



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ◆ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	2 ◆ SATURDAY SOCIAL FEATURING: MID-NIGHT SNACK 7PM
3	4 CUPCAKE CREATIONS 3PM	5 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	6 INTRO TO DANCE/ BALLET 12PM WINTER WONDERS 3PM	7 REC N' FRIENDS 10AM COOKING 101 3PM	8 ◆ GRIFFINS GAME 6PM	9 ◆ BREAKFAST WITH SANTA 10AM
10	11 HEALTHY LIVING 9AM RECREATIONAL FITNESS 10AM CREATIVE ARTS 12PM CUPCAKE CREATIONS 3PM	12 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	13 WINTER WONDERS 3PM	14 REC N' FRIENDS 10AM COOKING 101 3PM	15 ◆ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	16 ◆ SATURDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)
17	18 HEALTHY LIVING 9AM RECREATIONAL FITNESS 10AM CREATIVE ARTS 12PM CUPCAKE CREATIONS 3PM ◆ SNACKS & SKATING AT ROSA PARKS CIRLE 2:30PM	19 ◆ GAMES & GRUB: HOLIDAY PARTY 3PM (TRANSPORTATION HOME PROVIDED)	20 INTRO TO DANCE/ BALLET 12PM WINTER WONDERS 3PM	21 REC N' FRIENDS 10AM COOKING 101 3PM	22	23
24	25 NO R.E.C. CONNECT MERRY CHRISTMAS!	26 NO R.E.C. CONNECT	27 WINTER WONDERS 3PM	28 REC N' FRIENDS 10AM COOKING 101 3PM	29	30
31 HAPPY NEW YEAR'S EVE!						

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



DECEMBER 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

HEALTHY LIVING

Mondays

Together we will work on improving our daily life skills and abilities, all while having fun. Everything from basic cooking to budgeting our money, this is a great opportunity to come and learn something new.
Drop off & pick up: Kate Pew Wolters Center
Time: 9am-10am

RECREATIONAL FITNESS

Mondays

Fitness can be fun! Come out for an hour of fun games and activities that will get you moving. Together we will work towards living a healthier life!
Drop off & pick up: Kate Pew Wolters Center
Time: 10am-11am

CREATIVE ARTS

Mondays

Get ready to create! We will be experimenting with different forms of arts and crafts, music, and much more! Let your inner artist take over for an afternoon full of creativity and expression.
Drop off & pick up: Kate Pew Wolters Center
Time: 12pm-1:30pm

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, December 6 & 20

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

WINTER WONDERS

Wednesdays

Come celebrate the beautiful winter weather! We will partake in hands on activities to create delicious winter-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

MUSIC CREATION

Friday, December 1 & 15

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: 2:30pm-4pm *Times home may vary*

SATURDAY SOCIAL

Saturday, December 2

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. This event will also feature a special performance by Grand Valley's own musical group, Midnight Snack.
Drop off & pick up: Kate Pew Wolters Center
Time: 7pm-8:30pm

GRIFFINS GAME

Friday, December 8

Come with us as we head downtown to Van Andel Arena to cheer on the Grand Rapids Griffins on December 8th. 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 6pm for the game. We will arrive back at the Kate Pew Wolters Center approximately around 10:00pm.
Drop off & pick up: Kate Pew Wolters Center
Time: 6pm-10pm

BREAKFAST WITH SANTA

Saturday, December 9

This is a community event so be sure to bring your family and friends! We will not provide supervision but we will provide a morning full of fun activities, breakfast, and Santa Claus himself! All are welcome to attend!
Location: Kate Pew Wolters Center
Time: 10am-noon

SPECIAL EVENTS

SATURDAY NIGHT FUN: DINNER WITH FRIENDS

Saturday, December 16

This will be a monthly club where we get together and enjoy dinner out with friends! For December, we will be going to the Grand Coney in Allendale on Saturday the 16th. Participants must bring their own money.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 5pm-7pm *Times home may vary*

SNACKS & SKATING AT ROSA PARKS

Monday, December 18

Make sure to dress nice and warm as we head downtown Grand Rapids to Rosa Parks Circle for an evening of skating and fun. Afterward we will head back to Indian Trails Camp for cookies and hot coco. The cost of skating and snacks will be covered by us.
Drop off & pick up: Kate Pew Wolters Center
Time: 2:30pm-5pm

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.