



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

SEPTEMBER CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 OUTDOOR GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	6 INTRO TO DANCE/ BALLET 12PM KARAOKE FUN 3PM	7 SPORTS & S'MORES 10AM MUSIC CREATION 3PM	8 COMPLETE COOKING 3PM (TRANSPORTATION HOME PROVIDED)	9 ◆ GAME SHOW NIGHT 7PM
10 FISHING ON ROOTBEER LAKE 1PM	11 ZUMBA 3PM	12 OUTDOOR GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	13 PHOTOGRAPHY FUN 12PM KARAOKE FUN 3PM	14 SPORTS & S'MORES 10AM ◆ RELAX AT ROSA: LUNCH AND MUSIC SERIES 11AM GARDEN TO TABLE 3PM	15 FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	16 ◆ POOL PARTY 2PM
17	18 ZUMBA 3PM	19 OUTDOOR GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	20 INTRO TO DANCE/ BALLET 12PM KARAOKE FUN 3PM	21 SPORTS & S'MORES 10AM MUSIC CREATION 3PM	22 COMPLETE COOKING 3PM (TRANSPORTATION HOME PROVIDED)	23 ◆ CASTLE COMPETITION 7PM
24 FISHING ON ROOTBEER LAKE 1PM	25 ZUMBA 3PM	26 OUTDOOR GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	27 PHOTOGRAPHY FUN 12PM KARAOKE FUN 3PM	28 SPORTS & S'MORES 10AM GARDEN TO TABLE 3PM	29 FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	30

PRE-REGISTRATION 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



SEPTEMBER 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

FISHING ON ROOTBEER LAKE

Sunday, September 10 & 24 from 1pm to 2pm

Kate Pew Wolters Center

Join us for some relaxing Sundays while we enjoy fishing on Rootbeer Lake.

ZUMBA

Mondays from 3pm to 4pm

Kate Pew Wolters Center

Dance to great music with great people while getting in some low impact exercise.

OUTDOOR GAMES & GRUB

Tuesdays from 3pm to 5pm

Kate Pew Wolters Center

Join us on Tuesdays for fun social events involving cooking, conversation, and competition. This two hour event includes making a meal and outdoor games. You're welcome to bring your own games and beverages. (Transportation home provided.)

INTRO TO DANCE/BALLET

Wednesday, September 6 & 20 from noon to 1pm

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.

KARAOKE FUN

Wednesdays from 3pm to 4pm

Kate Pew Wolters Center

Come sing your heart out with us on Wednesdays for Karaoke!

PHOTOGRAPHY FUN

Wednesday, September 13 & 27 from 3pm to 4pm

Indian Trails Camp Administrative Office

Join Amy as you learn and participate in photography. Participants will learn different elements of lights and subject matter, while taking photographs around Aman Park and Indian Trails Camp.

SPORTS AND S'MORES!

Thursdays from 10am to 11:30am

Kate Pew Wolters Center

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

MUSIC CREATION

Thursday, September 7 & 21 from 3pm to 4pm

Kate Pew Wolters Center

Let's make some beautiful sounds together! Participants will get to try a variety of musical instruments (keyboards, guitars, drums and more) while learning basics of song creation.

GARDEN TO TABLE

Thursday, September 14 & 28 from 3pm to 5pm

Kate Pew Wolters Center

Led by Chef Scott, participants will first start out picking fruits and vegetables in the garden and then move to the kitchen to prepare a delicious and healthy dinner.

COMPLETE COOKING

Friday, September 8 & 22 from 3pm to 6pm

Kate Pew Wolters Center

This class features all the components of making a meal. We will brainstorm a full meal, go shopping for ingredients, prepare the meal and enjoy the best part—sharing a meal with friends. (Transportation home provided.)

FRIDAY NIGHT FUN: DINNER WITH FRIENDS

Friday, September 15 & 29 from 5pm to 7pm

meet at the Kate Pew Wolters Center

This will be a monthly club where we get together and enjoy a dinner out with friends! For September, we will be going to Grand Coney on the 15th and Peppino's Restaurant on the 29th. Participants must bring their own money for dinner. (Transportation home provided.)

SPECIAL EVENTS

GAME SHOW NIGHT

Friday, September 9 from 7pm to 8:30pm

Kate Pew Wolters Center

Have you ever wanted to be a contestant on a game show? Well we have the next best option. Join us for our interactive game show night featuring some of your favorite game shows. Snacks and prizes provided.

RELAX AT ROSA: LUNCH & MUSIC SERIES

Thursday, September 14 from 11am to 1:30pm

meet at the Kate Pew Wolters Center

Join us for a picnic as we head down to Rosa Parks amphitheatre to hear one of our favorite bands—Cabildo—perform. We will be providing a sack lunch and transportation for all participants.

POOL PARTY

Saturday, September 16 from 2pm to 4pm

Indian Trails Camp Aquatic Center

Have some fun swimming no matter what the weather is at the Indian Trails Aquatic Center. Participants must bring their own swimsuit and towel. Certified lifeguard will be on duty.

CASTLE COMPETITION

Saturday, September 23 from 7pm to 8:30pm

Kate Pew Wolters Center

Join the campers and staff of Indian Trails Camp for a fun Medieval Times Castle Competition where you will get to create your own castle.

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