



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

SEPTEMBER 2019 CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|--|--|--|
| 1 | 2 LABOR DAY— NO R.E.C. CONNECT | 3 ◆ LABOR FESTIVAL 10:30AM GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED) | 4 | 5 ◆ RELAX AT ROSA 11AM ◆ COOKING WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED) | 6 ◆ OPEN SWIM 10AM ◆ FRIDAY NIGHT FUN 2:30PM (TRANSPORTATION HOME PROVIDED) | 7 ◆ AMERICAN INDIAN LODGE POW WOW 3PM (TRANSPORTATION HOME PROVIDED) |
| 8 | 9 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM | 10 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED) | 11 ◆ FULTON STREET MARKET 11AM ◆ GRAND RAPIDS BALLET 1PM ◆ PROJECT I 2:45PM (TRANSPORTATION HOME PROVIDED) | 12 | 13 ◆ GAME NIGHT 3PM (TRANSPORTATION HOME PROVIDED) | 14 |
| 15 | 16 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM | 17 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED) | 18 ◆ OPEN SWIM 10AM ◆ MUSIC CREATION 3PM (TRANSPORTATION HOME PROVIDED) | 19 ◆ COOKING WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED) | 20 | 21 ◆ ALLENDALE FALL FEST 11AM (TRANSPORTATION HOME PROVIDED) |
| 22 | 23 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM | 24 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED) | 25 ◆ GRAND RAPIDS PUBLIC MUSEUM 2:45PM (TRANSPORTATION HOME PROVIDED) | 26 | 27 | 28 |
| 29 | 30 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:30PM | | | | | NOTE: Registration for certain activities/events might close a week in advance depending on cost and staffing required. |

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 or call 616.677.5251, ext. 119.

◆ = 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 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*

LABOR FESTIVAL

Tuesday, September 3—Join us as we listen to live local music, check out the car show, and explore the free festivities at Ah-Nab-Awen Park. We will also have the opportunity to look around at the Gerald R. Ford Presidential Museum. Please pack a sack lunch or bring money if you want something from the concession stands.
Drop off & pick up: Kate Pew Wolters Center
Time: 10:30am-2pm

RELAX AT ROSA

Thursday, September 5—Kick back and relax while listening to some live local music at Rosa Parks Circle! Please bring a sack lunch or money to buy something from the food trucks.
Drop off & pick up: Kate Pew Wolters Center
Time: 11am-1:30pm

FRIDAY NIGHT FUN

Friday, September 6—Come explore the scenic wooded trails and visit with the owls, turtles and other animals that are at Blanford Nature Preserve! After looking around at the nature preserve join your friends at a local restaurant for some tasty dinner. Bring money for dinner and if you would like something from the souvenir shop. Admission into Blanford will be covered.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 2:30pm-6:30pm *Times home may vary*

AMERICAN INDIAN LODGE POW WOW

Saturday, September 7—Join your friends at REC Connect as they explore the American Indian festival. There will be traditional dances, crafts, music and opportunities to try different food! Bring money if you want something from the concessions stands and/or souvenirs.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 3pm-6pm *Times home may vary*

FULTON STREET FARMERS MARKET

Wednesday, September 11—Come check out one of Grand Rapids longest running farmers market. There will be various vendors from around West Michigan. Bring money if you would like to buy anything from the vendors.
Drop off & pick up: Kate Pew Wolters Center
Time: 11am-1pm

GRAND RAPIDS BALLET COMPANY

Wednesday, September 11—Grand Rapids Ballet Company is back! Join your friends for a fun adapted ballet workshop. Representatives from GR Ballet Company will be leading you through various seated and standing routines.
Drop off & pick up: Kate Pew Wolters Center
Time: 1pm-2pm *There will be an activity scheduled from 2-2:45pm for those staying for the outing at 2:45pm.

SPECIAL EVENTS

PROJECT I ART PRIZE

Wednesday, September 11—Help your friends complete a scavenger hunt based around Project I. Project I "Crossed Lines" is an art event put on by ArtPrize. Project I showcases art work from international, national and local artist. Participants will work together to complete the scavenger while seeing all of the beautiful art work that's on display.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 2:45pm-6pm *Times home may vary*

GAME NIGHT—PRICE IS RIGHT

Thursday, September 13—Come on out and play a version of our favorite televised game shows. Participants will work together in-order to make it through the fun game show themed activities.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 3pm-5pm *Times home may vary*

MUSIC CREATION

Thursday, September 18—Time to rock out at IKUS! Come play the drums, guitars and piano that will be set up on stage. No experience is required. There will be opportunities for participants to sing and dance to their favorite songs!
Drop off Kate Pew Wolters Center, transportation home provided
Time: 3pm-5pm *Times home may vary*

ALLENDALE FALL FESTIVAL

Saturday, September 21—Come join your friends and explore the Allendale Fall Fest! There will be a car show, crafts, food trucks and music. Pack a lunch. Bring money if you want something from the concession stands and craft vendors.
Drop off Kate Pew Wolters Center, transportation home provided
Time: 11am-3pm *Times home may vary*

GRAND RAPIDS PUBLIC MUSEUM

Wednesday, September 25—Join us as we look at all the various exhibits that are on display at the museum!
Drop off Kate Pew Wolters Center, transportation home provided
Time: 2:45pm-5pm *Times home may vary*

COOKING WITH CHEF SCOTT

Thursday, September 5 & Thursday, September 19—Join your friends at R.E.C Connect as they learn step by step how to cook delicious meals, with the help of Chef Scott!
Drop off Kate Pew Wolters Center, transportation home provided
Time: 3pm-4:30pm *Times home may vary*

OPEN SWIM

Friday, September 6 from 10am-11am & Wednesday, September 18 from 10am-11am—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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