

July 20 - July 26

Estates & Homes





Based On Information Known At Time Of Print

Sunday 20 **POOL CLOSED FOR REPAIRS** 9:30Chapel Service - Rev. Evan Heerema, Retired CRC (CH) 6:15Chapel Service - Rev. John Steigenga, Retired

CRC - RAYBROOK

SINGING MEN (CH)

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-EII 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 21

POOL CLOSED FOR REPAIRS

8:30Men's Social Hour (COM)

9:15Cardio Express (BWC) 9:30Coffee Connections

(LA)

9:45Strength Training (BWC)

10:00Coffee Time (CR)

10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB)

10:15Walking Group (in place of Water

Walking) - Start in the BWC (BWC)

10:30Van's Market (MKT)

11:00Cardio Express (BWC)

11:30Strength Training (BWC)

1:00Raybrook Purls Knitting/Crocheting (LA)

1:30Corn Hole - Weather Permitting, Contact

Rog Roskamp w/Questions at 616-

745-6073 (E2P)

2:00Exercise with the GR Ballet (BWC)

3:00Coffee Time (LA)

4:00Kitchen 67 Restaurant Outing - SUR (OFFS)

Tuesday 22

POOL CLOSED FOR REPAIRS

8:15Stretch and Flex (GP) 8:45Resident Golf League

> (Men & Women) at 'The Pines' - \$\$, No Sign Up

Required - Contact

Tony Louwerse w/Questions at 616-990-0431 (OFF)

9:30Coffee Connections (LA)

9:30Balance and Core Stability (BWC)

10:00Coffee Time (CR)

10:00RAY'S BISTRO - 10:00

am - 1:30 pm (RB)

10:15Balance and Core Stability (BWC)

11:00Zumba (BWC)

1:15First Step (BWC)

2:30Root Beer Floats - SUR (FR)

3:00Coffee Time (LA)

6:30Films w/Chester Alkema - San Francisco (FR)

7:00Game Night (CR)

Wednesday 23

POOL CLOSED FOR **REPAIRS**

8:00Ray's Bistro BREAKFAST 8:00AM-10:30AM (Cold Lunch Available until 1:00PM)

9:00Meijer Shopping-EI PU: 9am, Ell PU:9:05am-SUR (TRAN)

9:15Cardio Express (BWC) 9:30Coffee Connections

9:45Strength Training (BWC) 10:00Coffee Time (CR)

(LA)

10:15Walking Group (in place 1:15First Step (BWC) of Water Walking) -

Start in the BWC (BWC)

10:30Van's Market (MKT) 10:30REAL: Mastering Email

> Management w/Tech Intern Franchesca Todd

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

(BWC) 12:30Res Tech Help Desk

from 12:30pm to 3:00pm (COM) 3:00Coffee Time (LA)

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

Thursday 24

POOL CLOSED FOR REPAIRS

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

9:30Balance and Core Stability (BWC)

10:00Coffee Time (CR)

10:00RAY'S BISTRO - 10:00

am - 1:30 pm (RB) 10:15Balance and Core

Stability (BWC) 11:00Zumba (BWC)

2:00REAL: Armand Merizon

Documentary w/Producer Muriel Zandstra (FR)

3:00Coffee Time (LA)

Friday 25

POOL CLOSED FOR REPAIRS

8:00Ray's Bistro **BREAKFAST 8:00AM-**10:30AM (Cold Lunch Available until 1:00PM)

(RB)

9:00FULTON FARMER'S **MARKET 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)

10:30Van'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)

Saturday 26 **POOL CLOSED FOR**

REPAIRS

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



July 27 - August 2 **Estates & Homes**



EMOTIONAL SPIRITUAL INTELLECTUAL SOCIAL FULFILLMENT

Rased On Information Known At Time Of Print

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Sunday 27	Monday 28	Tuesday 29	Wednesday 30	Thursday 31	Friday 1	
POOL CLOSED FOR	POOL CLOSED FOR	POOL CLOSED FOR	POOL CLOSED FOR	POOL CLOSED FOR	POOL CLOSED FOR	
REPAIRS	REPAIRS	REPAIRS	REPAIRS	REPAIRS	REPAIRS	
9:30Chapel Service - Rev.	8:30Men's Social Hour	8:15Stretch and Flex (GP)	8:00Ray's Bistro BREAKFAST	8:15Stretch and Flex (GP)	8:00Ray's Bistro BREAKFAST	7
Ralph Robrahn, RCA	(COM)	8:45Resident Golf League	8:00AM-10:30AM (Cold	9:30Coffee Connections	8:00AM-10:30AM (Cold	
(CH)	9:15Cardio Express (BWC)	(Men & Women) at 'The	Lunch Available until	(LA)	Lunch Available until	
6:15Chapel Service - Rev.	9:30 Coffee Connections	Pines' - \$\$, No Sign Up	1:00PM)	9:30Balance and Core	1:00PM) (RB)	
Ardean Brock, RCA (CH)	(LA)	Required - Contact Tony	9:00Meijer Shopping-El PU:	Stability (BWC)	8:30 Homes Breakfast - @	
	9:45Strength Training (BWC)	Louwerse w/Questions	9am, EII PU:9:05am-	10:00Coffee Time (CR)	Ray's Bistro (Limited	
	10:00Coffee Time (CR)	at 616-990-0431 (OFF)	SUR (TRAN)	10:00RAY'S BISTRO - 10:00	Menu) - RSVP to Helen	
	10:00RAY'S BISTRO - 10:00	9:30 Coffee Connections	9:15Cardio Express (BWC)	am - 1:30 pm (RB)	Wentzheimer at 616-	
	am - 1:30 pm (RB)	(LA)	9:30 Coffee Connections	10:15Balance and Core	340-2495 (call or text) or	
	10:15 Walking Group (in place	9:30Balance and Core	(LA)	Stability (BWC)	hmswww@aol.com (RB)	
	of Water Walking) -	Stability (BWC)	9:45Strength Training (BWC)	11:00Zumba (BWC)	9:00ALDI's Friday Shopping -	
	Start in the BWC (BWC)	10:00Coffee Time (CR)	10:00Coffee Time (CR)	1:15 First Step (BWC)	Lobby PU, EI/9am &	
	10:30 Van's Market (MKT)	10:00RAY'S BISTRO - 10:00	10:15 Walking Group (in place	2:00REAL: Cutting Edge	EII/9;05am (EL)	
	11:00 Cardio Express (BWC)	am - 1:30 pm (RB)	of Water Walking) -	Medical Technology in	9:15Cardio Express (BWC)	
	11:30 Strength Training (BWC)	10:15Balance and Core	Start in the BWC (BWC)	Our Own Backyard	9:30 Coffee Connections	
	1:00Raybrook Purls	Stability (BWC)	10:30Van's Market (MKT)	w/Dr. Jeremiah Johns	(LA)	
	Knitting/Crocheting (LA)	11:00Zumba (BWC)	11:00 Cardio Express (BWC)	(FR)	9:45Strength Training (BWC)	l '
	1:30Corn Hole - Weather	1:15First Step (BWC)	11:00Whitecaps Baseball	3:00Coffee Time (LA)	10:00Coffee Time (CR)	
	Permitting, Contact Rog	3:00Coffee Time (LA)	Game Outing - SUR, \$\$		10:30Van's Market (MKT)	
	Roskamp w/Questions at	7:00Game Night (CR)	(OFF)		11:00 Cardio Express (BWC)	
	616-745-6073 (E2P)		11:30 Strength Training (BWC)		11:30 Strength Training (BWC)	
	2:00Exercise with the GR		12:30Res Tech Help Desk		3:00Coffee Time (LA)	
SIGN UP GUIDELINES:	Ballet (BWC)		from 12:30pm to		7:00Game Night (1st Friday	
_	3:00Coffee Time (LA)		3:00pm (CR)		ONLY begins with	
> Sign Up sheets are centrally			1 5 5 15 V 5 V		1 1 2	

3:00 Coffee Time (LA)

(GP)

7:00Game Night (Except the

3rd Wed Each Month)

- > Sign Up sheets are centrally located in the tunnel hallway outside the BWC, with the exception of the Wed & Fri shopping outings. These can be found on EI & EII Bulletin Boards.
- > 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.

- 3:00Coffee Time (LA)
- 6:30 Great Lakes Men's Quartet (CH)

Saturday 2

- ONLY begins with
 - BINGO) (CR)

SAVE THE DATFI

POOL CLOSED FOR **REPAIRS** 7:00 Movie Night (COM)

> Limited spots available for ALL sign up events.

- AUGUST 6 GR FORD AIRPORT VIEWING & FOOD TRUCKS OUTING Sign Up Begins July 23
 - **AUGUST 9** CRC CONFERENCE **GROUNDS CONCERT** Sign Up Begins July 28
- **AUGUST 11 GRAND HAVEN BEACH** & RESTAURANT OUTING Sign Up Begins July 28
- AUGUST 12 SOUTHERN BBQ ON THE PATIO Sign Up Begins July 28