



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

DECEMBER 2020 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>◆ = SPECIAL EVENT</p> <p>Ⓣ = TRANSPORTATION HOME PROVIDED</p>		<p>1</p> <p>HEALTHY LIVING 9:30-10:30 AM</p> <p>REC.FIT 10:30-11:15AM</p> <p>LUNCH 11:15AM-12PM</p> <p>WORLD DISCOVERIES 12PM-12:45PM</p> <p>MUSIC CREATIONS 12:45PM-1:30PM</p> <p>Ⓣ GAME NIGHT 2:45-4PM</p>	<p>2</p> <p>Ⓣ FALL THEMED COOKING 2:45-4PM</p>	<p>3</p> <p>BREAKFAST CLUB 9:30-10:30AM</p> <p>CRAFTING WITH SARAH 10:30-11:15AM</p> <p>LUNCH 11:15AM-12PM</p> <p>COOKING GARDEN SCRAP 12-1:30PM</p>	<p>4</p> <p>NO R.E.C. CONNECT</p>	<p>5</p>	
	<p>6</p>	<p>7</p> <p>NO R.E.C. CONNECT</p>	<p>8</p> <p>HEALTHY LIVING 9:30-10:30 AM</p> <p>REC.FIT 10:30-11:15AM</p> <p>LUNCH 11:15AM-12PM</p> <p>WORLD DISCOVERIES 12PM-12:45PM</p> <p>MUSIC CREATIONS 12:45PM-1:30PM</p> <p>Ⓣ MUSIC 2:45-4PM</p>	<p>9</p> <p>Ⓣ MOVIE NIGHT 2:45-4:15PM</p>	<p>10</p> <p>BREAKFAST CLUB 9:30-10:30AM</p> <p>CRAFTING WITH SARAH 10:30-11:15AM</p> <p>LUNCH 11:15AM-12PM</p> <p>COOKING GARDEN SCRAP 12-1:30PM</p> <p>Ⓣ OPEN GYM 2:45-4PM</p>	<p>11</p> <p>VIRTUAL EXERCISE 11-11:30AM</p> <p>VIRTUAL TRIVIA 11:30AM-12PM</p> <p>VIRTUAL MUSIC 12-12:30PM</p> <p>VIRTUAL GAMES 12:30-1PM</p>	<p>12</p> <p>WINTER WONDERLAND—MOVIE, HOT CHOCOLATE, CRAFT 9:30AM-2PM</p>
	<p>13</p>	<p>14</p> <p>HEALTHY LIVING/GAMES 9:30-10:15AM</p> <p>REC. FIT 10:15-11AM</p> <p>LUNCH 11-11:45AM</p> <p>AROUND THE WORLD COOKING/CREATIVE ARTS 12-1:30PM</p>	<p>15</p> <p>HEALTHY LIVING 9:30-10:30 AM</p> <p>REC.FIT 10:30-11:15AM</p> <p>LUNCH 11:15AM-12PM</p> <p>WORLD DISCOVERIES 12PM-12:45PM</p> <p>MUSIC CREATIONS 12:45PM-1:30PM</p> <p>Ⓣ GAMES & GRUB 2:45-4PM</p>	<p>16</p> <p>Ⓣ FALL THEMED COOKING 2:45-4PM</p>	<p>17</p> <p>BREAKFAST CLUB 9:30-10:30AM</p> <p>CRAFTING WITH SARAH 10:30-11:15AM</p> <p>LUNCH 11:15AM-12PM</p> <p>COOKING GARDEN SCRAP 12-1:30PM</p> <p>VIRTUAL EXERCISE 3:30-4PM</p> <p>VIRTUAL GAMES 4-4:30PM</p>	<p>18</p> <p>VIRTUAL EXERCISE 11-11:30AM</p> <p>VIRTUAL TRIVIA 11:30AM-12PM</p> <p>VIRTUAL MUSIC 12-12:30PM</p> <p>VIRTUAL GAMES 12:30-1PM</p>	<p>19</p>

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.



DECEMBER 2020 CALENDAR

To attend a class, activity or event, members must have completed a member profile and paid their membership fees.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20	21 HEALTHY LIVING/GAMES 9:30-10:15AM REC. FIT 10:15-11AM LUNCH 11-11:45AM AROUND THE WORLD COOKING/CREATIVE ARTS 12-1:30PM ① WINTER CRAFTS 2:45-4PM	22 HEALTHY LIVING 9:30-10:30 AM REC. FIT 10:30-11:15AM LUNCH 11:15AM-12PM WORLD DISCOVERIES 12PM-12:45PM MUSIC CREATIONS 12:45PM-1:30PM ① GAMES & GRUB 2:45-4PM	23 VIRTUAL TRIVIA 12:30-1PM VIRTUAL EXERCISE 1-1:30PM VIRTUAL GAMES 1:30-2PM VIRTUAL MUSIC 2-2:30PM	24 CHRISTMAS EVE	25 MERRY CHRISTMAS!	26
27	28	29	30	31	ALL CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE DEPENDENT ON WEATHER	NOTE: Spots are limited. Registration for certain activities/ events might close in advance.

- Please sign up as early as possible to reserve spot for R.E.C. Connect Activities!
- Pre-screening will take place every day upon drop off at IKUS Life Enrichment Services.
- The consent form that describes the new safety precautions must be filled out or verbal consent given prior to resuming services. Also contact information must be updated so that we are able to reach care providers and guardians promptly in case someone is displaying symptoms.
- There will be a minimum of 4 spots available for Ottawa County members who want transportation home after each evening program. Dependent on staff and van availability we might be able to provide transportation for more Ottawa County members for any given activity. We are implementing extra precautions when transporting individuals including more space between everyone while in the vans. This will limit the amount of Ottawa County R.E.C. Connect members that we are able to provide transportation for during this time.

- Each in-person activity will cost \$1 for Kent County members unless stated otherwise on the calendar and pre-paid punch cards will be used.
- Transportation will not be provided to Holland and Grand Haven which will reduce ride time for the other areas that are geographically closer to IKUS. By reducing ride time for these participants in an enclosed space, the management team's goal is to reduce the risk and or spread of COVID-19. Members from the Holland and Grand Haven areas are encouraged to continue to participate in R.E.C. activities, but they will need to arrange for their own transportation home (when this is provided). We are sorry for any inconvenience this may cause.
- Please reach out to Myles if there is interest in virtual activities on other days of the week besides Friday.
- Pick up for the evening programs that are outings Monday-Friday (going to parks, Blandford Nature Center, etc.) will be at the location of the community event for Holland and Grand Haven members.



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.

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