



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

JANUARY 2022 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 MORNING GROUP 9:30-10:15AM NUTRITION 10:15-11:15AM LUNCH 11AM-12PM NO BAKE BAKING 12-1PM FITNESS 1-1:30PM ① COOKING 2:45-3:30PM	4	5	6 MORNING GROUP 9:30-10AM DRUMMING WITH JOSH 10-11AM LUNCH 11AM-12PM AROUND THE WORLD COOKING 12-1PM GAMES 1:30-2:15PM	7	8
9	10 MORNING GROUP 9:30-10:15AM NUTRITION 10:15-11:15AM LUNCH 11AM-12PM NO BAKE BAKING 12-1PM FITNESS 1-1:30PM ① Wii GAMES 2:45-3:30PM	11 WORLD OF WINTER IN DOWNTOWN GRAND RAPIDS 9:30AM-2:15PM ① AIR FRYER COOKING WITH CHEF SCOTT 2:45-3:45PM	12	13 MORNING GROUP 9:30-10AM BREAKFAST CLUB 10-11AM LUNCH 11AM-12PM AROUND THE WORLD COOKING 12-1PM GAMES 1:30-2:15PM NUTRITION WITH GVSU STUDENT & CHEF SCOTT 2:45-3:30PM	14 ① BOWLING HUDSONVILLE LANES 9:30AM-2PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)	15
16	17 MORNING GROUP 9:30-10:15AM NUTRITION 10:15-11:15AM LUNCH 11AM-12PM NO BAKE BAKING 12-1PM GAMES OR ARTS & CRAFTS 1-1:30PM	18 SHOPPING & BOWLING 9:30AM-2:15PM ① GAMES & GRUB 2:45-3:45PM	19 IKUS OPEN HOUSE 3-6PM	20 MORNING GROUP 9:30-10AM BREAKFAST CLUB 10-11AM LUNCH 11AM-12PM AROUND THE WORLD COOKING 12-1PM GAMES 1:30-2:15PM NUTRITION WITH GVSU STUDENT & CHEF SCOTT 2:45-3:30PM	21 ① BOWLING HUDSONVILLE LANES 9:30AM-2PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)	22 GRAND RAPIDS GOLD VS. FORT WAYNE MAD ANTS 5-10PM (PICK UP & DROP OFF)

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.



JANUARY 2022 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
23	<p>24</p> <p>MORNING GROUP 9:30-10:15AM</p> <p>NUTRITION 10:15-11:15AM</p> <p>LUNCH 11AM-12PM</p> <p>NO BAKE BAKING 12-1PM</p> <p>GAMES OR ARTS & CRAFTS 1-1:30PM</p> <p>Ⓣ Wii GAMES 2:45-3:30PM</p>	<p>25</p> <p>IKUS OPEN HOUSE 9:30-11:30AM</p> <p>LUNCH 11:30AM-12:30PM</p> <p>ACTIVITIES AT IKUS 12:30-2:15PM</p> <p>Ⓣ AIR FRYER COOKING WITH CHEF SCOTT 2:45-3:45PM</p>	26	<p>27</p> <p>MORNING GROUP 9:30-10AM</p> <p>BREAKFAST CLUB 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>AROUND THE WORLD COOKING 12-1PM</p> <p>GAMES 1:30-2:15PM</p> <p>NUTRITION WITH GVSU STUDENT & CHEF SCOTT 2:45-3:30PM</p>	<p>28</p> <p>Ⓣ BOWLING HUDSONVILLE LANES 9:30AM-2PM (PICK UP & DROP OFF TRANSPORTATION PROVIDED FOR OTTAWA COUNTY MEMBERS, DEPENDENT ON STAFF, TIMES WILL VARY)</p>	29
30	<p>31</p> <p>MORNING GROUP 9:30-10:15AM</p> <p>NUTRITION 10:15-11AM</p> <p>LUNCH 11:15AM-12PM</p> <p>COOKING 12-1PM</p> <p>GAMES OR ARTS & CRAFTS 1-1:30PM</p> <p>Ⓣ COOKING 2:45-3:30PM</p>			<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>

- 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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