



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

## OCTOBER 2019 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	2 ◆ OPEN SWIM 10AM ◆ MUSIC CREATION 3PM (TRANSPORTATION HOME PROVIDED)	3	4 ◆ FOOD TRUCK FRIDAY 3PM (TRANSPORTATION HOME PROVIDED)	5 ◆ GVSU FOOTBALL DINNER 4PM
6	7 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:15PM SOMIFIT 1PM	8 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	9 ◆ GRAND RAPIDS BALLET 1PM ◆ ROBINETTE'S 3PM (TRANSPORTATION HOME PROVIDED)	10 ◆ OPEN SWIM 10AM ◆ COOKING WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	11	12
13	14 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:15PM SOMIFIT 1PM	15 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	16 ◆ OPEN SWIM 10AM ◆ MOVIE NIGHT 3PM (TRANSPORTATION HOME PROVIDED)	17	18	19 ◆ TRICK OR TREAT STREET 4PM
20	21 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:15PM SOMIFIT 1PM	22 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	23 ◆ GRAND RAPIDS BALLET 1PM ◆ BOWLING 3PM (TRANSPORTATION HOME PROVIDED)	24 ◆ OPEN SWIM 10AM ◆ COOKING WITH CHEF SCOTT 3PM (TRANSPORTATION HOME PROVIDED)	25	26
27	28 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:30AM CREATIVE ARTS 12:15PM SOMIFIT 1PM	29 GAMES & GRUB 3PM (TRANSPORTATION HOME PROVIDED)	30 ◆ HALLOWEEN & FALL FESTIVITIES 3PM (TRANSPORTATION HOME PROVIDED)	31 HAPPY HALLOWEEN!		<b>NOTE: Registration for certain activities/events might close a week in advance depending on cost and staffing required.</b>

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



# OCTOBER 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-11:15am

### 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:** 12:15pm-1pm

### SOMFIT

**Mondays**—SOMFIT is a fitness and nutrition class that's hosted by Special Olympics. Fitness levels are measured on the first Monday and tracked through December. SOMFIT will be offered every Monday from 9/30-12/23.  
**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 1pm-2pm

### 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\*

### OPEN SWIM

**Wednesday, October 2, Thursday, October 3, Thursday, October 10, Wednesday, October 16, Thursday, October 24**—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  
**Time:** 10am-11am

### MUSIC CREATION

**Wednesday, October 2**—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\*

### FOOD TRUCK FRIDAY

**Friday, October 4**—Join your friends while they hang out at Riverside park and grab some dinner from the various food trucks. Members will have the opportunity to vote on one meal to try and then share it amongst themselves. Please bring a sack lunch or money if you would like to get additional food.  
**Drop off:** Kate Pew Wolters Center, transportation home provided  
**Time:** 3pm-5pm \*Times home may vary\*

### GVSU FOOTBALL & DINNER

**Saturday, October 5**—Come cheer on Grand Valley State University football team as they challenge Ashland! Participants will be going out to eat before the game. Please bring money if you plan to order dinner. Cost of football tickets will be covered. Space is limited so please sign up as soon as possible if interested.  
**Drop off:** Kate Pew Wolters Center  
**Pick up:** GVSU  
**Time:** 4pm-8:30pm

### GRAND RAPIDS BALLET COMPANY

**Wednesday, October 9 and 23**—Grand Rapids Ballet Company is back! Join your friends for a fun adapted ballet workshop. Representatives from Grand Rapids Ballet Company will be leading you through various seated and standing routines.  
**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 1pm-2pm  
\*\*Activity will be available from 2pm-3pm for those who are staying for the evening outings\*\*

## SPECIAL EVENTS

### ROBINETTE'S

**Wednesday, October 9**—Come join your friends and explore around Robinette's apple orchard! We will walk around the Orchard and have the opportunity to go on a hay ride. Cost of the hay ride, donuts, cider will be covered. Please bring money if you wish to buy anything additional. Space is limited so please sign up as soon as possible if interested.  
**Drop off:** Kate Pew Wolters Center, transportation home provided  
**Time:** 3pm-6pm \*Times home may vary\*

### COOKING WITH CHEF SCOTT

**Thursday, October 10 & Thursday, October 24**—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\*

### MOVIE NIGHT

**Wednesday, October 16**—Kick back, relax and enjoy watching a movie with your friends at IKUS! Snacks will be provided.  
**Drop off:** Kate Pew Wolters Center, transportation home provided  
**Time:** 3pm-5pm \*Times home may vary\*

### TRICK OR TREAT STREET

**Saturday, October 19**—Come join your friends at IKUS for one of the biggest community events of the year! There will be Halloween and Fall activities during the day, and then a meal and trick or treating around camp from 6-8pm. This event is open to the public. There is no cost for R.E.C. Connect members. Activities will include painting pumpkins, making a scare crow and other fun fall crafts!  
**Drop off & pick up:** Kate Pew Wolters Center  
**Time:** 4pm-8pm, end time is tentative depending on the weather

### BOWLING

**Wednesday, October 23**—Come join your friends and have a fun afternoon bowling! Cost of bowling will be covered, please bring money if you would like to buy a snack.  
**Drop off:** Kate Pew Wolters Center, transportation home provided. Space is limited so please sign up as soon as possible if interested.  
**Time:** 3pm-4:30pm \*Times home may vary\*

### HALLOWEEN & FALL FESTIVITIES

**Wednesday, October 30**—Come on out to IKUS and enjoy some fun Fall and Halloween themed crafts and activities.  
**Drop off:** Kate Pew Wolters Center, transportation home provided  
**Time:** 3pm-4:30pm \*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.**  
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