



Raybrook
of Holland Home™

Based On Information Known At Time Of Print

April 30 - May 6

Estates & Homes



Sunday 30	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6
<p>OPEN SWIM (POOL) 9:30Chapel Service - Pastor Josh Holwerda, CRC (CH) 6:15Chapel Service - Rev. Chris DeBlaay, RCA (CH)</p>	<p>OPEN SWIM: 5:30am-10:00am, 11:00am-10:00pm (POOL) 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) 10:15Water Walking (POOL) 10:30Van's Market (MKT) 10:30Presentation - Saying No To Chemo: One Couples Experience led by Author Lois Roelofs (FR) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 1:00Raybrook Purls Knitting/Crocheting (LA) 1:00MOVE IN MAY - Noodle Hockey (BWC) 1:30EI RAC Meeting (CR) 2:00Exercise w/the GR Ballet (FR) 3:00Coffee Time (LA) 3:00Open Gym (BWC) 6:30Pool League (RBB) 7:00Movie Night (FR)</p>	<p>OPEN SWIM: 5:30am-10:45am, 11:45am-10pm (POOL) 8:15Stretch and Flex (GP) 9:30Coffee Connections (LA) 9:30Balance and Core Stability (BWC) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00am - 1:30pm (RB) 10:15Balance and Core Stability (BWC) 10:45Music at Mid Day at Park Church - SUR (OFFS) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (CR) 7:00Burton Street Brass (CH)</p>	<p>OPEN SWIM: 5:30am-10:00am, 11:00am-10:00pm (POOL) 9:00Meijer Shopping-EI PU: 9am, EI 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) 10:15Water Walking (POOL) 10:15Tulip Time Outing - SUR - \$\$ (OFFS) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 2:00Open Swim (POOL) 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 Month) (GP)</p>	<p>OPEN SWIM: 5:30am-10:45am, 11:45am-10pm (POOL) 8:15MOVE IN MAY - Pilates (GP) 8:30Homes Breakfast at New Beginnings - 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) 10:00RAY'S BISTRO - 10:00am - 1:30pm (RB) 10:00EI/EIII Donuts with Development (CR) 10:15Balance and Core Stability (BWC) 10:15Tulip Time Outing - SUR - \$\$ (OFFS) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 2:00National Day of Prayer Service (CH) 2:30Celebration Brass Concert (CH) 3:00Coffee Time (LA)</p>	<p>OPEN SWIM: 5:30am-10:00am, 11:00am-10:00pm (POOL) 9:00ALDI'S Shopping - Lobby PU, EI/9am & EI/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) 10:15Water Walking (POOL) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 12:30Kentucky Derby Luncheon - SUR - \$\$ (FR) 1:30Music with Bill & Dave (CH) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with BINGO) (CR)</p>	<p>OPEN SWIM (POOL) 10:00Coffee Time (LA) 7:00Movie Night (GP)</p>
<p>LOCATION LEGEND SUR-Sign Up Required \$\$-Cost Involved 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 RB-Ray's Bistro RBB-Ray's Bistro Billiards RBC-Ray's Bistro Conf Room RMP-Manor Parking Lot TRAN-Transportation</p>	<p>CONTACTS ESTATES & HMS OFFICE 616-235-5006 M-F, 8:00am-4:30pm HEALTH CENTER EI: 616-235-5721 8:30am-12:00pm EI: 616-235-5675 1:00pm-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</p>					



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Sunday 7

OPEN SWIM (POOL)
9:30Chapel Service - Rev. Ruth Romeyn, Retired CRC (CH)
6:15Chapel Service - Rev. Jim Evenhouse, Retired CRC (CH)

Monday 8

OPEN SWIM: 5:30am-10:00am, 11:00am-10:00pm (POOL)
9:15Cardio Express (BWC)
9:30Coffee Connections (LA)
9:45Strength Training (BWC)
10:00RAY'S BISTRO - 10:00am - 1:30pm (RB)
10:00Coffee Time (CR)
10:15Water Walking (POOL)
10:30Van's Market (MKT)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
1:00Raybrook Purls Knitting/Crocheting (LA)
1:00MOVE IN MAY - Patio Games: Basketball, Nerf Rifles, Archery & Bean Bags - Weather Permitting (E2P)
2:00Exercise w/the GR Ballet (FR)
3:00Coffee Time (LA)
3:00Open Gym (BWC)
4:00Smokey Bones Restaurant Outing (OFFS)
6:30Pool League (RBB)
7:00Schubert Male Chorus (Note: No Movie in the FR) (CH)

Tuesday 9

OPEN SWIM: 5:30am-10:45am, 11:45am-10pm (POOL)
8:15Stretch and Flex (GP)
9:30Coffee Connections (LA)
9:30Balance and Core Stability (BWC)
10:00RAY'S BISTRO - 10:00am - 1:30pm (RB)
10:00Coffee Time (CR)
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)
7:00REAL: Films with Chester Alkema - The Philadelphia Story (FR)

Wednesday 10

OPEN SWIM: 5:30am-10:00am, 11:00am-10:00pm (POOL)
9:00Meijer Shopping-EI PU: 9am, EI PU: 9:05am-SUR (TRAN)
9:15Cardio Express (BWC)
9:30Coffee Connections (LA)
9:45MOVE IN MAY- Brain Games (BWC)
10:00RAY'S BISTRO - 10:00am - 1:30pm (RB)
10:00Coffee Time (CR)
10:15Water Walking (POOL)
10:30Van's Market (MKT)
11:00Cardio Express (BWC)
11:30MOVE IN MAY - Brain Games (BWC)
2:00Open Swim (POOL)
2:00Card Creating - RSVP to Resident Esther Voss at 505-879-3633 (GP)
3:00Coffee Time (LA)
3:30Open Gym (BWC)
6:30Pool League (RBB)
7:00Game Night (Except the 3rd Wed Each Month) (GP)

Thursday 11

OPEN SWIM: 5:30am-10:45am, 11:45am-10pm (POOL)
8:15Stretch and Flex (GP)
9:30Coffee Connections (LA)
9:30Balance and Core Stability (BWC)
10:00RAY'S BISTRO - 10:00am - 1:30pm (RB)
10:00Coffee Time (CR)
10:15Balance and Core Stability (BWC)
10:30One Day University: Virtual Presentation: What's So Great About Rome? led by Professor and Architect Andrew Kranis (FR)
11:00Water Aerobics (POOL)
1:00Caregiver's Support Group -CR (CR)
1:15First Step (BWC)
3:00Coffee Time (LA)
6:00Service of Remembrance - July '22 - Dec '22 (CH)

Friday 12

OPEN SWIM: 5:30am-10:00am, 11:00am-10:00pm (POOL)
9:00TRADER JOE'S Shopping - Lobby PU, EI/9am & EI/9:05am (EL)
9:15Cardio Express (BWC)
9:30Coffee Connections (LA)
9:45Strength Training (BWC)
10:00RAY'S BISTRO - 10:00am - 1:30pm (RB)
10:00Coffee Time (CR)
10:15Water Walking (POOL)
10:30Van's Market (MKT)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
11:30EIII Lunch Gathering (RBC)
3:00Coffee Time (LA)
7:00Game Night (1st Friday ONLY begins with BINGO) (CR)

Saturday 13

OPEN SWIM (POOL)
10:00Coffee Time (LA)
7:00Movie Night (GP)

SAVE THE DATE!

MAY 15 - MAY 19
LONG TERM CARE WEEK
Watch For Special Calendar

MAY 22
NO MOVIE NIGHT IN FR
DUE TO CONCERT IN CHAPEL

MAY 25
THURSDAY NIGHT DINNER
Watch For Menu & Sign Up

TAKE NOTE

MOVE IN MAY
SPRING INTO FITNESS IS ON!
Stop by the BWC to pick up an Activity Calendar.

May 7 - May 13

Estates & Homes



VibrantLiving

