

Raybrook of Holland Home* October 27 – November 2 Estates & Homes



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT

BINGO) (CR)

NOTARY SERVICES

Office, By Appointment

Based On Information Known At Time Of Print

RBC-Ray's Bistro Conf Room

RMP-Manor Parking Lot

TRAN-Transportation

Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	Saturday 2
OPEN SWIM (POOL)	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM: 5:30am-	OPEN SWIM (POOL)
9:30Chapel Service - Pastor	9:30am, 11:30am-10:00pm	10:30am, 12:00pm-10pm	9:30am, 11:30am-10:00pm	10:30am, 12:00pm-10pm	9:30am, 11:30am-10:00pm	7:00Movie Night (SDR)
Josh Holwerda, CRC	(POOL)	(POOL)	(POOL)	(POOL)	(POOL)	
(CH)	8:30Men's Social Hour	8:15Stretch and Flex (GP)	9:00Meijer Shopping-El PU:	8:15Stretch and Flex (GP)	8:00Ray's Bistro	
6:15Chapel Service - Pastor	(SDR)	9:00Flu Clinic: 9am-12pm &	9am, EII PU:9:05am-	9:30Coffee Connections	BREAKFAST 8:00AM-	
Evan Heerema, Retired	9:15Cardio Express (BWC)	1pm-3pm, First Come	SUR (TRAN)	(LA)	10:30AM (Cold Lunch	
CRC (CH)	9:30Coffee Connections	First Serve, No appt.	9:15Cardio Express (BWC)	9:30Balance and Core	Available until 1:00PM)	
	(LA)	(FR)	9:30Coffee Connections	Stability (BWC)	(RB)	
	9:45Strength Training	9:30Coffee Connections	(LA)	10:00RAY'S BISTRO - 10:00	8:30Homes Breakfast - @	
	(BWC)	(LA)	9:45Strength Training	am - 1:30 pm (RB)	Ray's Bistro (Limited	
	10:00RAY'S BISTRO - 10:00	9:30Balance and Core	(BWC)	10:00Coffee Time (CR)	Menu) - RSVP to Helen	CONTACTS
	am - 1:30 pm (RB)	Stability (BWC) 10:00RAY'S BISTRO - 10:00	10:00RAY'S BISTRO - 10:00	10:15Balance and Core	Wentzheimer at 616-	CONTINCTO
	10:00Coffee Time (CR)	am - 1:30 pm (RB)	am - 1:30 pm (RB)	Stability (BWC)	340-2495 (call or text)	ESTATES & HMS OFFICE
	10:15Water Walking (POOL)	10:00Coffee Time (CR)	10:00Coffee Time (CR)	11:00Water Aerobics	or hmswww@aol.com	616-235-5006
	10:30Van's Market (MKT)	10:00EII Bible Study - Gloria	10:15Water Walking (POOL)	(POOL)	(RB)	M-F, 8:00am-4:30pm
	11:00Cardio Express (BWC)	Kroeze (LDR)	10:30Van's Market (MKT)	1:15First Step (BWC)	9:00ALDI'S Shopping -	HEALTH CENTER
	11:30Strength Training	10:15Balance and Core	11:00Cardio Express (BWC)	3:00Coffee Time (LA)	Lobby PU, EI/9am &	HEALTH CENTER
LOCATION LEGEND	(BWC)	Stability (BWC)	11:30Strength Training		EII/9;05am (EL)	El: 616-235-5721
LOCATION LEGEND	1:00Raybrook Purls	11:00Water Aerobics (POOL)	(BWC)		9:15Cardio Express (BWC)	8:30am-12:00pm Same # for EMERG RESPONSE
SUR-Sign Up Required	Knitting/Crocheting	1:00Flu Clinic: 9am-12pm &	2:45Calvin CALL Course,		9:30Coffee Connections	from 5:00pm-8:00am
\$\$-Cost Involved	(LA)	1pm-3pm, First Come	Wk 2 of 4 - \$ -		(LA)	EII: 616-235-5675
BWC-Buiten Wellness Center	1:00REAL: World Renew	First Serve, No appt.	Contextual Insights:		9:45Strength Training	1:oopm-4:30pm Same # for EMERG RESPONSE
CH-Chapel CR-El Club Room	Tour & Presentation	(FR)	Bringing Ancient Lands		(BWC)	from 5:00pm-8:00am
CS-Ell Coffee Shop	Outing - SUR (OFFS)	1:15First Step (BWC)	& Stories to Life w/Prof		10:00Coffee Time (CR)	
CV-Chapel Visiting Room E2P-EII Patio	2:00Exercise with the GR	2:00Smores on the Patio -	Dan Kroeze (SDR)		10:15Water Walking (POOL)	VAN'S MARKET
GR-Game Room	Ballet (BWC)	SUR - \$ (Will move into	3:00Coffee Time (LA)		10:30Van's Market (MKT)	M,W & F - 10:30am-1:00pm
GP-Gathering Place	3:00Coffee Time (LA)	EII LDR if inclement	6:30Pool League (RBB)		11:00Cardio Express (BWC)	FACILITY SERVICES
SDR-Small Dining Room LDR-Large Dining Room	6:30Pool League (RBB)	weather) (E2P) 3:00Coffee Time (LA)	7:00Game Night (Except		11:30Strength Training	616-235-2787
LA-EII Lounge	7:00Book Club (GP)	6:30Pool League (RBB)	the 3rd Wed Each		(BWC)	ESTATES SALON
FR-Friendship Room OFFS-Offsite		7:00Game Night (CR)	Month) (GP)		3:00Coffee Time (LA)	616-235-5701
POOL-Pool		7:00Game Night (CR) 7:00CANCELLED - REAL:	, ,		7:00Game Night (1st Friday	VOLUNTEER SERVICES
RB-Ray's Bistro RBB-Ray's Bistro Billiards		Films w/Chester Alkema			ONLY begins with	616-235-5717
DRC Poyle Pietro Conf Doom		Fillis W/Chester Aikema			OTTEL DOGILIS WITH	

(FR)



November 3 - November 9

Estates & Homes



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELLNESS WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

Based On Information Known At Time Of Print

Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Ruth Romeyn, 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) 2:00Exercise with the GR Ballet (BWC) 3:00Coffee Time (LA) 3:00El Bible Study - Henry DeMoor (CR) 6:30Pool League (RBB)	9:30 Coffee Connections (LA) 9:30 Balance and Core Stability (BWC) 10:00 Coffee Time (CR) 10:00 EII Bible Study - Gloria Kroeze (LDR) 10:00 RAY'S BISTRO - CLOSED TODAY (RB) 10:15 Balance and Core Stability (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) 10:15Water Walking (POOL) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 2:30EI Birthday Ice Cream Social - \$ (FR) 2:30Current Events w/Hank Post (D1DR) 2:45Calvin CALL Course - Wk 3 of 4 - \$ - Contextual Insights: Bringing Ancient Lands & Stories to Life w/Prof Dan Kroeze (SDR) 3:00Coffee Time (LA) 6:25Passport Films at Calvin - Transportation SUR- Season Tkt Holders (OFFS) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month) (GP)	10:00EI/EIII Donuts with Development (FR) 10:00Coffee Time (CR) 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) 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)	