



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

SEPTEMBER 2018 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 HAPPY LABOR DAY!	4 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	5	6 REC N' FRIENDS 10AM ◆ RELAX AT ROSA 11:30AM	7	8
9	10 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	11 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	12	13 REC N' FRIENDS 10AM	14 ◆ FRIDAY NIGHT FUN: DINNER WITH FRIENDS 5PM (TRANSPORTATION HOME PROVIDED)	15
16	17 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM ◆ GRAND RAPIDS PUBLIC MUSEUM 2:30PM	18 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	19 ◆ GRAND RAPIDS BALLET COMPANY 12PM	20 REC N' FRIENDS 10AM	21	22
23	24 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	25 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	26 ◆ CARAMEL APPLE SOCIAL 11AM	27 REC N' FRIENDS 10AM ◆ FIND SOME ART IN GR 1PM (TRANSPORTATION HOME PROVIDED)	28	29 ◆ REC SPORTS 11AM
30						

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



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

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

SPECIAL EVENTS

RELAX AT ROSA CONCERTS

Thursday, September 6—Lunch time entertainment with a local band and outdoor games at Rosa Park Circle. Participants can bring additional spending money for food trucks or a sack lunch.

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

FRIDAY NIGHT FUN: DINNER WITH FRIENDS

Friday, September 14—This will be a monthly club we get together and enjoy meal with friends. In September, 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*

GRAND RAPIDS PUBLIC MUSEUM

Monday, September 17—Come and explore the wonders of the museum.

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

GRAND RAPIDS BALLET COMPANY

Wednesday, September 19—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

FREDERIK MEIJER GARDENS ART PARK

Wednesday, September 19—We'll be heading to Frederick Meijer Gardens for the Contemporary Disability Sculpture exhibit. This event is put on by DisArt, an organization promoting full participation of disabled peoples in the arts.

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

CARAMEL APPLE SOCIAL

Wednesday, September 26—We are welcoming the fall season by making and enjoying fun, yummy caramel apples together.

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

FIND SOME ART IN GR

Thursday, September 27—With Art Prize in full swing let's check out some of the masterpieces in downtown Grand Rapids.

Drop off: Kate Pew Wolters Center, transportation home provided
Time: 1pm-4pm *Times home may vary*

REC SPORTS

Saturday, September 29—Bring your game face and be ready to play some awesome fun games, indoors and outside! Participants must bring a sack lunch.

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

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