

## September 29 – October 5

### **Estates & Homes**



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING \_ FULFILLMENT

Rased On Information Known At Time Of Print

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Sunday 29	Monday 30						
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Jessica Shults, Colossian Forum (CH) 6:15Chapel Service - Rev. Kwasi Kena, UMC - Raybrook Singing Men (CH)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:30Men's Social Hour (SDR) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (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						
SUR-Sign Up Required \$\$-Cost Involved  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	Knitting/Crocheting (LA)  1:30Corn Hole - 1:30pm to 3:00pm (Weather Permitting) (E2P)  2:00Exercise with the GR Ballet (BWC)  3:00Coffee Time (LA) 6:30Pool League (RBB)						
LDR-Large Dining Room LA-EII Lounge FR-Friendship Room OFFS-Offsite POOL-Pool RB-Ray's Bistro RBB-Ray's Bistro	7:00Book Club (SDR)						

RBC-Ray's Bistro Conf Room

RMP-Manor Parking Lot

TRAN-Transportation

#### **Tuesday 1** OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:30Coffee Connections (LA) 9:30Balance and Core 9 Stability (BWC) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00Coffee Time (CR) 10:00EII Bible Study - Dr. Jeffrey Sajdek (LDR) 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) 7:00EII Ice Cream Birthday Social - LDR (LDR)

Wednesday 2					
OPEN SWIM: 5:30am-					
9:30am, 11:30am-10:00pm (POOL)					
9:00Meijer Shopping-El PU:					
9am, EII PU:9:05am-					
SUR (TRAN)					
9:15Cardio Express (BWC)					
9:30Coffee Connections					
(LA)	1				
9:45Strength Training					
(BWC)	1				
10:00RAY'S BISTRO - 10:00					
am - 1:30 pm (RB)	1				
10:00Coffee Time (CR)	1				
10:15Water Walking (POOL)					
10:30Van's Market (MKT)					
11:00Cardio Express (BWC)	1				
11:30Strength Training					
(BWC)	1				
1:30'Ticket to Independence'	١.				
Balance Class led by	1				
Tammy (BWC)	3				
2:00Raybrook Women's					
Book Club presents,					
Afternoon with an					
Author - All Welcome					
(LDR)					
2:30Current Events w/Hank					
Post (D1DR) 3:00Coffee Time (LA)					
6:30Pool League (RBB)					
7:00Game Night (Except the					
1.00 dame raight (Except the					

3rd Wed Each Month)

(GP)

Thursday 3	Friday 4
OPEN SWIM: 5:30am- 10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:30Coffee Connections (LA) 9:30Balance and Core Stability (BWC) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00EI/EIII Donuts with Development (FR) 10:00Coffee Time (CR) 10:00EII Welcome Coffee - All EII Residents Welcome (LDR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:00Ray's Bistro BREAKFAST 8:00AM- 10:30AM (Cold Lunch Available until 1:00PM (RB) 8:30Homes Breakfast - @ Ray's Bistro (Limited Menu) - RSVP to Hele Wentzheimer at 616- 340-2495 (call or text) or hmswww@aol.com (RB) 9:00ALDI'S Shopping - Lobby PU, El/9am & Ell/9;05am (EL) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00Coffee Time (CR) 10:15Water Walking (POO) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Fridat ONLY begins with BINGO) (CR)

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(POOL)	
00Ray's Bistro	
BREAKFAST 8:00AM-	
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Available until 1:00PM)	
(RB)	
30Homes Breakfast - @	
Ray's Bistro (Limited	
Menu) - RSVP to Helen	(
Wentzheimer at 616-	l
340-2495 (call or text)	'
or hmswww@aol.com	
(RB)	
00ALDI'S Shopping -	
Lobby PU, EI/9am &	
EII/9;05am (EL)	
15Cardio Express (BWC)	
30Coffee Connections	
(LA)	
45Strength Training	
(BWC)	
:00Coffee Time (CR)	
:15Water Walking (POOL)	
:30Van's Market (MKT)	
00Cardio Express (BWC)	
30Strength Training	
(BWC)	
00Coffee Time (LA)	
00Game Night (1st Friday	
ONLY begins with	
BINGO) (CR)	

#### **OPEN SWIM (POOL)** 30am, 11:30am-10:00pm 7:00Movie Night (SDR)

Saturday 5

#### CONTACTS

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

**HEALTH CENTER** 

El: 616-235-5721 8:30am-12:00pm Same # for EMERG RESPONSE from 5:00pm-8:00am

EII: 616-235-5675 1:00pm-4:30pm Same # for EMERG RESPONSE from 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



# October 6 – October 12 Estates & Homes

## PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT DISCOVERY ENGAGEMEN

Vibrant Living™

S'MORES ON THE PATIO Sign Up Begins Oct 15

Holland Home

Based On Information Known At Time Of Print							
Sunday 6	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11	Saturday 12	
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Carolyn Cammenga, Retired CRC (CH) 6:15Chapel Service - Rev. David Fleming, Our Savior Lutheran (CH)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:30Men's Social Hour (SDR) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (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) 1:00Post Family Farm Outing - SUR - \$ (OFFS) 1:30Corn Hole - 1:30pm to 3:00pm (Weather Permitting) (E2P) 2:00Exercise with the GR Ballet (BWC) 3:00Coffee Time (LA) 3:00El Bible Study - Henry DeMoor (CR) 6:30Pool League (RBB) 7:00Good Medicine Band (CH)	9:30 Coffee Connections (LA) 9:30 Balance and Core Stability (BWC) 10:00 RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00 Coffee Time (CR) 10:00 Ell Bible Study - Dr. Jeffrey Sajdek (LDR) 10:15 Balance and Core Stability (BWC) 11:00 Water Aerobics (POOL) 1:15 First Step (BWC)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 9:00Meijer Shopping-EI PU: 9am, EII PU:9:05am- SUR (TRAN) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00Coffee Time (CR) 10:00Catholic Mass hosted by Saint Paul's Catholic Church (CH) 10:15Water Walking (POOL) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 2:00Pumpkins & Petals - SUR - \$ (RBC) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month) (GP)	10:00Coffee Time (CR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA) 7:00Hymn Sing with Emily Brink & Accompanist's (CH)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:00Ray's Bistro BREAKFAST 8:00AM-10:30AM (Cold Lunch Available until 1:00PM) (RB) 9:00TRADER JOE'S Shopping - Lobby PU, El/9am & Ell/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) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with BINGO) (CR)	OPEN SWIM (POOL) 7:00Movie Night (SDR)  SAVE THE DATE  OCTOBER 16 FALL FLING Sign Up Date Change Begins Oct 1  OCTOBER 21 PEPPINO'S RESTAURANT Sign up Begins Oct 7  OCTOBER 22 REAL 10TH ANNIVERSARY & ART EXPO More Details Coming  OCTOBER 29	