

November 23 - November 29

Estates & Homes





TRAN-Transportation

Based On Information Known At Time	e Of Print					
Sunday 23	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28	Saturday 29
6:15Chapel Service - Rev. John Steigenga, Prelude begins at 6:00pm, led by Chad Boorsma (organist) and Trish Brummel (pianist).	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) 10:00Coffee Time (CR)	OPEN SWIM: 5:30am- 10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:00Meijer Shopping-EI PU: 9am, EII PU:9:05am- SUR - DAY CHANGE FOR UPCOMING HOLIDAY (TRAN) 9:30Coffee Connections (LA)	11:00AM (Cold Lunch & Soup Available until 1:00PM) 9:15Cardio Express (BWC) 9:30Coffee Connections (LA)	10:30am, 12:00pm-10pm (POOL) ay's Bistro REAKFAST 8:00AM- :00AM (Cold Lunch & Oup Available until OOPM) ardio Express (BWC) offee Connections 10:30am, 12:00pm-10pm (POOL) 9:30Coffee Connections (LA) 9:30Thanksgiving Service - Rev. Ardean Brock, RCA (CH) 10:00Coffee Time (CR) 10:00RAY'S BISTRO 9:3	OPEN SWIM: 5:30am- 9:30am, 11:30am-10:00pm (POOL) 8:00RAY'S BISTRO CLOSED FOR THE HOLIDAY (RB) 9:00NO FRIDAY SHOPPING DUE TO THE HOLIDAY (EL) 9:15Cardio Express (BWC) 9:30Coffee Connections	OPEN SWIM (POOL) 10:00Coffee Time (CR) 7:00Movie Night (COM)
	10:00RAY'S BISTRO - 10:00	9:30Balance and Core	9:45Strength Training	HOLIDAY (RB)	(LA)	CONTACTS
SUR-Sign Up Required \$\$-Cost Involved BWC-Buiten Wellness Center CH-Chapel COM - Ell Community Room CR-El Club Room CS-Ell Coffee Shop CV-Chapel Visiting Room E2P-Ell 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 Conf Room RMP-Manor Parking LOTE TO BE AND Transportation	am - 1:30 pm (RB) 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)	10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 12:30Resident Tech Help	(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) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month) (GP)	3:00Coffee Time (LA) HAPPY Thanksgiving	9:45Strength Training (BWC) 10:00Coffee Time (CR) 10:15Water Walking (POOL) 10:30VAN'S MARKET CLOSED FOR THE HOLIDAY (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with BINGO) (CR)	ESTATES & HMS OFFICE 616-235-5006 M-F, 8:00am-4:30pm ————— HEALTH CENTER EI: 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



November 30 - December 6 **Estates & Homes**





FREDERICK MEIJER GARDENS

CHRISTMAS TREES

Sign Up Begins Dec 5

to give notice of anticipated

upcoming events. Subject to

Change as details are finalized.

10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:15Water Walking (POOL) 11:30Strength Training (BWC) 11:00Cardio Express (BWC) 10:00Coffee Time (LA) 6:30Pool League (RBB) 10:00Caffee Time (LA) 6:30Pool League (RBB) 10:00Caffee Time (LA) 6:30Pool League (RBB) 10:00Caffee Time (LA) 10:00El/EIII Donuts with Development (CR) 10:00El/EIII Donuts with Development (CR) 10:00EAPY'S BISTRO - CLOSED FOR HOLIDAY PARTY (RB) 10:00Caffee Connections (LA) 9:00Caffee Connections (LA) 9:00Caffee Time (CR) 10:00Water Aerobics (POOL) 11:5First Step (BWC) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 11:30Strength Train	Based On Information Known At Time Of Print									
9:30chapel Service - Rev. Jim Evenhouse, Retired CRC (CH) 6:15Chapel Service - Pastor Lorinda Vander/Wep) 9:30em, 11:30am-10:00pm (POOL) 8:30Men's Social Hour (COM) 9:30Coffee Connections (LA) 9:30Coffee Connections (LA) 9:30Coffee Connections (LA) 9:30Salance and Core Stability (BWC) 10:00Coffee Time (CR)	Sunday 30	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5	Saturday 6			
SIGN UP GUIDELINES: 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. 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. Sign Up Begins Dec 1 Sign Up Begins Dec 1 Sign Up Begins Dec 1 CHRISTMAS BINGO Sign Up Begins Dec 1 Sign Up Begins Dec 1 Sign Up Begins Dec 1 TOOGame Night (1st Friday ONLY begins with BINGO) (CR) Sign Up Begins Dec 5 DECEMBER 17 TWINKLE TOUR Sign Up Begins Dec 5	9:30Chapel Service - Rev. Jim Evenhouse, Retired CRC (CH) 6:15Chapel Service - Pastor Lorinda VanderWerp with Raybrook Singing Men (CH) SIGN UP GUIDELINES: > 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 El & Ell Bulletin Boards. > Save the Dates and Sign Up	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) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:15Water Walking (POOL) 10:30Van's Market (MKT) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 1:00Raybrook Purls Knitting/Crocheting (LA) 2:00Chapel Concert - Christmas with the Bretonaires (CH) 3:00Coffee Time (LA)	10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:30Coffee Connections (LA) 9:30Balance and Core Stability (BWC) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - CLOSED FOR HOLIDAY PARTY (RB) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA) 5:30EII Christmas Dinner - SUR - \$\$ (LDR) 6:30 Pool League (RBB)	9:30am, 11:30am-10:00pm (POOL) 8:00Ray's Bistro BREAKFAST 8:00AM-11:00AM (Lunch Available until 1:00PM) 9:00Meijer Shopping-EI PU: 9am, EII PU:9:05am- SUR (TRAN) 9:00Chapel Concert - Grand Rapids Christian Orchestra (CH) 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) 2:30EI Birthday Ice Cream Social - \$ (FR) 2:30NEW LOCATION - Current Events w/Hank Post (CR) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month)	10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:30Coffee Connections (LA) 9:30Balance and Core Stability (BWC) 10:00Coffee Time (CR) 10:00El/EllI Donuts with Development (CR) 10:00RAY'S BISTRO - CLOSED FOR HOLIDAY PARTY (RB) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA) 5:30El & EllI Christmas Dinner - SUR, \$\$ (FR)	9:30am, 11:30am-10:00pm (POOL) 8:00Ray's Bistro BREAKFAST 8:00AM-11:00AM (Cold Lunch Available until 1:00PM) (RB) 8:30Homes Breakfast - @ Ray's Bistro (Limited Menu) - RSVP to Helen Wentzheimer at 616- 340-2495 (call or text) or hmswww@aol.com (RB) 9:00ALDI'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) 2:00Ell ANNUAL TEA & BAKED GOODS and SOUP SALE - 2:00pm- 4:00pm (COM) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with	10:00 Coffee Time (CR) 6:00 Special Movie Night @ Special Time: Showing "Babe". Invite Your Grandkids! For planning, please RSVP to Resident Movie Volunteer Jackie Bremer IF you will have children with you. Otherwise, come as normal. (COM) SAVE THE DATE Limited spots available for ALL sign up events. DECEMBER 10 DOWNTOWN CHRISTKINDL MARKET OUTING Sign Up Begins Nov 25 DECEMBER 12 CHRISTMAS BINGO Sign Up Begins Dec 1 DECEMBER 13 GR CHOIR OF MEN & BOYS CHRISTMAS CONCERT Sign Up Begins Dec 1 DECEMBER 17 TWINKLE TOUR Sign Up Begins Dec 5			