



R.E.C. CONNECT [RECREATION • EXPERIENCE • COMMUNITY]

NOVEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FALL FUN FESTIVITIES 3PM	2 REC N' FRIENDS 10AM COOKING 101 3PM SOCIAL SHUFFLE 6PM	3 ◆ KARAOKE NIGHT FEATURING GVSU GROOVE PERFORMANCE 7PM	4 ◆ SATURDAY SOCIAL 7PM
5 ◆ GRIFFINS GAME 3PM	6 BOWLING BONANZA 12:30PM CUPCAKE CREATIONS 3PM	7 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	8 FALL FUN FESTIVITIES 3PM	9 REC N' FRIENDS 10AM COOKING 101 3PM SOCIAL SHUFFLE 6PM	10 ◆ AQUATIC SPORTS 9:30AM ◆ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	11 ◆ COMPLETE COOKING: BRUNCH EDITION 10AM
12	13 BOWLING BONANZA 12:30PM CUPCAKE CREATIONS 3PM	14 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	15 INTRO TO DANCE/ BALLET 12PM FALL FUN FESTIVITIES 3PM	16 REC N' FRIENDS 10AM COOKING 101 3PM SOCIAL SHUFFLE 6PM	17 MUSIC CREATION 3PM (TRANSPORTATION HOME PROVIDED)	18 ◆ GRAND RAPIDS DRIVE 6PM
19	20 BOWLING BONANZA 12:30PM CUPCAKE CREATIONS 3PM	21 ◆ GAMES & GRUB: THANKSGIVING WITH FRIENDS 3PM (TRANSPORTATION HOME PROVIDED)	22 FALL FUN FESTIVITIES 3PM	23 NO CLASSES. HAPPY THANKSGIVING!	24 ◆ FALL CRAFTS & THANKSGIVING BINGO 10AM	25
26	27 BOWLING BONANZA 12:30PM CUPCAKE CREATIONS 3PM	28 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	29 INTRO TO DANCE/ BALLET 12PM FALL FUN FESTIVITIES 3PM	30 REC N' FRIENDS 10AM COOKING 101 3PM SOCIAL SHUFFLE 6PM		

PRE-REGISTRATION (AT LEAST 24 HOURS IN ADVANCE) IS REQUIRED FOR ALL CLASSES, ACTIVITIES AND SPECIAL EVENTS.
 ** See back page for program descriptions.** To register, email info@ikuslife.org or call 616.677.5251, ext. 100. ◆ = SPECIAL EVENT



NOVEMBER PROGRAM DESCRIPTIONS

To attend a class, activity or event, members must have completed a member profile and paid their \$1 yearly membership fee.

CLASSES & ACTIVITIES

BOWLING BONANZA

Mondays

We will meet you at the Kate Pew Wolters Center and then head to the bowling alley for an afternoon of bowling, fun, and games. We will cover the cost of bowling and shoes, but feel free to bring money for snacks and drinks. We will then head back to the Kate Pew Wolters Center for pick-up.

Drop off & pick up: Kate Pew Wolters Center
Time: 12:30pm-2:30pm

CUPCAKE CREATIONS

Mondays

Icing, piping, and frosting. OH MY! Try your hand at creating the perfect looking cupcake by learning different frosting techniques that will give professional bakers a run for their money.

Drop off & pick up: Kate Pew Wolters Center
Time: 3pm-4pm

GAMES & GRUB

Tuesdays

Join us on Tuesdays for fun social events involving cooking, conversation, and competition. This two hour event includes making a meal and interactive games. You're welcome to bring your own games and beverages. Food, games, and transportation home will be provided.

Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 3pm-5pm *Times home may vary*

INTRO TO DANCE/BALLET

Wednesday, November 15 & 29

Facilitated by principal members of the Grand Rapids Ballet company, come join us in learning basic dance and ballet steps.

Drop off & pick up: Kate Pew Wolters Center
Time: 12pm-1pm

FUN FALL FESTIVITIES

Wednesdays

Come celebrate the beautiful Michigan fall weather! We will partake in hands on activities to create delicious fall-themed treats and creative seasonal crafts.

Drop off & pick up: Kate Pew Wolters Center
Time: 3pm-4pm

REC N' FRIENDS

Thursdays

This class will feature both indoor and outdoor sensory friendly recreational activities adapted for individuals of all abilities.

Drop off & pick up: Kate Pew Wolters Center
Time: 10am-11:30am

COOKING 101

Thursdays

Chef Scott will be here to teach basic, but essential, tricks to preparing the perfect meal. Everything from seasoning to food prepping techniques; Chef Scott will show you how to take your cooking to the next level.

Drop off & pick up: Kate Pew Wolters Center
Time: 3pm-4pm

SOCIAL SHUFFLE

Thursdays

Come experience all that the world of dance has to offer with our adaptive dance class. We'll explore different dance styles every week. Join the community in this shared new and exciting experience.

Drop off & pick up: Kate Pew Wolters Center
Time: 6pm-7pm

MUSIC CREATION

Friday, November 17

Join Tim, our Executive Director, as he teaches the basic concepts of music. You will have the opportunity to play different instruments (guitar, drums, keyboard, bass, singing), as well as create and play songs together.

Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 3pm-4:30pm *Times home may vary*

SPECIAL EVENTS

KARAOKE NIGHT FEAT. GVSU GROOVE

Friday, November 3

Grand Valley's very own acapella group, Groove, will be here for a special performance. Following their show we will have karaoke set up so that you can sing your heart out on stage.

Drop off & pick up: Kate Pew Wolters Center
Time: 7pm-8pm

SATURDAY SOCIAL

Saturday, November 4

Come dance the night away with us! Show us your best moves and socialize with friends for a night full of good music, good snacks, and good times. Dress to the nines and get ready to boogie.

Drop off & pick up: Kate Pew Wolters Center
Time: 7pm-8:30pm

GRIFFINS GAME

Sunday, November 5

Come with us as we head downtown to Van Andel Arena to cheer on the Grand Rapids Griffins on November 5th. Tickets will be provided, and participants can bring additional spending money for concessions and souvenirs. We will meet at the Kate Pew Wolters Center and depart at 3pm for the game. We will arrive back at the Kate Pew Wolters Center approximately around 6:30pm.

Drop off & pick up: Kate Pew Wolters Center
Time: 3pm-6:30pm

AQUATIC SPORTS

Friday, November 10

Let's go swimming! Join us for some swimming and aquatic sports fun in our indoor aquatic center! Rain or shine we will have a blast while making a splash.

Drop off & pick up: Kate Pew Wolters Center
Time: 9:30am-11am

FRIDAY NIGHT FUN: DINNER WITH FRIENDS

Friday, November 10

This will be a monthly club where we get together and enjoy dinner out with friends! For November, we will be going to Uccello's in Standale on the 10th. Participants must bring their own money.

Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 5pm-7pm *Times home may vary*

COMPLETE COOKING: BRUNCH EDITION

Saturday, November 11

Breakfast is the most important meal of the day, so why not have it for lunch? We will be preparing and enjoying a meal with one another as we enjoy some of our favorite breakfast foods.

Drop off & pick up: Kate Pew Wolters Center
Time: 10am-12pm

GRAND RAPIDS DRIVE GAME

Saturday, November 18

Come with us as we head up to the Deltaplex Arena to cheer on the Grand Rapids Drive on November 18th. Tickets will be provided, but participants can bring additional spending money for concessions and souvenirs. We will meet at the Kate Pew Wolters Center and depart at 6pm for the game. We will arrive back at the Kate Pew Wolters Center approximately around 9:30pm.

Drop off & pick up: Kate Pew Wolters Center
Time: 6pm-9:30pm

GAMES & GRUB: THANKSGIVING WITH FRIENDS

Tuesday, November 21

Join us for a special edition of Games and Grub. Together we will prepare and enjoy a Thanksgiving feast. Expect a night of food, fun, and friends.

Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 3pm-5pm *Times home may vary*

FALL CRAFTS AND THANKSGIVING BINGO

Friday, November 24

We'll spend a relaxing morning taking part in crafts and bingo as we all recover from stuffing ourselves with yummy food. It's the perfect way to unwind after the holiday.

Drop off & pick up: Kate Pew Wolters Center
Time: 10am-11am

PRE-REGISTRATION (AT LEAST 24 HOURS IN ADVANCE) IS REQUIRED FOR ALL CLASSES, ACTIVITIES AND SPECIAL EVENTS.

To register, email info@ikuslife.org or call 616.677.5251, ext. 100.