



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

## JUNE 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 ◆ PICNIC AT MILLENNIUM PARK 12PM
3	4 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM ◆ AQUATIC SPORTS 12:30PM	5 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	6 INTRO TO BALLET 12PM ◆ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	7 REC N' FRIENDS 10AM ◆ RELAX AT ROSA: KEVIN MICHAEL JONES 11:30AM	8 ◆ MOVIES ON MON-ROE: THE GREATEST SHOWMAN 5:30PM	9 ◆ GRAND HAVEN STATE PARK BEACH DAY 1PM
10	11 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	12 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	13	14	15	16
17	18 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM ◆ AQUATIC SPORTS 12:30PM	19 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	20 INTRO TO BALLET 12PM ◆ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	21 REC N' FRIENDS 10AM ◆ RELAX AT ROSA: CONRAD SHOCK & THE NOISE 11:30AM	22 ◆ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	23
24	25 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	26 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	27 ◆ FREDERIK MEIJER GARDENS 12PM	28 REC N' FRIENDS 10AM ◆ RELAX AT ROSA: THE CRANE WIVES 11:30AM	29 ◆ JOHN BALL ZOO 12PM	30 ◆ WHITECAPS GAME 6PM

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



# JUNE 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

### 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, June 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

### REC N' FRIENDS

**Thursday, June 7, 21 & 28**—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

## SPECIAL EVENTS

### PICNIC AT MILLENNIUM PARK

**Saturday, June 2**—Come with us to Millennium Park in Grand Rapids for an afternoon picnic. We will provide a sack lunch, but participants are encouraged to bring their favorite drinks and outdoor games. We will spend the afternoon relaxing and enjoying the park!

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

### AQUATIC SPORTS

**Monday, June 4 & 18**—Let's go swimming! Join us for some swimming & 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:** 12:30pm-1:30pm

### MUSIC CREATION

**Wednesday, June 6 & 20**—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\*

### RELAX AT ROSA CONCERTS

**Thursday, June 7, 21 & 28**—Let's go downtown Grand Rapids for some relaxing afternoon fun. Every Thursday there will be a free concert at Rosa Parks circle. Together we will go downtown for some good music and good company. Participants can bring their own snacks and drinks if they wish for this afternoon event.

**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 11:30am-2pm

### MOVIES ON MONROE

**Friday, June 8**—We will head to downtown Grand Rapids to Ah-Nah-Awen Park for the free outdoor showing of The Greatest Showman. Participants are encouraged to bring their own lawn chairs and snacks for the event. And as a reminder we will be outdoors so dress ready for the weather.

**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 5:30pm-9:30pm

### GRAND HAVEN STATE PARK

**Saturday, June 9**—Who is ready for a day of fun in the sun?? Please note that we WILL NOT be swimming, but we will be enjoying ourselves on the beach. Participants can bring a lunch or snacks, and any type of drink that they wish. We will provide games and supervision. Don't forget your towel and some sunscreen!

**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 1pm-4pm

### FRIDAY NIGHT FUN: DINNER WITH FRIENDS

**Friday, June 22**—This will be a monthly club where we get together and enjoy a meal with friends! In June, we will be going to El Aztecas in Allendale. Participants must bring their own money.

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

### FREDERIK MEIJER GARDENS

**Wednesday, June 27**—Come and explore Frederik Meijer Gardens in Grand Rapids with us! We will have a relaxing day strolling and looking at the gardens and Sculpture Park. REC Connect will cover the cost of admission, but participants can bring additional money for souvenirs.

**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 12pm-3pm

### JOHN BALL ZOO

**Friday, June 29**—Lions and Tigers and Bears...OH MY! We'll head to the John Ball Zoo in Grand Rapids for an afternoon of observing the animals and adventure. We will cover the cost of admission, but participants can bring extra spending money for souvenirs and snacks.

**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 12pm-3pm

### WHITECAPS GAME

**Saturday, June 30**—Come with us as we head out to Fifth Third Ballpark to cheer on the Grand Rapids Whitecaps on June 30th. 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

**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.