



Raybrook
of Holland Home™

March 15 – March 21

Estates & Homes

Holland Home
Vibrant Living™



Based On Information Known At Time Of Print

| Sunday 15 | Monday 16 | Tuesday 17 | Wednesday 18 | Thursday 19 | Friday 20 | Saturday 21 |
|---|--|---|---|--|--|---|
| <p>OPEN SWIM (POOL) 9:30Chapel Service - Rev. Jim Evenhouse, Retired CRC (CH) 6:15Chapel Service - Nathan Jansen, Calvin Student - Raybrook Singing Men (CH)</p> | <p>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) 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) 11:30First Wok Lunch Outing - SUR (OFFS) 1:00Raybrook Purls Knitting/Crocheting (LA) 2:00Exercise with the GR Ballet (BWC) 3:00Coffee Time (LA) 6:30Pool League (RBB)</p> | <p>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) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00EII Bible Study - Dr. Wilson deAngelo Cunha (LDR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15Brain Games (BWC) 2:00REAL: Bach's St Mathews Passion w/Cal Stapert (FR) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (CR)</p> | <p>OPEN SWIM: 5:30am-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) 9:15Cardio 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) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month) (GP)</p> | <p>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) 9:30EII/Homes Donuts with Development (LA) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 1:30March Madness/St. Patrick's Day Party - While Supplies Last (LDR) 3:00Coffee Time (LA) 3:00EIII Game Day - Building 2300 (basement level) (EIII) 7:00Hymn Sing Along (GP)</p> | <p>OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL) 8:00Ray's Bistro BREAKFAST 8:00AM-11:00AM (Cold Lunch Available until 1:00PM) (RB) 9:00ALDI's Friday Shopping - Lobby PU, EI/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) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with BINGO) (CR)</p> | <p>OPEN SWIM (POOL) 10:00Coffee Time (CR) 7:00Movie Night (COM)</p> |
| | | | | | | <div style="border: 1px solid black; padding: 5px; background-color: #00a0c0; color: white; font-weight: bold; font-size: 1.2em;">CONTACTS</div> <p>ESTATES & HMS OFFICE 616-235-5006 M-F, 8:00am-4:30pm</p> <hr/> <p>HEALTH CENTER</p> <p>EI: 616-235-5721 8:30am-12:00pm Same # for EMERG RESPONSE from 5:00pm-8:00am</p> <p>EII: 616-235-5675 1:00pm-4:30pm Same # for EMERG RESPONSE from 5:00pm-8:00am</p> <hr/> <p>VAN'S MARKET M,W & F - 10:30am-1:00pm</p> <p>FACILITY SERVICES 616-235-2787</p> <p>ESTATES SALON 616-235-5701</p> <p>VOLUNTEER SERVICES 616-235-5717</p> <p>NOTARY SERVICES Office, By Appointment</p> |

LOCATION LEGEND

- SUR-Sign Up Required
- \$\$-Cost Involved
- BWC-Buiten Wellness Center
- CH-Chapel
- COM - EII Community Room
- CR-EI 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

March 22 - March 28

Estates & Homes

Based On Information Known At Time Of Print

| Sunday 22 | Monday 23 | Tuesday 24 | Wednesday 25 | Thursday 26 | Friday 27 | Saturday 28 |
|---|--|--|--|--|--|---|
| <p>OPEN SWIM (POOL) 9:30Chapel Service - Rev. Thea Leunk, CRC (CH) 6:15Chapel Service - Pastor Chad Boorsma, LaGrave CRC - Communion Service (CH)</p> | <p>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) 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) 2:00Exercise with the GR Ballet (BWC) 2:00Chapel Concert - W MI New Horizons Band (CH) 3:00Coffee Time (LA) 3:00Estates I Bible Study w/Chaplain Josh Baron (CR) 6:30Pool League (RBB)</p> | <p>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) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00EII Bible Study - Dr. Wilson deAngelo Cunha (LDR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:00Grief Support Group (CR) 1:15First Step (BWC) 2:00REAL: Fitness Trends & Myths (FR) 3:00Coffee Time (LA) 6:30Pool League (RBB) 6:30Films w/Chester Alkema - 12 Angry Men (FR) 7:00Game Night (CR)</p> | <p>OPEN SWIM: 5:30am-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) 9:15Cardio 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) 6:30Pool League (RBB) 7:00Game Night (Except the 3rd Wed Each Month) (GP)</p> | <p>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) 9:30Grand Rapids Public Museum - SUR, \$\$ (OFF) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 3:00Coffee Time (LA)</p> | <p>OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL) 8:00Ray's Bistro BREAKFAST 8:00AM-11:00AM (Cold Lunch Available until 1:00PM) (RB) 9:00HORROCK'S Friday Shopping - Lobby PU, EI/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) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with BINGO) (CR)</p> | <p>OPEN SWIM (POOL) 10:00Coffee Time (CR) 5:55Grand Rapids Choir of Men & Boys - SUR (OFF) 7:00Movie Night (COM)</p> |
| <p>SIGN UP GUIDELINES:</p> <p>> 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.</p> <p>> 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.</p> | | | | | | <p>SAVE THE DATE!</p> <p>Limited spots available for ALL sign up events.</p> <p>APRIL 2 LUNCH OUTING TO TUPELO HONEY Sign Up Begins Mar 21</p> <p>APRIL 7 MUSIC AT MID DAY C. WENZEL & FRIENDS Sign Up Begins March 24</p> |