



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

## AUGUST 2019 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ◆ COAST GUARD FESTIVAL 3PM (TRANSPORTATION HOME PROVIDED)	2	3
4	5 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM ◆ CRITTER BARN 1:30PM	6 ◆ SUMMER GAMES 10AM GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	7 ◆ CRITTER BARN 1:30PM ◆ COOPERSVILLE TRACTOR SHOW 2:30PM (TRANSPORTATION HOME PROVIDED)	8 ◆ OPEN SWIM 12:30PM	9	10 ◆ FREDERIK MEIJER GARDENS 9:30AM (TRANSPORTATION HOME PROVIDED)
11	12 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	13 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	14 ◆ STAR WARS VIEWING CLUB 3PM (TRANSPORTATION HOME PROVIDED)	15	16 ◆ FRIDAY NIGHT FUN 3PM (TRANSPORTATION HOME PROVIDED)	17
18	19 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	20 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	21 ◆ OPEN SWIM 10AM ◆ MUSIC CREATION 3PM (TRANSPORTATION HOME PROVIDED)	22	23	24 ◆ METRO CRUISE 10AM (TRANSPORTATION HOME PROVIDED)
25	26 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM	27 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	28 ◆ FITNESS & SCIENCE 3PM (TRANSPORTATION HOME PROVIDED)	29 ◆ OPEN SWIM 10AM ◆ JOHN BALL ZOO 2:30PM (TRANSPORTATION HOME PROVIDED)	30	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 [maten@ikuslife.org](mailto:maten@ikuslife.org) or call 616.677.5251, ext. 119. ◆ = 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 activities involving cooking, conversation, and competition. This two hour activity 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\*

### GRAND HAVEN COAST GUARD FESTIVAL

**Thursday, August 1**—Join us while we explore this nationally acclaimed festival, which recognizes those who serve or have served on the Coast Guard. The Coast Guard festival is full of fun activities for everyone to enjoy.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 3pm-6:30pm \*Times home may vary\*

### SUMMER GAMES FIELD DAY

**Tuesday, August 6**—Come celebrate the end of the Summer with a day full of fun filled outdoor activities! GVSU staff will be volunteering and helping out during this event. There will be lots of games and activities set up for everyone to enjoy. Popsicles will be provided at the end of the day. Please bring a sack lunch.

**Drop off & pick up:** Kate Pew Wolters Center, transportation home provided for Ottawa County members who stay for Games & Grub after.  
**Time:** 10am-2:30pm \*Times home may vary\*

### CRITTER BARN

**Monday, August 5 & Wednesday, August 7**—Come pet and visit with all the animals that are brought to IKUS! There will be bunnies, chickens and other animals to see.

**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 1:30pm-2:30pm

### COOPERSVILLE TRACTOR SHOW

**Wednesday, August 7**—Come join us as we explore a tractor show! This event takes place at the Coopersville Farm Museum and Event Center. There will be exhibits and various activities to participate in.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 2:30pm-5pm \*Times home may vary\*

### FREDERIK MEIJER GARDENS

**Saturday, August 10**—Come take a trip to explore the gardens & sculpture park with us! This 158-acre campus has incredible indoor & outdoor spaces of waterfalls, exotic plants, the 24ft American Horse and more! Are you up for the exploration? Admission ticket is provided. Bring money if you want concessions and/or souvenirs.

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

### STAR WARS VIEWING CLUB

**Wednesday, August 14**—Join us while we watch one of IKUS favorite movie series "Star Wars." Snacks provided.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 3pm-5pm \*Times home may vary\*

## SPECIAL EVENTS

### FRIDAY NIGHT FUN!

**Friday, August 16**—Join your friends for a night out at a local restaurant and movie at IKUS after. Bring money for dinner, popcorn will be provided during movie.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 3pm-6:30pm \*Times home may vary\*

### MUSIC CREATION

**Wednesday, August 21**—Come join us and enjoy various forms of music. There will be various instruments to try such as the drums, guitars, and piano. The participants will have the opportunity to sing their favorite songs on stage.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 3pm-5pm \*Times home may vary\*

### 28TH STREET METRO CRUISE & PARK

**Saturday, August 24**—Come join us and check out one the biggest car event west of Detroit! There will be classic hot rods to see. After we will be going to the park for some fun outdoor games.

Please bring a sack lunch with you to eat at the park.  
**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 10am-1:30pm \*Times home may vary\*

### FITNESS & SCIENCE

**Wednesday, August 28**—Join REC Connect for some outdoor games and fun hands-on science experiments!

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 3pm-5pm \*Times home may vary\*

### JOHN BALL ZOO

**Thursday, August 29**—Join us for a fun trip to the zoo to see animals from all around the world! From the giraffes to the lions to the penguins—let's check out what these wonderful creatures are up to! Admission ticket is covered. Bring money if you want something from the concession stands and/or souvenirs.

**Drop off Kate Pew Wolters Center, transportation home provided**  
**Time:** 2:30pm-6pm \*Times home may vary\*

### OPEN SWIM

**Thursday, August 8, 12:30pm-1:30pm, Wednesday, August 21, 10am-11:30am & Thursday, August 29, 10am-11:30am**—Splish, splash, it's pool time! Join us in our heated pool for some pool games & swimming.

**Drop off & pick up:** Kate Pew Wolters Center

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

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