

## February 16 - February 22





Office, By Appointment

## **Estates & Homes**

Based On Information Known At Time Of Print

TRAN-Transportation

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Sunday 16	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21	Saturday 22				
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Ralph Robrahn, RCA (CH) 6:15Chapel Service - Rev. Jim Evenhouse, Retired CRC (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)	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)	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	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) 9:30Ell/Homes Donuts with Development (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) 9:00ALDI Friday Shopping - Lobby PU, EI/9am &	OPEN SWIM (POOL) 7:00Movie Night (COM)				
	10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)	10:00Coffee Time (CR) 10:00Ell Bible Study - Rev.	(BWC) 10:00RAY'S BISTRO - 10:00	10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)	EII/9;05am (EL) 9:15Cardio Express (BWC)	CONTACTS				
	10:00Coffee Time (CR) 10:15Water Walking (POOL) 10:30Van's Market (MKT)	Dale Cooper (LDR)	am - 1:30 pm (RB) 10:00Coffee Time (CR) 10:15Water Walking (POOL) 10:30Van's Market (MKT) 10:30Mel Trotter	10:00Coffee Time (CR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL)	9:30Coffee Connections (LA) 9:45Strength Training (BWC) 10:00Coffee Time (CR)	ESTATES & HMS OFFICE 616-235-5006 M-F, 8:00am-4:30pm HEALTH CENTER				
LOCATION LEGEND	(BWC) 1:00Raybrook Purls Knitting/Crocheting	1:15First Step (BWC) 3:00Coffee Time (LA) 3:00El Bible Study - Jolene	Presentation Update (FR)  11:00Cardio Express (BWC)	1:15First Step (BWC) 2:00REAL: Black History Month Virtual	10:15Water Walking (POOL) 10:30Van's Market (MKT) 11:00Cardio Express (BWC)	8:30am-12:00pm Same # for EMERG RESPONSE				
SUR-Sign Up Required \$\$-Cost Involved BWC-Buiten Wellness Center CH-Chapel COM - EII Community Room CR-EI Club Room	(LA) 2:00Exercise with the GR Ballet (BWC) 3:00Coffee Time (LA)	DeHeer (CR) 4:30Valentine's Dinner - SUR, \$\$ (LDR) 6:30Pool League (RBB)	11:30Strength Training (BWC) 1:30Dance Your Way to a Healthy Heart (BWC)	Presentation - Housing Segregation & Gentrification in Detroit (COM)	11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Friday	from 5:00pm-8:00am  Ell: 616-235-5675 1:00pm-4:30pm  Same # for EMERG RESPONSE from 5:00pm-8:00am				
CS-EII Coffee Shop CV-Chapel Visiting Room E2P-EII Patio GR-Game Room GP-Gathering Place	4:00Peppino's Restaurant Outing (OFFS) 6:30Pool League (RBB)	7:00Game Night (CR)	3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Hymn Sing Along (GP)	3:00Coffee Time (LA)	ONLY begins with BINGO) (CR)	VAN'S MARKET M,W & F - 10:30am-1:00pm FACILITY SERVICES				
LDR-Large Dining Room LA-EII Lounge FR-Friendship Room OFFS-Offsite			7:00Game Night (Except the 3rd Wed Each Month) (GP)			616-235-2787 ESTATES SALON 616-235-5701				
POOL-Pool RB-Ray's Bistro RBB-Ray's Bistro Billiards RBC-Ray's Bistro Conf Room						VOLUNTEER SERVICES 616-235-5717				
RMP-Manor Parking Lot						NOTARY SERVICES				



## February 23 - March 1



PHYSICAL EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL WELL-BEING FULFILLMENT DISCOVERY ENGAGEMENT

MR & MRS CRAB LUNCH Sign Up Begins Mar 3

## **Estates & Homes**

Based On Information Known At Time Of Print

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Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 1				
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Gerrit Koedoot, CRC (CH) 6:15Chapel Service - Rev. Evan Heerema, Retired CRC - RAYBROOK SINGING MEN (CH)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:30Men's Social Hour (COM) 9:00Grand Rapids Public Museum Outing - SUR, \$\$ (OFFS) 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) 6:30Pool League (RBB) 7:00Book Club (GP) 7:00Rockford Community Band (CH)	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) 10:00EII Bible Study - Rev. Dale Cooper (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)	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 9:00 Meijer Shopping-EI PU: 9am, EII PU:9:05am- SUR (TRAN) 9:15 Cardio Express (BWC) 9:30 Coffee Connections (LA) 9:45 Strength Training (BWC) 10:00 RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00 Coffee Time (CR) 10:15 Water Walking (POOL) 10:30 Van's Market (MKT) 11:00 Cardio Express (BWC) 11:30 Strength Training (BWC) 2:00 REAL: 10 Simple Things to Do to Improve Your Mobile Phone Pictures (FR) 3:00 Coffee Time (LA) 6:30 Pool League (RBB) 7:00 Game 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) 9:00HORROCK'S Friday 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)	*Save the Dates and Sign Up begin dates and deadlines are to give notice of anticipated upcoming events. Subject to Change as details are finalized.  *MARCH 4 - 6 SUMMER IN WINTER See Separate Calendar of Events  MARCH 8 DORDT UNIVERSITY CHOIR @ LaGRAVE Sign Up Begins Feb 27  MARCH 11 MUSIC AT MID-DAY Sign Up Begins Feb 25  MARCH 17				
						MD 8 MDS CDAD LUNCH				