



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

FEBRUARY 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 REC N' FRIENDS 10AM	2	3 ♦ GRAND RAPIDS SYMPHONY: LITTLE RED RIDING HOOD 9:30AM (TRANSPORTATION HOME PROVIDED)
4	5 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM CUPCAKE DECORATING 3:30PM	6 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	7 COOKING 101 3:30PM (TRANSPORTATION HOME PROVIDED) ♦ GRIFFINS GAME 6PM	8 REC N' FRIENDS 10AM	9 ♦ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	10 ♦ SNOWBALL DANCE 6:30PM
11 ♦ DRIVE GAME 12PM	12 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM CUPCAKE DECORATING 3:30PM	13 ♦ GAMES & GRUB: VALENTINES DAY PARTY 3PM (TRANSPORTATION HOME PROVIDED)	14 INTRO TO BALLET 12PM ♦ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	15 REC N' FRIENDS 10AM	16 ♦ AQUATIC SPORTS 10AM ♦ GVSU JAZZ CONCERT 7PM	17
18	19 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM CUPCAKE DECORATING 3:30PM	20 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	21 COOKING 101 3:30PM (TRANSPORTATION HOME PROVIDED)	22 REC N' FRIENDS 10AM	23 ♦ COMPLETE COOKING 3PM (TRANSPORTATION HOME PROVIDED)	24 ♦ BOWLING PARTY 12PM
25	26 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM CUPCAKE DECORATING 3:30PM	27 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	28 INTRO TO BALLET 12PM ♦ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)			

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



FEBRUARY 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: 9:30am-10:30am

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: 10:30am-11:30am

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: 12:30pm-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: 3:30pm-4:30pm

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, February 14 & 28

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

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: 3:30pm-4:30pm

SPECIAL EVENTS

GR SYMPHONY: LITTLE RED RIDING HOOD

Saturday, February 3
The Grand Rapids Symphony will be performing music to the story of Little Red Riding Hood, accompanied by the Grand Rapids Ballet Company. The performance will take place at Devos Performance Hall in downtown Grand Rapids. We will depart from the Kate Pew Wolters Center at 9:30am and provide transportation home after the event.
Drop off: Kate Pew Wolters Center, transportation home provided
Time: 9:30am-12:30pm *Times home may vary*

GRIFFINS GAME

Wednesday, February 7

Come with us as we head downtown to Van Andel Arena to cheer on the Grand Rapids Griffins on February 7th. 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 at approximately 10pm.
Drop off & pick up: Kate Pew Wolters Center
Time: 6pm-10pm

FRIDAY NIGHT FUN: DINNER WITH FRIENDS

Friday, February 9

This will be a monthly club where we get together and enjoy dinner out with friends! February, we will be going to El Azteca Mexican Restaurant in Allendale on the 9th. Participants must bring their own money.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 5pm-7pm *Times home may vary*

SNOWBALL DANCE: SATURDAY SOCIAL

Saturday, February 10

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. Get ready to boogie!
Drop off & pick up: Kate Pew Wolters Center
Time: 6:30pm-8:30pm

GRAND RAPIDS DRIVE GAME

Sunday, February 11

Come with us as we head up to the Deltaplex Arena to cheer on the Grand Rapids Drive on February 11th. 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 12pm for the game. We will arrive back at the Kate Pew Wolters Center approximately around 3:30pm.
Drop off & pick up: Kate Pew Wolters Center
Time: 12pm-3:30pm

MUSIC CREATION

Wednesday, February 14 & 28

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*

AQUATIC SPORTS

Friday, February 16

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: 10am-11am

GVSU JAZZ CONCERT

Friday, February 16

The Grand Valley State University Music, Theatre, and Dance department will be putting on a Jazz Concert at the Louis Armstrong Theatre on the GVSU Campus. We will be leaving the Kate Pew Wolters Center at 7pm sharp, and returning at approximately 9pm.
Drop off & pick up: Kate Pew Wolters Center
Time: 7pm-9pm

COMPLETE COOKING

Friday, February 23

Together we will plan, shop for, and prepare a meal together. Come enjoy an evening of food and good company.
Drop off: Kate Pew Wolters Center, transportation home provided
Time: 3pm-6pm *Times home may vary*

BOWLING PARTY

Saturday, February 24

Let's Bowl! We'll head to the lanes for some afternoon fun! We'll cover the cost of a game and shoes, you just have to show up! Participants can bring additional spending money for concessions, and feel free to bring your own ball and shoes! We'll meet at the Kate Pew Wolters center, and return back to the KPW after the excitement.
Drop off & pick up: Kate Pew Wolters Center
Time: 12pm-3pm

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