Raybrook of Holland Home^{**}

December 8 – December 14 Estates & Homes



 PHYSICAL
 EMOTIONAL
 SPIRITUAL
 INTELLECTUAL
 SOCIAL

 WELLNESS
 WELL-BEING
 FULFILLMENT
 DISCOVERY
 ENGAGEMENT

Based On Information Known At Time Of Print

Sunday 8	Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13	Saturday 14
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 - Rev.	9:30am, 11:30am-10:00pm	10:30am, 12:00pm-10pm	9:30am, 11:30am-10:00pm	10:30am, 12:00pm-10pm		5:45Grand Rapids Choir of
Ralph Robrahn, RCA	(POOL)	(POOL)	(POOL)	(POOL)	(POOL)	Men & Boys, Lessons &
(CH)	8:30Men's Social Hour	8:15Stretch and Flex (GP)	9:00Meijer Shopping-El PU:		8:00Ray's Bistro	Carols - SUR (OFFS)
6:15Chapel Service - Rachel	(COM)	9:30Coffee Connections	9am, Ell PU:9:05am-	9:30Coffee Connections	BREAKFAST 8:00AM-	7:00Movie Night (COM)
Park, Calvin Student	9:15Cardio Express (BWC)	(LA)	SUR (TRAN)	(LA)	10:30AM (Cold Lunch	
(CH)	9:30Coffee Connections	9:30Balance and Core	9:15Cardio Express (BWC)	9:30Balance and Core	Available until 1:00PM)	
	(LA)	Stability (BWC)	9:30Coffee Connections	Stability (BWC)	(RB)	
	9:45Strength Training	9:30Christmas Trees @	(LA)		9:00BAKER BOOK HOUSE	
	(BWC)	Frederick Meijer	9:45Strength Training	am - 1:30 pm (RB)	Shopping - Lobby PU,	
	10:00RAY'S BISTRO - 10:00	Gardens - SUR (OFFS)	(BWC)	10:00Coffee Time (CR)	El/9am & Ell/9;05am	
	am - 1:30 pm (RB)	10:00RAY'S BISTRO - 10:00	10:00RAY'S BISTRO - 10:00	10:00Eastside Christian	(EL)	CONTACTS
	10:00Coffee Time (CR)	am - 1:30 pm (RB)	am - 1:30 pm (RB)	High School Concert	9:15Cardio Express (BWC)	
	10:15Water Walking (POOL)		10:00Coffee Time (CR)	(CH)	9:30Coffee Connections	ESTATES & HMS OFFICE 616-235-5006
	10:30Van's Market (MKT)	10:15Balance and Core	10:15Water Walking (POOL)		(LA)	M-F, 8:00am-4:30pm
	11:00Cardio Express (BWC)	Stability (BWC)	10:30Van's Market (MKT)	Stability (BWC)	9:45Strength Training	
	11:30Strength Training	11:00Water Aerobics	10:30Dementia Institute	11:00Water Aerobics	(BWC)	HEALTH CENTER
	(BWC)	(POOL)	Caregiver Support	(POOL)	10:00Coffee Time (CR)	El: 616-235-5721
LOCATION LEGEND	1:00Raybrook Purls	1:15First Step (BWC)	Group - Open to all	1:15First Step (BWC)	10:15Water Walking (POOL)	8:30am-12:00pm
	Knitting/Crocheting	3:00Coffee Time (LA)	Raybrook Residents -	3:00Coffee Time (LA)	10:30Van's Market (MKT)	Same # for EMERG RESPONSE from 5:00pm-8:00am
SUR-Sign Up Required \$\$-Cost Involved	(LA)	6:30Pool League (RBB)	Call 616-235-5499		11:00Cardio Express (BWC)	
	1:30REAL: Treasures of the	7:00Game Night (CR)	with questions. (RBC)		11:30Strength Training	Ell: 616-235-5675 1:oopm-4:30pm
BWC-Buiten Wellness Center CH-Chapel		7:00Ell Ice Cream Birthday	11:00Cardio Express (BWC)		(BWC)	Same # for EMERG RESPONSE
COM - Éll Community Room	Curiosity U) (FR)	Social - LDR (LDR)	11:30Strength Training		3:00Coffee Time (LA)	from 5:00pm-8:00am
CR-El Club Room CS-Ell Coffee Shop	2:00Exercise with the GR		(BWC)		7:00Game Night (1st Friday	
CV-Chapel Visiting Room	Ballet (BWC)		3:00Coffee Time (LA)		ONLY begins with	VAN'S MARKET M,W & F - 10:30am-1:00pm
E2P-EII Patio GR-Game Room	3:00Coffee Time (LA)		6:30Pool League (RBB)		BINGO) (CR)	
GP-Gathering Place	4:00Peppinos Restaurant		7:00Game Night (Except			FACILITY SERVICES 616-235-2787
LDR-Large Dining Room LA-EII Lounge	Outing - SUR (OFFS)		the 3rd Wed Each			
FR-Friendship Room	6:30Pool League (RBB)		Month) (GP)			ESTATES SALON 616-235-5701
OFFS-Offsite POOL-Pool			7:00Special Christmas			
RB-Ray's Bistro			Hymn Sing Along - Ell			VOLUNTEER SERVICES
RBB-Ray's Bistro Billiards RBC-Ray's Bistro Conf Room			Lobby (EL)			616-235-5717
RMP-Manor Parking Lot						NOTARY SERVICES
TRAN-Transportation						Office, By Appointment

December 15 - December 21 Raybrook **Estates & Homes**



INTELLECTUAL SOCIAL

EMOTIONAL SPIRITUAL

PHYSICAL

Based On Information Known At Time Of Print

of Holland Home™

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Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21				
OPEN SWIM (POOL) 9:30Chapel Service - LESSONS & CAROLS with Rev. Kwasi Kena, UMC (CH) 6:15Chapel Service - Pastor Lorinda VanderWerp, Calvin Seminary Sunday (CH)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:30Men's Social Hour (COM) 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) 10:00West MI Homeschool Fine Arts - Handbell Choir (CH) 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) 6:30Pool League (RBB)	6:30Pool League (RBB)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 9:00Meijer Shopping-EI PU: 9am, Ell 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) 3:00Coffee Time (LA) 5:00Twinkle Tour - SUR, \$\$ (OFFS) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month) (GP)	10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00Coffee Time (CR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL)	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) 9:00ALDI'S Shopping - Lobby PU, El/9am & EII/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) 10:30Christkindl at Downtown Market Outing - SUR (OFFS) 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 (COM)				