



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

OCTOBER 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM</p>	<p>2</p> <p>GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)</p>	<p>3</p> <p>◆ GRAND RAPIDS BALLET COMPANY 12PM</p>	<p>4</p> <p>REC N' FRIENDS 10AM</p>	<p>5</p>	<p>6</p> <p>◆ SATURDAY MORNING MOVIE "SMALL-FOOT" 9AM (TRANSPORTATION HOME PROVIDED)</p>
<p>7</p>	<p>8</p> <p>HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM</p>	<p>9</p> <p>GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)</p>	<p>10</p> <p>◆ NATURE HIKE THROUGH AMAN PARK 3PM</p>	<p>11</p> <p>REC N' FRIENDS 10AM ◆ FALL FEST 1PM</p>	<p>12</p>	<p>13</p> <p>◆ GVSU FOOTBALL VS. DAVENPORT 6:30PM (TRANSPORTATION HOME PROVIDED) LIMITED SPOTS AVAILABLE</p>
<p>14</p>	<p>15</p> <p>HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM ◆ GRAND RAPIDS PUBLIC MUSEUM 2:30PM</p>	<p>16</p> <p>GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)</p>	<p>17</p> <p>◆ GRAND RAPIDS BALLET COMPANY 12PM</p>	<p>18</p> <p>REC N' FRIENDS 10AM ◆ COOKING AROUND THE WORLD 3PM</p>	<p>19</p> <p>◆ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)</p>	<p>20</p> <p>◆ TRICK OR TREAT STREET 6PM</p>
<p>21</p>	<p>22</p> <p>HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM</p>	<p>23</p> <p>GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)</p>	<p>24</p> <p>◆ APPLES GALORE 11AM</p>	<p>25</p> <p>REC N' FRIENDS 10AM ◆ ZOO GOES BOO 12:30PM (TRANSPORTATION HOME PROVIDED)</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM</p>	<p>30</p> <p>GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)</p>	<p>31</p>			

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



OCTOBER 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

GRAND RAPIDS BALLET COMPANY

Wednesday, October 3 & 17—The Grand Rapids Ballet Company will be here to show us some moves! Come on by to see what they got!

Drop off & pick up: Kate Pew Wolters Center
Time: 12pm-1pm

SATURDAY MORNING MOVIE

Saturday, October 6—We will be attending the sensory friendly movie showing at Celebration Cinema.

Drop off Kate Pew Wolters Center, transportation home provided
Time: 9am-12:30pm *Times home may vary*

NATURE HIKE THROUGH AMAN PARK

Wednesday, October 10—Join us for a scavenger hunt-hike through the Aman park trails.

Drop off & pick up: Kate Pew Wolters Center
Time: 3pm-4:30pm

FALL FEST

Thursday, October 11—The Fall Fest open house at Indian Trails camp is open for business. Come join us for games, crafts, activities, and some snacks.

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

GVSU FOOTBALL

Saturday, October 13—We're going to support our local GVSU Lakers as they face off against the Davenport football team. Bring your team spirit. Only enough spots available for the first eight people who sign up.

Drop off Kate Pew Wolters Center, transportation home provided
Time: 6:30pm-9pm *Times home may vary*

GRAND RAPIDS PUBLIC MUSEUM

Monday, October 15—Come and explore the wonders of the museum.

Drop off & pick up: Kate Pew Wolters Center
Time: 2:30pm-5:30pm

SPECIAL EVENTS

COOKING AROUND THE WORLD

Thursday, October 18—Chef Scott is putting on a cooking class showcasing delicious foods from around the globe. Don't miss this tasty instructional class!

Drop off & pick up: Kate Pew Wolters Center
Time: 3pm-4:30pm

FRIDAY NIGHT FUN: DINNER WITH FRIENDS

Friday, October 19—This will be a monthly club we get together and enjoy meal with friends. In October, we will be going to Olive Garden in Grandville. Participants must bring their own money.

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

TRICK OR TREAT STREET

Saturday, October 20—Come join the whole IKUS camp and family in a night of trick or treating at Indian Trails Camp. This event is \$5 for participants from the community, but is free to our REC Connect members!

Drop off & pick up: Kate Pew Wolters Center
Time: 6pm-8pm

APPLES GALORE

Wednesday, October 24—In honor of Fall, we are celebrating REC Connects favorite nutritious Fall snack, Apples! We will have apple pie, caramel apples, apple cider... Apples galore!

Drop off & pick up: Kate Pew Wolters Center
Time: 11am-1pm

THE ZOO GOES BOO

Thursday, October 25—John Ball Zoo is taking a spooky twist with Halloween decorations. We're going to see all the animals and enjoy the Halloween themed zoo. Costume is optional.

Drop off Kate Pew Wolters Center, transportation home provided
Time: 12:30pm-4pm *Times home may vary*

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