



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

## JANUARY 2019 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 NO REC CONNECT— HAPPY NEW YEAR!	2 ◆ STAR WARS & SNACKS NIGHT (EPISODE 1) 3PM (TRANSPORTATION HOME PROVIDED)	3 REC N' FRIENDS 10AM	4	5
6	7 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	8 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	9 ◆ GRAND RAPIDS BALLET COMPANY 12PM ◆ ICE SKATING AT ROSA PARKS CIRCLE 3PM	10 REC N' FRIENDS 10AM ◆ COOKING AROUND THE WORLD WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	11	12
13	14 ◆ COMPLETE COOKING 9:30AM	15 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	16	17 SOMIFIT 10AM	18 ◆ GRAND RAPIDS DRIVE 6:30PM (TRANSPORTATION HOME PROVIDED)	19
20	21 NO REC CONNECT— HAPPY MLK DAY!	22 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	23 ◆ GRAND RAPIDS BALLET COMPANY 12PM ◆ SUPER COOL SNOW PAINTING 3PM	24 SOMIFIT 10AM ◆ COOKING AROUND THE WORLD WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	25	26 ◆ FMG ORCHID SHOW 11:30AM (TRANSPORTATION HOME PROVIDED)
27	28 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	29 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	30 ◆ STAR WARS & SNACKS NIGHT (EPISODE 2) 3PM (TRANSPORTATION HOME PROVIDED)	31 SOMIFIT 10AM		

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: 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

**Thursday, January 3 & 10**—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**

### SOMIFIT

**Thursday, January 17, 24 & 31**—In partnership with Special Olympics of Michigan, SOMIfit is a program designed around developing healthy communities by giving access and opportunity to improve the health status of people with all abilities. Participants are offered a comprehensive, 360-degree look at wellness and the human spirit. Participants are empowered to challenge and change the way they approach diet, daily exercise and lifestyle choices.  
**Drop off & pick up: Kate Pew Wolters Center**  
**Time: 10am-11am**

## SPECIAL EVENTS

### STAR WARS AND SNACKS NIGHT

**Wednesday, January 2 & 30**—Join us while we watch some of IKUS's favorite movie series "Star Wars" and have some snacks together.  
**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time: 3pm-5pm \*Times home may vary\***

### GRAND RAPIDS BALLET COMPANY

**Wednesday, January 9 & 23**—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**

### ICE SKATING AT ROSA PARKS CIRCLE

**Wednesday, January 9**—Ever been ice skating at Rosa Parks Circle in the beautiful center of downtown Grand Rapids? Well come on then!  
**Drop off & pick up: Kate Pew Wolters Center**  
**Time: 3pm-6pm**

### COOKING AROUND THE WORLD WITH CHEF SCOTT

**Thursday, January 10 & 24**—Chef Scott is putting on cooking classes showcasing delicious foods from around the globe. Don't miss this tasty instructional class!  
**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time: 3pm-4:30pm \*Times home may vary\***

### COMPLETE COOKING

**Monday, January 14**—All the way from shopping for ingredients to eating a final product, we will be doing an entire breakfast together.  
**Drop off & pick up: Kate Pew Wolters Center**  
**Time: 9:30am-12pm**

### GRAND RAPIDS DRIVE GAME

**Friday, January 18**—Put on your game face! We will be cheering on the Drive Basketball team together! (limited tickets)  
**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time: 6:30pm-9:30pm \*Times home may vary\***

### SUPER COOL SNOW PAINTING

**Wednesday, January 23**—We will be using science to make a fun to use snow paint that explodes into colors and expands in size.  
**Drop off & pick up: Kate Pew Wolters Center**  
**Time: 3pm-4:30pm**

### FMG ORCHID SHOW

**Saturday, January 26**—Frederick Meijer Gardens is having a very special orchid show. Join us to check out all of these awesome and beautiful flowers!  
**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time: 11:30am-1:30pm \*Times home may vary\***

**PLEASE NOTE: Transportation is provided for Ottawa County residents only.**

**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.