



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

## JANUARY 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NO R.E.C. CONNECT HAPPY NEW YEAR!	2 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	3 CREATIVITY CORNER 3PM	4 REC N' FRIENDS 10AM COOKING 101 3PM	5 ◆ GRIFFINS GAME 6PM	6
7	8 HEALTHY LIVING 9AM RECREATIONAL FITNESS 10AM CREATIVE ARTS 12PM	9 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	10 INTRO TO DANCE/ BALLET 12PM CREATIVITY CORNER 3PM	11 REC N' FRIENDS 10AM COOKING 101 3PM	12 ◆ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	13 ◆ SATURDAY SOCIAL 7PM
14	15 HEALTHY LIVING 9AM RECREATIONAL FITNESS 10AM CREATIVE ARTS 12PM	16 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	17 ◆ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	18 REC N' FRIENDS 10AM COOKING 101 3PM	19 ◆ AQUATIC SPORTS 10AM ◆ COMPLETE COOKING 3PM (TRANSPORTATION HOME PROVIDED)	20 ◆ BOWLING PARTY 12PM
21	22 HEALTHY LIVING 9AM RECREATIONAL FITNESS 10AM CREATIVE ARTS 12PM	23 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	24 INTRO TO DANCE/ BALLET 12PM CREATIVITY CORNER 3PM	25 REC N' FRIENDS 10AM COOKING 101 3PM	26 ◆ SKATING & SNACKS 12PM	27 ◆ KARAOKE NIGHT 7PM
28	29 HEALTHY LIVING 9AM RECREATIONAL FITNESS 10AM CREATIVE ARTS 12PM	30 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	31 ◆ 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](mailto:info@ikuslife.org) or call 616.677.5251, ext. 100. ◆ = SPECIAL EVENT



# JANUARY 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-1pm**

### 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, January 10 & 24**

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**

### CREATIVITY CORNER

**Wednesday, January 3, 10 & 24**

Everything from cupcake decorating, to baking, to crafts. We will provide an opportunity for you to come and participate in hands on activities that will allow you to express yourself!

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

**\*Note that this activity does not take place every week\***

### 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**

### GRIFFINS GAME

**Friday, January 5**

Come with us as we head downtown to Van Andel Arena to cheer on the Grand Rapids Griffins on January 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 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, January 12**

This will be a monthly club where we get together and enjoy dinner out with friends! For January, we will be going to Applebees in Standale. Participants must bring their own money.

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

### SATURDAY SOCIAL

**Saturday, January 13**

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: 7pm-8:30pm**

### MUSIC CREATION

**Wednesday, January 17 & 31**

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\***

## SPECIAL EVENTS

### AQUATIC SPORTS

**Friday, January 19**

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**

### COMPLETE COOKING

**Friday, January 19**

Together we will plan, shop for, and prepare a meal together. Come enjoy an evening of good food and good company.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time: 3pm-6pm \*Times home may vary\***

### BOWLING PARTY

**Saturday, January 20**

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-2pm**

### SKATING & SNACKS

**Friday, January 26**

Get ready to lace up your skates! We will be going to Walker Ice and Fitness Center for an afternoon of indoor skating. Afterward we will head back to Indian Trails Camp for cookies and hot cocoa. The cost of skating, skate rentals, and snacks will be covered by us.

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

### KARAOKE NIGHT

**Saturday, January 27**

Come sing your heart out at our Karaoke night! We'll meet in the Kate Pew Wolters Center for a night of singing and time with friends.

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

**PRE-REGISTRATION (AT LEAST 24 HOURS IN ADVANCE) IS REQUIRED FOR ALL CLASSES, ACTIVITIES AND SPECIAL EVENTS.**  
To register, email [info@ikuslife.org](mailto:info@ikuslife.org) or call 616.677.5251, ext. 100.