Raybrook of Holland Home™

November 8 - November 14
Estates & Homes

Holland Home Vibrant Living™

PHYSICAL WELLNESS · EMOTIONAL WELL-BEING · SPIRITUAL FULFILLMENT · INTELLECTUAL DISCOVERY · SOCIAL ENGAGEMENT

Based On Information Known At Time Of Print

Sunday 8

OPEN SWIM (POOL)
9:30Chapel Service - Pastor Lorinda VanderWerp, CRC (CH)
6:15Chapel Service - Randy Herrema, King's Choraliers Concert (CH)

Monday 9

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)
10:30Santa Claus Girls Tour Outing & Lunch - SUR, $$ (OFF)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
1:30Cornhole - Weather Permitting (E2P)
2:00Exercise with the GR Ballet (BWC)
3:00Coffee Time (LA)
6:30Pool League (RBB)

Tuesday 10

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 Bible Study - Rev. John Steigenga (LDR)
10:15Balance and Core Stability (BWC)
10:45Music at Midday Concert & Lunch, Mike Lutley Trio - SUR (OFF)
11:00Water Aerobics (POOL)
1:15First Step (BWC)
3:00Coffee Time (LA)
6:30Pool League (RBB)
7:00Game Night (CR)

Wednesday 11

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: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)
10:30REAL: Wellzesta 101 (FR)
11:00Cardio Express (BWC)
11:30Strength Training (BWC)
2:00Veteran's Program (CH)
3:00Coffee Time (LA)
3:30Current Events w/Hank Post - NEW TIME FOR TODAY ONLY (Following 2pm Veteran's Program) (CR)
6:30Pool League (RBB)
7:00Game Night (GP)

Thursday 12

OPEN SWIM: 5:30am-10:30am, 12:00pm-10pm (POOL)
8:15Stretch and Flex (GP)
8:30Pancake Breakfast hosted by Development (FR)
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)
12:00EI Appreciation Lunch - SUR (FR)
1:00Van's Market - 1:00PM-3:00PM, Thursdays (MKT)
1:15First Step (BWC)
3:00Coffee Time (LA)

Friday 13

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)
8:30Coffee Masterworks - SUR (OFF)
9:00TRADER JOE'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)
10:15Water 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 14

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

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

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

Raybrook of Holland Home™

November 15 - November 21
Estates & Homes

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PHYSICAL WELLNESS | EMOTIONAL WELL-BEING | SPIRITUAL FULFILLMENT | INTELLECTUAL DISCOVERY | SOCIAL ENGAGEMENT

Based On Information Known At Time Of Print

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
OPEN SWIM (POOL) 9:30Chapel Service - Rev. Jessica Shults, RCA (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: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) 4:00Leo Coney's Restaurant Outing - SUR (OFFS) 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 Bible Study - Rev. John Steigenga (LDR) 10:15Balance and Core Stability (BWC) 11:00Water Aerobics (POOL) 1:00Grief Support Group (CR) 1:15First Step (BWC) 2:00REAL: Michigan History, Part Two w/Scott Looman (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:OOPM MWF (MKT) 10:15Water Walking (POOL) 11:00Cardio Express (BWC) 11:30Strength Training (BWC) 2:30Thanksgiving Pie Tasting - SUR, $$ (FR) 3:00Coffee Time (LA) 6:30Pool League (RBB) 6:30Chapel Concert - Alex Zsolt, Piano (CH) 7:00Game Night (GP)	**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) 10:00Holiday Shopping & Lunch - SUR (OFF) 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)	**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) 10:00REAL: Reflections on the Intergenerational Living Program (FR) 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!

SIGN UP ON WELLZESTA!

NOVEMBER 24
MUSIC AT MIDDAY
w/ERIC STRAND, ORGAN
Sign Ups Begin Nov 10

DECEMBER 1
EII CHRISTMAS DINNER
Sign Up Begins Nov 9

DECEMBER 3
EI/EIII CHRISTMAS DINNER
Sign Up Begins Nov 9

DECEMBER 4
EII TEA & BAKE SALE

DECEMBER 9
FREDERICK MEIJER
CHRISTMAS TREES
Sign up Begins Nov 25

DECEMBER 12
LESSONS & CAROLS w/
GR CHOIR OF MEN & BOYS
Sign Up Begins Dec 1