

September 13 - September 19

Estates & Homes

Sunday 13

OPEN SWIM (POOL)
9:30Chapel Service - Rev. Ralph Robrahn, RCA (CH)
6:15Chapel Service - Rev. John Steigenga, CRC (CH)

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

Monday 14

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)
10:00Van's Market - 10:00AM-12:00PM MWF (MKT)
10:15Water Walking (POOL)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
1:00Raybrook Purls Knitting/Crocheting (LA)
1:30Cornhole - Weather Permitting (E2P)
2:00Exercise with the GR Ballet (BWC)
3:00Coffee Time (LA)
4:00Beer City Bread Restaurant Outing, SUR (OFFS)
6:30Pool League (RBB)

Tuesday 15

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)
10:00Estates II Fall Bible Study - Jessica Maddox PhD (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)

Wednesday 16

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)
10:00Van's Market - 10:00AM-12:00PM MWF (MKT)
10:15Water Walking (POOL)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
2:00Part One, A Historical View of Racism in the Entertainment Industry (Part Two is Oct 1) - R.E.A.L, Led by Chester Alkema (FR)
3:00Coffee Time (LA)
6:30Pool League (RBB)
7:00Game Night (GP)

Thursday 17

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)
1:00Van's Market - 1:00PM-3:00PM, Thursdays (MKT)
1:15First Step (BWC)
3:00Coffee Time (LA)
7:00Hymn Sing Along (GP)

Friday 18

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)
10:00Van's Market - 10:00AM-12:00PM MWF (MKT)
10:15Water Walking (POOL)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
3:00Coffee Time (LA)
7:00Game Night (1st Friday ONLY begins with BINGO) (CR)

Saturday 19

OPEN SWIM (POOL)
10:00Coffee Time (CR)
7:00Movie Night (COM)

CONTACTS

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

FACILITY SERVICES
616-235-2787

ESTATES SALON
616-235-5701

VOLUNTEER SERVICES
616-235-5717

NOTARY SERVICES
Office, By Appointment

September 20 - September 26

Estates & Homes

Sunday 20	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25	Saturday 26
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Don Byker, CRC (CH) 6:15Chapel Service - Rev. Ralph Robrahn, RCA (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 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.	OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL) ACTIVE AGING WEEK - SEE SEPARATE CALENDAR OF EVENTS! 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) 10:00Van's Market - 10:00AM-12:00PM MWF (MKT) 10:15Water Walking (POOL) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 1:00Raybrook Purls Knitting/Crocheting (LA) 1:30Cornhole - Weather Permitting (E2P) 2:00Exercise with the GR Ballet (BWC) 3:00Coffee Time (LA) 4:00Restaurant Outing (OFFS) 6:30Pool League (RBB)	ACTIVE AGING WEEK - SEE SEPARATE CALENDAR OF EVENTS! OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:30Coffee Connections (LA) 10:00Coffee Time (CR) 10:00RAY'S BISTRO - 10:00 am - 1:30 pm (RB) 10:00Estates II Fall Bible Study - Jessica Maddox PhD (LDR) 10:00Cornhole - Cider & Donuts Also Available, while supplies last (DV) 1:00Grief Support Group (CR) 1:15First Step (BWC) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (CR)	ACTIVE AGING WEEK - SEE SEPARATE CALENDAR OF EVENTS! 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) 10:00Van's Market - 10:00AM-12:00PM MWF (MKT) 10:30Golf Games (E2P) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (GP)	ACTIVE AGING WEEK - SEE SEPARATE CALENDAR OF EVENTS! 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) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:00Van's Market - 1:00PM-3:00PM, Thursdays (MKT) 1:15Seated Volleyball (BWC) 3:00Coffee Time (LA) 6:00Service of Remembrance (CH)	ACTIVE AGING WEEK - SEE SEPARATE CALENDAR OF EVENTS! 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) 10:00Van's Market - 10:00AM-12:00PM MWF (MKT) 10:15Water Walking (POOL) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 1:00Live Music (RMP) 3:00Coffee Time (LA) 7:00Game Night (1st Friday ONLY begins with BINGO) (CR)	OPEN SWIM (POOL) 10:00Coffee Time (CR) 7:00Movie Night (COM) SAVE THE DATE! Limited spots available for ALL sign up events. SEPTEMBER 30 CHILI COOKOFF (Different than the Development Fundraiser Event) Sign Up Now OCTOBER 1 (TENTATIVELY) MUMS THE WORD, BREAKFAST IS THE PLAN Wolgangs & Frederick Meijer Gardens Details Coming OCTOBER 23 FALL FLING Sign Up Begins Oct 2