

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

MARCH 2019 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ♦ COOKING AROUND THE WORLD WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	2
3	4	5 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	6 ♦ GRAND RAPIDS BALLET COMPANY 12PM ♦ STAR WARS VIEWING CLUB (EPISODE 3) 3PM (TRANSPORTATION HOME PROVIDED)	7 SOMIFIT 10AM	8 ♦ COOKING AROUND THE WORLD WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	9
10	11 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	12 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	13	14 SOMIFIT 10AM ♦ OPEN ART STUDIO AT AIMS 5:30PM (TRANSPORTATION HOME PROVIDED)	15 ♦ COOKING AROUND THE WORLD WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	16 ♦ REC SPORTS: BASKETBALL 11AM (TRANSPORTATION HOME PROVIDED)
17	18 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	19 GAMES & GRUB: MARCH MADNESS BRACKET EDITION 3PM (TRANSPORTATION HOME PROVIDED)	20 ♦ GRAND RAPIDS BALLET COMPANY 12PM ♦ STAR WARS VIEWING CLUB (EPISODE 4) 3PM (TRANSPORTATION HOME PROVIDED)	21 SOMIFIT 10AM	22	23 ♦ AMC THEATRE SENSORY SHOWTIME 9:30AM (TRANSPORTATION HOME PROVIDED)
24	25 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	26 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	27 ♦ BOWLING 2:30PM (TRANSPORTATION HOME PROVIDED)	28 SOMIFIT 10AM	29	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



MARCH 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*

SOMIFIT

Thursdays—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

COOKING AROUND THE WORLD WITH CHEF SCOTT

Friday, March 1, 8 & 15—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*

GRAND RAPIDS BALLET COMPANY

Wednesday, March 6 & 20—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

STAR WARS VIEWING CLUB

Wednesday, March 6 & 20—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*

OPEN ART STUDIO AT AIMS

Thursday, March 14—Prepare to get creative! We are going to an open studio to create unique art.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 5:30pm-7:30pm *Times home may vary*

REC SPORTS: BASKETBALL

Saturday, March 16—What sounds better than getting a group together to play some basketball on a Saturday? Nothin!
Drop off Kate Pew Wolters Center, transportation home provided
Time: 11am-12:30pm *Times home may vary*

AMC THEATRE SENSORY SHOWTIME

Saturday, March 23—We will be attending the sensory friendly movie showing at AMC Theatre. Movie will be announced once it is on AMC website.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 9:30am-12:30pm *Times home may vary*

BOWLING!

Thursday, March 27—Bowling at Fairlanes bowling center in Grandville. Bowling and shoes will be provided, just be ready to roll! (adapted for all skill levels)
Drop off Kate Pew Wolters Center, transportation home provided
Time: 2:30pm-5pm *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 or call 616.677.5251, ext. 100.