

November 24 - November 30

Estates & Homes





Sunday 24

OPEN SWIM (POOL) 9:30Chapel Service - Pastor Josh Holwerda, CRC

6:15Chapel Service - Rev. CRC (CH)

(CH)

Jim Evenhouse, Retired

LOCATION LEGEND

SUR-Sign Up Required \$\$-Cost Involved

BWC-Buiten Wellness Center CH-Chapel COM - Ell Community Room CR-El Club Room CS-EII Coffee Shop CV-Chapel Visiting Room E2P-EII Patio **GR-Game Room GP-Gathering Place** LDR-Large Dining Room LA-Ell 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

Monday 25

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)

9:45Terrytown Classic Cars & Lunch Outing (OFFS)

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)

6:30Pool League (RBB)

7:00Book Club (GP)

Tuesday 26

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)

10:00Coffee Time (CR)

10:15Balance and Core Stability (BWC)

10:30REAL: Mobile Phone **Updates - Why They**

Are Important! (COM)

11:00Water Aerobics (POOL)

1:15First Step (BWC) 3:00Coffee Time (LA)

6:30Pool League (RBB)

7:00Game Night (CR)

Wednesday 27

OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)

9:00Meijer Shopping-El 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) 10:00RAY'S BISTRO -

10:30Van's Market (MKT)

11:00Cardio Express (BWC) 11:30Strength Training (BWC)

1:30Ping Pong Tournament (FR)

3:00Coffee Time (LA) 6:30Pool League (RBB)

7:00Game Night (Except the 3rd Wed Each Month) (GP)

Thursday 28

OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL) NO FITNESS CLASSES

DUE TO HOLIDAY

8:15Stretch and Flex (GP) 9:30Coffee Connections

(LA)

9:30Balance and Core Stability (BWC)

9:30Thanksgiving Service -Rev. Evan Heerema.

Retired CRC (CH)

10:00Coffee Time (CR)

CLOSED FOR HOLIDAY (RB)

10:15Balance and Core Stability (BWC)

11:00Water Aerobics (POOL)

1:15First Step (BWC)

3:00Coffee Time (LA)

Friday 29

NO FITNESS CLASSES DUE TO HOLIDAY OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm

(POOL) 8:00Ray's Bistro

BREAKFAST - CLOSED FOR HOLIDAY (RB)

9:00NO FRIDAY SHOPPING DUE TO **HOLIDAY (EL)**

9:30Coffee Connections (LA)

10:00Coffee Time (CR)

10:30Van's Market -**CLOSED FOR HOLIDAY (MKT)**

3:00Coffee Time (LA)

7:00Game Night (1st Friday ONLY begins with

BINGO) (CR)

Saturday 30

OPEN SWIM (POOL)

7:00Movie Night (COM)

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



December 1 - December 7



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL

Estates & Homes

Sunday 1
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Carolyn Cammenga, Retired CRC (CH) 6:15Chapel Service - Rev. David Fleming, Our Savior Lutheran (CH)

Monday 2 OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL) 8:30 Men's Social Hour (COM) 9:15 Cardio Express (BWC) 9:30 Coffee 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) 10:30 Van's Market (MKT) 11:00 Cardio Express (BWC) 11:30 Strength Training (BWC) 1:15 First Step (BWC) 1:00 Raybrook Purls 2:00 Exercise with the GR Ballet (BWC) 3:00Coffee Time (LA) 3:00El Bible Study - Henry DeMoor (CR) 6:30 Pool League (RBB) 7:00 Heritage Voices Choir (CH)

Tuesday 3 OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:30 Coffee Connections (LA) 9:30 Balance and Core Stability (BWC) 10:00Coffee Time (CR) 10:00 RAY'S BISTRO -**CLOSED FOR HOLIDAY PARTIES (RB)** 10:15 Balance and Core Stability (BWC) 11:00 Water Aerobics (POOL) 3:00Coffee Time (LA) Knitting/Crocheting (LA) 5:30 EII Christmas Dinner -SUR - \$\$ (LDR) 6:30 Pool League (RBB) 7:00 Game Night (CR)

Wednesday 4	
OPEN SWIM: 5:30am-	
9:30am, 11:30am-10:00pm	1
(POOL)	
9:00Meijer Shopping-El PU:	8:15
9am, EII PU:9:05am-	9:3
SUR (TRAN)	
9:15Cardio Express (BWC)	9:3
9:30 Coffee Connections	
(LA)	10:0
9:45Strength Training (BWC)	10:0
10:00RAY'S BISTRO - 10:00	
am - 1:30 pm (RB)	10:0
10:00Coffee Time (CR)	
10:15Water Walking (POOL)	
10:30 Van's Market (MKT)	10:1
11:00 Cardio Express (BWC)	
11:30 Strength Training (BWC)	11:C
2:00Bretonaires (CH)	1:15
2:30El Birthday Ice Cream	3:0
Social - \$ (FR)	5:3
2:30 Current Events w/Hank	
Post (D1DR)	
3:00 Coffee Time (LA)	
6:30 Pool League (RBB)	
7:00Game Night (Except the	
3rd Wed Each Month) (GP)	
(GP)	

Thursday 5	
OPEN SWIM: 5:30am- 10:30am, 12:00pm-10pm (POOL)	OF 9:30
(POOL) :15Stretch and Flex (GP) :30Coffee Connections (LA) :30Balance and Core Stability (BWC) 0:00Coffee Time (CR) 0:00EI/EIII Donuts with Development (CR) 0:00RAY'S BISTRO - CLOSED FOR HOLIDAY PARTIES (RB) 0:15Balance and Core Stability (BWC) :00Water Aerobics (POOL) 15First Step (BWC) :00Coffee Time (LA) :30EI/EIII Christmas Dinner - SUR - \$\$ (FR)	8:00R 8:30H 8:30H R N V 3:00A 9:00A 9:15Ca 9:30C (L 9:45S 10:00C 10:15V 10:30S 2:00C
	3:00C 7:00G O B

Friday 6	
OPEN SWIM: 5:30am-	
9:30am, 11:30am-10:00pm (POOL)	2
8:00Ray's Bistro BREAKFAST	
- CLOSED FOR	
HOLIDAY PARTIES (RB) 8:30Homes Breakfast - @	_
Ray's Bistro (Limited	7
Menu) - RSVP to Helen	
Wentzheimer at 616-	
340-2495 (call or text) or	
hmswww@aol.com (RB)	
9:00ALDI'S Shopping -	
Lobby PU, El/9am &	
EII/9;05am (EL)	
9:15 Cardio Express (BWC)	
9:30 Coffee Connections	
(LA)	
9:45Strength Training (BWC)	PE
10:00 Coffee Time (CR)	
10:15Water Walking (POOL)	
10:30 Van's Market (MKT)	F
11:00 Cardio Express (BWC) 11:30 Strength Training (BWC)	
2:00Christmas Tea and Soup	
& Bake Sale - 2:00 - 4:00	
pm (LDR)	
3:00Coffee Time (LA)	
7:00Game Night (1st Friday	
ONLY begins with	
BINGO) (CR)	

Eriday 6

Saturday 7 **OPEN SWIM (POOL)** 2:15Messiah Concert at Calvin - Transportation Sign Up Req. - Purchase Your Own Ticket from Calvin (OFFS) 7:00 Movie Night (COM) SAVE THE DATFI DECEMBER 9 EPPINOS RESTAURANT OUTING Sign Up Begins Nov 25 **DECEMBER 10** Sign Up Begins Nov 25

FREDERICK MEIJER GARDENS

DECEMBER 14 GR CHOIR OF MEN & BOYS **CHRISTMAS CONCERT** Sign Up Begins Dec 2

> **DECEMBER 18** TWINKLE TOUR Sign Up Begins Dec 5

DECEMBER 20 CHRISTKINDL@ DOWNTOWN MARKET Sign Up Begins Dec 9

DECEMBER 23 CHRISTMAS BINGO! Sign Up Begins Dec 9