



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

## FEBRUARY CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11 SNOW BALL DANCE 6:30PM
12	13	14	15	16	17	18
19	20	21	22 INTRO TO DANCE/ BALLET 12PM	23	24	25
26 COOKING AROUND THE WORLD 11:30AM	27 SPORTS OF ALL SORTS 6:30PM	28 SCHOOL OF ROCK 4PM				

To register for an event, email [info@ikuslife.org](mailto:info@ikuslife.org) or call 616.677.5251.



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## MARCH CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 INTRO TO DANCE/ BALLET 12PM	2 COOKING 101 4:30PM	3	4
5 COOKING AROUND THE WORLD 11:30AM	6 SPORTS OF ALL SORTS 6:30PM	7 SCHOOL OF ROCK 4PM	8 INTRO TO DANCE/ BALLET 12PM	9 COOKING 101 4:30PM	10	11 R.E.C. CONNECT CARNIVAL 1PM
12 COOKING AROUND THE WORLD 11:30AM	13 SPORTS OF ALL SORTS 6:30PM	14 SCHOOL OF ROCK 4PM	15 INTRO TO DANCE/ BALLET 12PM	16 COOKING 101 4:30PM	17 GRAND RAPIDS GRIFFINS HOCKEY GAME 6PM	18 ARTS IN MOTION DANCE ON EVENT 10AM
19 COOKING AROUND THE WORLD 11:30AM	20 SPORTS OF ALL SORTS 6:30PM	21 SCHOOL OF ROCK 4PM	22 GR DRIVE BASKETBALL GAME 5:45PM INTRO TO DANCE/ BALLET 12PM	23 COOKING 101 4:30PM	24 GRAND RAPIDS GRIFFINS HOCKEY GAME 6PM	25
26 COOKING AROUND THE WORLD 11:30AM	27 SPORTS OF ALL SORTS 6:30PM	28 SCHOOL OF ROCK 4PM	29 GRAND RAPIDS GRIFFINS HOCKEY GAME 6PM INTRO TO DANCE/ BALLET 12PM	30 COOKING 101 4:30PM	31 GRAND RAPIDS GRIFFINS HOCKEY GAME 6PM	

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# FEBRUARY/MARCH 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

### COOKING AROUND THE WORLD

Sundays from 11:30am to 1pm  
at the Kate Pew Wolters Center

Each week we will explore a different country and prepare a lunch based around the country's favorite cuisines. Participants will work together with Chef Scott in creating the meal and then enjoy social time eating together.

### SPORTS OF ALL SORTS

Mondays from 6:30pm to 7:30pm  
at the Kate Pew Wolters Center

Come and explore different team and individual sports with us! Grow your physical fitness and make new friends. Each week will feature two sports/activities and is led by Mary, CTRS.

### SCHOOL OF ROCK

Tuesdays from 4pm to 5pm  
at the Kate Pew Wolters Center

Ever wanted to be in a band? This is your chance to explore different instruments (guitars, bass, keyboard, drums, singing) and learn the basics of performing in a band.

### INTRO TO DANCE/BALLET

Wednesdays from noon to 1pm  
at the Kate Pew Wolters Center

Facilitated by principal member(s) of the Grand Rapids Ballet, come and join us in learning basic dance and ballet steps.

### COOKING 101

Thursdays from 4:30pm to 6pm  
at the Kate Pew Wolters Center

This 12 week class is focused on promoting independent cooking skills. Participants will learn all the ins and outs of cooking healthy, safely and independently.

## SPECIAL EVENTS

### SNOW BALL DANCE

Saturday, February 11 from 6:30pm to 8:30pm  
at the Kate Pew Wolters Center

Join us for dancing, games and snacks at the winter Snow Ball Dance!

### R.E.C. CONNECT CARNIVAL

Saturday, March 11 from 1pm to 3pm  
at the Kate Pew Wolters Center

Games, Snacks, Prizes, Music. Come out to the R.E.C. Carnival to learn more about the programs and have some fun.

### GRAND RAPIDS GRIFFINS

Friday, March 17 • Friday, March 24 • Wednesday, March 29 • Friday, March 31

Come and join us as we cheer on the Grand Rapids Griffins! We will meet at the Kate Pew Wolters Center at 6pm and arrive back at approximately 9:30pm. Bring money for food and concessions if you so choose.

### DANCE ON

Saturday, March 18 from 10am to 4pm  
at the Kate Pew Wolters Center

Over 300 dancers will come together to raise money for Arts in Motion by dancing for hours and having fun! The funds raised will provide more opportunities in the arts for individuals with disabilities. Registration forms are available at [artsinmotionstudio.org](http://artsinmotionstudio.org). A \$10 entrance fee will be charged to those not raising pledges to cover the cost of lunch and a t-shirt.

### GRAND RAPIDS DRIVE BASKETBALL GAME

Wednesday, March 22

Want to enjoy some March Madness? We will be going to Grand Rapids Drive vs. Raptors 905 at the Delta Plex. We will leave the Kate Pew Wolters Center at 5:45pm and return at 9:45pm. Ticket is free. Bring money if you wish to purchase concessions.

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