

October 11 - October 17

Estates & Homes

Sunday 11

OPEN SWIM (POOL)
9:30Chapel Service - Pastor
Lorinda VanderWerp,
CRC (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 12

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:OOPM 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)
6:30Pool League (RBB)

Tuesday 13

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 - Rev. Bill Whitt (LDR)
10:15Balance and Core Stability (BWC)
10:45Music at Mid Day - Low Brass Section of the GRSO - SUR (OFF)
11:00Water Aerobics (POOL)
1:15First Step (BWC)
2:00REAL: Tapestry of the World - Behind the Scenes of the International Quilt Museum - Curiosity U Virtual Presentation (FR)
3:00Coffee Time (LA)
6:30Pool League (RBB)
7:00Game Night (CR)

Wednesday 14

OPEN SWIM: 5:30am-9:30am, 11:30am-10:00pm (POOL)
WALK IN FLU CLINIC - 9AM to NOON and 1PM to 3PM (FR)
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:OOPM MWF (MKT)
10:15Water Walking (POOL)
10:30Dementia Institute Caregiver Support Group - Open to all Raybrook Residents - Call 616-235-5499 with questions. (RBC)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
2:30Current Events w/Hank Post (CR)
3:00Coffee Time (LA)
6:30Pool League (RBB)
7:00Game Night (GP)

Thursday 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)
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 16

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:OOPM MWF (MKT)
10:00EII Welcome Coffee - All EII Residents Welcome (LDR)
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 17

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

October 18 - October 24

Estates & Homes

Sunday 18	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Don Byker, CRC (CH) 6:15Chapel Service - Rev. Don Byker, 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) 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 - Fricano's Pizza - SUR, \$\$ (OFFS) 6:00Chapel Concert - Beth Coplean,Harpist (CH) 6:30Pool League (RBB)	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 - Daniel Kroeze, PhD (LDR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:15First Step (BWC) 2:00REAL: Grand Rapids Nurse Honor Guard (FR) 3:00Coffee Time (LA) 6:30Pool League (RBB) 7:00Game Night (CR)	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) 3:00Coffee Time (LA) 5:45Women's Volleyball - Calvin vs. Hope - SUR (OFF) 6:30Pool League (RBB) 7:00Game Night (GP)	OPEN SWIM: 5:30am- 10:30am, 12:00pm-10pm (POOL) 8:15Stretch and Flex (GP) 9:00Building & Grounds Meeting (CR) 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) 10:00REAL: Board Update (FR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:00Van's Market - 1:00PM- 3:00PM, Thursdays (MKT) 1:15First Step (BWC) 2:00REAL: From Independence to Enhanced Support: A Path to Well-Being (FR) 3:00Coffee Time (LA)	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) 10:00Fall Fling - SUR, \$\$ (OFF) 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)	OPEN SWIM (POOL) 10:00Coffee Time (CR) 7:00Movie Night (COM) SAVE THE DATE! Limited spots available for ALL sign up events. OCTOBER 26 - 29 WELLZESTA PORTAL GO LIVE! Sign Up Now for Training OCTOBER 30 FLANNEL & FRIENDS FALL LUNCH Sign Up Begins Oct 13 NOVEMBER 3 TURKEYVILLE DINNER & SHOW Sign Up Now! NOVEMBER 4 EAT, DRINK, LEARN & BE IRISH (FOR A DAY!) Sign Up Begins Oct 13 NOVEMBER 7 FOOTBALL CALVIN VS HOPE Sign Up Begins Oct 21
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.						