



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

MARCH 2020 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:15AM CREATIVE ARTS 12PM GAME ZONE 12:45PM	3 SCIENCE DISCOVERIES 9:30AM GAME ZONE 10:15AM CREATIVE ARTS 12PM PERFORMING ARTS 12:45PM Ⓣ GAMES & GRUB 2:45PM	4 ♦ GRAND RAPIDS BALLET 1PM Ⓣ ♦ HARRY POTTER VIEWING CLUB 2:30PM	5 BREAKFAST CLUB 9:30AM REC. FITNESS 10:30AM PERFORM. ARTS 12:15PM SCIENCE DISC. 1PM Ⓣ ♦ MUSIC CREATION 2:45PM	6	7 ♦ GRIFFINS 4PM
8	9 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:15AM CREATIVE ARTS 12PM GAME ZONE 12:45PM	10 SCIENCE DISCOVERIES 9:30AM GAME ZONE 10:15AM CREATIVE ARTS 12PM PERFORMING ARTS 12:45PM Ⓣ GAMES & GRUB 2:45PM	11 Ⓣ ♦ FREDERIK MEIJER GARDENS 2:45PM	12 BREAKFAST CLUB 9:30AM REC. FITNESS 10:30AM PERFORM. ARTS 12:15PM SCIENCE DISC. 1PM Ⓣ ♦ COOKING WITH CHEF SCOTT 3PM	13	14
15	16 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:15AM CREATIVE ARTS 12PM GAME ZONE 12:45PM	17 SCIENCE DISCOVERIES 9:30AM GAME ZONE 10:15AM CREATIVE ARTS 12PM PERFORMING ARTS 12:45PM Ⓣ GAMES & GRUB 2:45PM	18 ♦ GRAND RAPIDS BALLET 1PM Ⓣ ♦ GAME NIGHT 2:45PM	19 BREAKFAST CLUB 9:30AM REC. FITNESS 10:30AM PERFORM. ARTS 12:15PM SCIENCE DISCOVERIES 1PM	20	21 ♦ ARTS IN MOTION DANCE ON 10AM
22 ♦ GRAND RAPIDS DRIVE BASKETBALL 11:30AM	23 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:15AM CREATIVE ARTS 12PM GAME ZONE 12:45PM	24 SCIENCE DISCOVERIES 9:30AM GAME ZONE 10:15AM CREATIVE ARTS 12PM PERFORMING ARTS 12:45PM Ⓣ GAMES & GRUB 2:45PM	25	26 BREAKFAST CLUB 9:30AM REC. FITNESS 10:30AM PERFORM. ARTS 12:15PM SCIENCE DISC. 1PM Ⓣ ♦ COOKING WITH CHEF SCOTT 3PM	27 Ⓣ ♦ FRIDAY NIGHT FUN—GARDENING & PIZZA PARTY 3PM	28 ♦ GRIFFINS 4PM
29	30 HEALTHY LIVING 9:30AM RECREATIONAL FITNESS 10:15AM CREATIVE ARTS 12PM GAME ZONE 12:45PM	31 SCIENCE DISCOVERIES 9:30AM GAME ZONE 10:15AM CREATIVE ARTS 12PM PERFORMING ARTS 12:45PM Ⓣ GAMES & GRUB 2:45PM		ALL CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE DEPENDENT ON WEATHER	NOTE: Registration for certain activities/events might close in advance depending on cost and staffing required.	♦ = SPECIAL EVENT Ⓣ = TRANSPORTATION HOME PROVIDED

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.



indian
trails
camp

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-10:15am

RECREATIONAL FITNESS

Mondays & Thursdays—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: 10:15am-11am on Mondays
10:30am-11:15am on Thursdays

CREATIVE ARTS

Mondays & Tuesdays—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: 12pm-12:45pm on Mondays
12pm-12:45pm on Tuesdays

GAME ZONE

Mondays & Tuesdays—Come on out and get your gaming on. Members will have the opportunity to play cards, learn new board games and participate in a variety of group games in the gym!
Drop off & pick up: Kate Pew Wolters Center
Time: 12:45pm-1:30pm on Mondays
10:15am to 11am on Tuesdays

GAMES & GRUB

Tuesdays & Thursdays—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: 2:45pm-5pm *Times home may vary*

SCIENCE DISCOVERIES

Tuesdays & Thursdays—Learn about the many wonders of the world! There will be mini units that will focus on specific topics such as space, oceans, rainforest, geology and volcanos. Members will learn about each topic through fun, hands-on activities, experiments and watch a video to wrap up each unit.
Drop off & pick up: Kate Pew Wolters Center
Time: 9:30am-10:15am on Tuesdays
1pm-1:30pm on Thursdays

BREAKFAST CLUB

Thursdays—Members will learn step-by-step how to make different breakfast foods. We will learn about healthy food choices, how to read recipes and will review safety in the kitchen!
Drop off & pick up: Kate Pew Wolters Center
Time: 9:30am-10:30am

PERFORMING ARTS

Tuesdays & Thursdays—Members will have the opportunity to explore various forms of performing arts. Drum circles, karaoke, improv, and skits are some of the areas of performing arts that will be explored.
Drop off & pick up: Kate Pew Wolters Center
Time: 12:45pm-1:30pm on Tuesdays
12:15pm-1pm on Thursdays

SPECIAL EVENTS

GRAND RAPIDS BALLET COMPANY

Wednesday, March 4 & Wednesday, March 18—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

HARRY POTTER VIEWING CLUB

Wednesday, March 4—Join your friends as they enjoy watching the Harry Potter series. This month we will be watching Harry Potter and the Chamber of Secrets. Snacks will be provided.
Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 2:30pm-5:15pm *Times home may vary*

MUSIC CREATION

Thursday, March 5—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: 2:45pm-4:15pm *Times home may vary*

GRIFFINS VS. ROCKFORD ICE HOGS

Saturday, March 7—Join your friends at R.E.C. Connect as they cheer on the Grand Rapids Griffins! We will be going out to eat before the game. Tickets for the game will be provided. Please bring money if you would like to buy dinner or get something at the concession stands. Space is limited so please sign up as soon as possible if interested.
Drop off & pick up: Kate Pew Wolters Center
Time: 4pm-9:30pm

FREDERIK MEIJER GARDENS

Wednesday, March 11—Join your friends as they explore the exhibits at Frederik Meijer Gardens!
Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 2:45pm-5pm *Times home may vary*

COOKING WITH CHEF SCOTT

Thursday, March 12 & Thursday, March 26—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*

ARTS IN MOTION DANCE ON TIME

Saturday, March 22—Come join your friends for dancing, games, prizes at the annual Dance on! This event is sponsored by Arts in Motion. There will be no cost to those who sign up through R.E.C. Connect.
Drop off & pick up: Kate Pew Wolters Center
Time: 10am-2pm

GRAND RAPIDS DRIVE VS. LAKELAND MAGIC

Sunday, March 23—Join your friends at R.E.C. Connect as they cheer on the Grand Rapids Drive! Tickets for the game will be provided. Please bring money if you would like to buy something at the concession stands. Space is limited so please sign up as soon as possible if interested.
Drop off & pick up: Kate Pew Wolters Center
Time: 11:30am-3:30pm

FRIDAY NIGHT FUN—GARDENING & PIZZA

Friday, March 27—Join your friends for this hands-on gardening class led by Chef Scott! Once we are done helping Scott get the garden ready for the spring, we will have a pizza party in the KPW life skills room!
Drop off: Kate Pew Wolters Center,
transportation home provided
Time: 3pm-5:30pm *Times home may vary*

GRIFFINS VS. MILWAUKEE ADMIRALS

Saturday, March 28—Join your friends at R.E.C. Connect as they cheer on the Grand Rapids Griffins! We will be going out to eat before the game. Tickets for the game will be provided. Please bring money if you would like to buy dinner or get something at the concession stands. Space is limited so please sign up as soon as possible if interested.
Drop off & pick up: Kate Pew Wolters Center
Time: 4pm-9:30pm



These programs and services are made possible with funding from the Community Mental Health of Ottawa County Mental Health Millage.

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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