



R.E.C. CONNECT [RECREATION • EXPERIENCE • COMMUNITY] AUGUST 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ◆ AQUATIC SPORTS 12:30PM	2 REC N' FRIENDS 10AM	3 ◆ COMPLETE COOKING 3PM (TRANSPORTATION HOME PROVIDED)	4 ◆ FREDERIK MEIJER GARDENS 12PM
5	6 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM ◆ AQUATIC SPORTS 12:30PM	7 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	8 ◆ MUSIC CREATION 2:30PM (TRANSPORTATION HOME PROVIDED)	9 REC N' FRIENDS 10AM ◆ RELAX AT ROSA: CABILDO 11:30AM	10 ◆ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	11
12	13 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	14 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	15 ◆ GRAND VALLEY FARMERS MARKET 10AM	16 REC N' FRIENDS 10AM	17 ◆ WHITECAPS GAME 6PM	18
19	20 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	21 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	22	23 REC N' FRIENDS 10AM ◆ MOVIE IN THE PARK AND FUN NIGHT 5:30PM	24	25
26	27 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	28 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	29	30 REC N' FRIENDS 10AM ◆ NIGHT OF ART 4:30PM	31	

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



AUGUST 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*

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

AQUATIC SPORTS

Wednesday, August 1 and Monday, August 6—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

COMPLETE COOKING

Friday, August 3—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*

FREDERIK MEIJER GARDENS

Saturday, August 4—Come and explore Frederik Meijer Gardens in Grand Rapids with us! We will have an exciting stroll looking through the gardens and Sculpture Park. R.E.C. 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

MUSIC CREATION

Wednesday, August 8—Join us for an afternoon of basic music concepts. You will have the opportunity to play different instruments (guitar, drums, keyboard, bass, singing), together with friends.

Drop off: Kate Pew Wolters Center, transportation home provided
Time: 2:30pm-4pm *Times home may vary*

RELAX AT ROSA CONCERTS

Thursday, August 9—Let's go downtown Grand Rapids for some relaxing afternoon fun. On Thursdays 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

FRIDAY NIGHT FUN: DINNER WITH FRIENDS

Friday, August 10—This will be a monthly club where we get together and enjoy a meal with friends! In August, we will be going to the Grand Coney in Allendale. Participants must bring their own money.

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

SPECIAL EVENTS

GRAND VALLEY FARMERS MARKET

Wednesday, August 15—We will head over to the Grand Valley Farmers Market located at Grand Valley State University's-Allendale campus. Come and check out all of the fresh produce, goods, and items that the local vendors have for sale. Participants are encouraged to bring their own money if they wish to buy any of the items available for purchase.

Drop off & pick up: Kate Pew Wolters Center
Time: 10am-11:30am

WHITECAPS GAME

Friday, August 17—Come with us as we head out to Fifth Third Ballpark to cheer on the Grand Rapids Whitecaps on August 17th. 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

MOVIE IN THE PARK AND FUN NIGHT

Thursday, August 23—On the 23rd we will be going to Walker Community Park. There will be a showing of the movie Sing, along with other fun activities going on for free. Participants can bring additional spending money for food trucks.

Drop off & pick up: Kate Pew Wolters Center
Time: 5:30pm-10pm

NIGHT OF ART

Thursday, August 30—Come and explore the wonders of the Grand Rapids Art Museum with us.

Drop off & pick up: Kate Pew Wolters Center
Time: 4:30pm-8:30pm

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