



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

SEPTEMBER 2021 CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|---|
| <p>◆ = SPECIAL EVENT</p> <p>Ⓣ = TRANSPORTATION HOME PROVIDED</p> | <p>ALL CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE DEPENDENT ON WEATHER</p> | <p>NOTE: Spots are limited. Registration for certain activities/ events might close in advance.</p> | 1 | 2 | 3 | 4 |
| | | | | <p>MORNING GROUP 9:30-10AM</p> <p>HEALTHY LIVING 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>OUTDOOR COOKING/ NATURE 12-1:30PM</p> <p>Ⓣ MUSIC CREATIONS 2:45-4PM</p> | <p>Ⓣ BOWLING HUDSONVILLE LANES 9:30AM-1:30PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)</p> | |
| | | | <p>Ⓣ MOVIE NIGHT 2:45-4:30PM</p> | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | <p>HAPPY LABOR DAY!</p> | <p>JOHN BALL ZOO/ PICNIC AT THE PARK 9:30AM-1:30PM</p> <p>Ⓣ GAMES & GRUB 2:45-4PM</p> | <p>Ⓣ HOW THINGS WORK/ SCIENCE 2:45-4PM</p> | <p>MORNING GROUP 9:30-10AM</p> <p>HEALTHY LIVING 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>OUTDOOR COOKING/ NATURE 12-1:30PM</p> <p>Ⓣ ARTS & CRAFTS 2:45-4PM</p> | <p>Ⓣ DISC GOLF + COMMUNITY EXPLORATION 9:30AM-1:30PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)</p> | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | <p>MORNING GROUP 9:30-10:15AM</p> <p>REC FITNESS OR MUSIC 10:15-11AM</p> <p>LUNCH 11AM-12PM</p> <p>GARDENING OUTDOORS WITH CHEF SCOTT 12-1:30PM</p> <p>Ⓣ Wii GAMES 2:45-4PM</p> | <p>MUSKEGON FARMERS MARKET & PICNIC AT THE PARK 9:30AM-1:30PM</p> <p>Ⓣ COOKING WITH CHEF SCOTT 2:45-4PM</p> | | <p>MORNING GROUP 9:30-10AM</p> <p>HEALTHY LIVING 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>OUTDOOR COOKING/ NATURE 12-1:30PM</p> <p>Ⓣ MUSIC CREATIONS 2:45-4PM</p> | <p>Ⓣ PERFORMANCE+ PRESENTED BY FESTIVAL OF THE ARTS 9:30AM-2:30PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)</p> | <p>GVSU VS. UW-LA CROSSE- BLACK OUT THEME, WEAR BLACK 2-7 PM (DROP OFF & PICK UP AT KPW, GAME STARTS AT 3PM, PICK UP TIME WILL VARY SLIGHTLY DEPENDING ON WHEN GAME ENDS)</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.



SEPTEMBER 2021 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 |
|--------|---|--|-----------------------------|--|--|----------|
| 19 | <p>MORNING GROUP 9:30-10:15AM</p> <p>REC FITNESS OR MUSIC 10:15-11AM</p> <p>LUNCH 11AM-12PM</p> <p>GARDENING OUTDOORS WITH CHEF SCOTT 12-1:30PM</p> | <p>FREDERIK MEIJER GARDENS & PICNIC 9:30AM-1:30PM</p> <p>① GAMES & GRUB 2:45-4PM</p> | <p>① OPEN GYM 2:45-4PM</p> | <p>MORNING GROUP 9:30-10AM</p> <p>HEALTHY LIVING 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>OUTDOOR COOKING/ NATURE 12-1:30PM</p> <p>① FAMILY FEUD/ JEOPARDY 2:45-4PM</p> | <p>① ART PRIZE 9:30AM-1:30PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)</p> | 25 |
| 26 | <p>MORNING GROUP 9:30-10:15AM</p> <p>REC FITNESS OR MUSIC 10:15-11AM</p> <p>LUNCH 11AM-12PM</p> <p>GARDENING OUTDOORS WITH CHEF SCOTT 12-1:30PM</p> | <p>MORNING GROUP 9:30-9:45AM</p> <p>HOW THINGS WORK OR GAMES 9:45-10:30AM</p> <p>GROUP FITNESS 10:30-11:30AM</p> <p>LUNCH 11:30AM-12:30PM</p> <p>ARTS & CRAFTS/ SCIENCE/ MUSIC CREATIONS 12:30-1:30PM</p> <p>① COOKING WITH CHEF SCOTT 2:45-4:15PM</p> | <p>① Wii GAMES 2:45-4PM</p> | <p>MORNING GROUP 9:30-10AM</p> <p>HEALTHY LIVING 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>OUTDOOR COOKING/ NATURE 12-1:30PM</p> <p>① OPEN GYM 2:45-4PM</p> | | |

- 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.
- Each in-person activity will cost \$1 for Kent County members unless stated otherwise on the calendar.

- 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 and community members.
- Sign up opens the 4th Monday of the month prior. Space for activities is limited and dependent on staff availability. Regular participation on a specific day of the week doesn't ensure that spot will be open the next month. Participants must sign up each month, for the classes they want to go to.



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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