:30Strength Training (BWC)</b>  <b>11:30EIII Lunch Gathering (RBC)</b>  <b>1:00Raybrook Purls Knitting/Crocheting (LA)</b>  <b>2:00Exercise w/the GR Ballet (BWC)</b>  <b>3:00Open Gym (BWC)</b>  <b>3:00Coffee Time (LA)</b>  <b>6:30Pool League (RBB)</b>  <b>7:00Movie Night (FR)</b></p>	<p><b>OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL)</b>  <b>8:15Stretch and Flex (GP)</b>  <b>9:30Coffee Connections (LA)</b>  <b>9:30Balance and Core Stability (BWC)</b>  <b>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</b>  <b>10:00Coffee Time (CR)</b>  <b>10:15Balance and Core Stability (BWC)</b>  <b>11:00Water Aerobics (POOL)</b>  <b>1:15First Step (BWC)</b>  <b>3:00Coffee Time (LA)</b>  <b>6:30Pool League (RBB)</b>  <b>7:00Game Night (CR)</b>  <b>7:00REAL: Films with Chester Alkema - To Sir with Love (FR)</b></p>	<p><b>RESIDENT OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)</b>  <b>9:00Meijer Shopping-EI PU: 9am, EII PU:9:05am-SUR (TRAN)</b>  <b>9:15Cardio Express (BWC)</b>  <b>9:30Coffee Connections (LA)</b>  <b>9:45Strength Training (BWC)</b>  <b>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</b>  <b>10:00Coffee Time (CR)</b>  <b>10:15Water Walking (POOL)</b>  <b>10:30Van's Market (MKT)</b>  <b>11:00Cardio Express (BWC)</b>  <b>11:30Strength Training (BWC)</b>  <b>2:00Open Swim (POOL)</b>  <b>2:30New Year's Social - SUR - \$\$ (FR)</b>  <b>3:00Coffee Time (LA)</b>  <b>3:30Open Gym (BWC)</b>  <b>6:30Pool League (RBB)</b>  <b>7:00Game Night (Except the 3rd Wed Each Month) (GP)</b></p>	<p><b>RESIDENT OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL)</b>  <b>8:15Stretch and Flex (GP)</b>  <b>9:30Coffee Connections (LA)</b>  <b>9:30Balance and Core Stability (BWC)</b>  <b>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</b>  <b>10:00Coffee Time (CR)</b>  <b>10:15Balance and Core Stability (BWC)</b>  <b>11:00Water Aerobics (POOL)</b>  <b>1:00Caregiver's Support Group (CR)</b>  <b>1:15First Step (BWC)</b>  <b>3:00Coffee Time (LA)</b></p>	<p><b>RESIDENT OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)</b>  <b>8:00Ray's Bistro BREAKFAST 8:00AM-10:30AM (Cold Lunch Available until 1:00PM) (RB)</b>  <b>9:00TRADER JOE'S Shopping - Lobby PU, EI/9am &amp; EII/9:05am (EL)</b>  <b>9:15Cardio Express (BWC)</b>  <b>9:30Coffee Connections (LA)</b>  <b>9:45Strength Training (BWC)</b>  <b>10:00Coffee Time (CR)</b>  <b>10:15Water Walking (POOL)</b>  <b>10:30Van's Market (MKT)</b>  <b>11:00Cardio Express (BWC)</b>  <b>11:30Strength Training (BWC)</b>  <b>3:00Coffee Time (LA)</b>  <b>7:00Game Night (1st Friday ONLY begins with BINGO) (CR)</b></p>	<p><b>RESIDENT OPEN SWIM (POOL)</b>  <b>3:00Coffee Time (LA)</b>  <b>7:00Movie Night (SDR)</b></p>
						<div style="border: 1px solid black; padding: 5px; text-align: center;"><b>CONTACTS</b></div> <p>ESTATES &amp; HMS OFFICE  616-235-5006  M-F, 8:00am-4:30pm</p> <p>-----</p> <p>HEALTH CENTER</p> <p>EI: 616-235-5721  8:30am-12:00pm</p> <p>EII: 616-235-5675  1:00pm-4:30pm</p> <p>EMERG RESPONSE  5:00pm-8:00am</p> <p>-----</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>
<div style="border: 1px solid black; padding: 5px; text-align: center;"><b>LOCATION LEGEND</b></div> <p>SUR-Sign Up Required  \$\$-Cost Involved</p> <p>BWC-Buiten Wellness Center  CH-Chapel  CR-EI Club Room  CS-EII Coffee Shop  CV-Chapel Visiting Room  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  RB-Ray's Bistro  RBB-Ray's Bistro Billiards  RBC-Ray's Bistro Conf Room  RMP-Manor Parking Lot  TRAN-Transportation</p>						

# January 14 - January 20

## Estates & Homes

Based On Information Known At Time Of Print

Sunday 14	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20
<p>RESIDENT OPEN SWIM (POOL)</p> <p>9:30Chapel Service - Rev. Henry Admiraal, Retired CRC (CH)</p> <p>6:15Chapel Service - Rev. Gerry Heyboer, HH Chaplain (CH)</p>	<p>RESIDENT OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)</p> <p>8:30Men's Social Hour (SDR)</p> <p>9:15Cardio Express (BWC)</p> <p>9:30Coffee Connections (LA)</p> <p>9:45Strength Training (BWC)</p> <p>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</p> <p>10:00Coffee Time (CR)</p> <p>10:15Water Walking (POOL)</p> <p>10:30Van's Market (MKT)</p> <p>11:00Cardio Express (BWC)</p> <p>11:30Strength Training (BWC)</p> <p>12:30JANUARY SERIES (FR)</p> <p>1:00Raybrook Purls Knitting/Crocheting (LA)</p> <p>2:00Exercise w/the GR Ballet (BWC)</p> <p>3:00Open Gym (BWC)</p> <p>3:00Coffee Time (LA)</p> <p>4:00Bagger Dave's Restaurant Outing - SUR - \$\$ (OFFS)</p> <p>6:30Pool League (RBB)</p> <p>7:00Movie Night (FR)</p>	<p>RESIDENT OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL)</p> <p>8:15Stretch and Flex (GP)</p> <p>9:30Coffee Connections (LA)</p> <p>9:30Balance and Core Stability (BWC)</p> <p>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</p> <p>10:00Coffee Time (CR)</p> <p>10:15Balance and Core Stability (BWC)</p> <p>11:00Water Aerobics (POOL)</p> <p>12:30JANUARY SERIES (FR)</p> <p>1:15First Step (BWC)</p> <p>3:00Coffee Time (LA)</p> <p>6:30Pool League (RBB)</p> <p>7:00Game Night (CR)</p>	<p>RESIDENT OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)</p> <p>9:00Meijer Shopping-EI PU: 9am, EI PU:9:05am-SUR (TRAN)</p> <p>9:15Cardio Express (BWC)</p> <p>9:30Coffee Connections (LA)</p> <p>9:45Strength Training (BWC)</p> <p>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</p> <p>10:00Coffee Time (CR)</p> <p>10:15Water Walking (POOL)</p> <p>10:30Van's Market (MKT)</p> <p>11:00Cardio Express (BWC)</p> <p>11:30Strength Training (BWC)</p> <p>12:30JANUARY SERIES (FR)</p> <p>2:00Open Swim (POOL)</p> <p>3:00Coffee Time (LA)</p> <p>3:30Open Gym (BWC)</p> <p>6:30Pool League (RBB)</p> <p>7:00Hymn Sing Along (GP)</p> <p>7:00Game Night (Except the 3rd Wed Each Month) (GP)</p>	<p>RESIDENT OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL)</p> <p>8:15Stretch and Flex (GP)</p> <p>9:30Coffee Connections (LA)</p> <p>9:30Balance and Core Stability (BWC)</p> <p>9:30EII/Homes Donuts with Development (LA)</p> <p>10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)</p> <p>10:00Coffee Time (CR)</p> <p>10:00REAL: Raybrook Board Update (FR)</p> <p>10:15Balance and Core Stability (BWC)</p> <p>11:00Water Aerobics (POOL)</p> <p>12:30JANUARY SERIES (FR)</p> <p>1:15First Step (BWC)</p> <p>3:00Coffee Time (LA)</p>	<p>RESIDENT OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)</p> <p>8:00Ray's Bistro BREAKFAST 8:00AM-10:30AM (Cold Lunch Available until 1:00PM) (RB)</p> <p>9:00ALDI'S Shopping - Lobby PU, EI/9am &amp; EII/9:05am (EL)</p> <p>9:15Cardio Express (BWC)</p> <p>9:30Coffee Connections (LA)</p> <p>9:45Strength Training (BWC)</p> <p>10:00Coffee Time (CR)</p> <p>10:15Water Walking (POOL)</p> <p>10:30Van's Market (MKT)</p> <p>11:00Cardio Express (BWC)</p> <p>11:30Strength Training (BWC)</p> <p>12:30JANUARY SERIES (FR)</p> <p>3:00Coffee Time (LA)</p> <p>7:00Game Night (1st Friday ONLY begins with BINGO) (CR)</p>	<p>RESIDENT OPEN SWIM (POOL)</p> <p>3:00Coffee Time (LA)</p> <p>7:00Movie Night (SDR)</p>

SAVE THE DATE!

JANUARY 15 - FEBRUARY 2  
2024 JANUARY SERIES