

# Connect With R.E.C. Connect

Winter 2022



## Highlights

The snow and cold weather has arrived but that hasn't stopped the R.E.C Connect members from spending time with their friends while participating in life enriching social and recreation-based opportunities! Members had the opportunity to attend our S'mores with Santa event, make holiday themed arts & crafts, decorate sugar cookies, see the holiday display at Fredrick Meijer Gardens, and cheer on the Griffins + more. And we can't forget our interactive visit to Grand Rapids Public Museum's Popnology exhibit - what fun!

*"Life was meant for good friends and great adventures."*

—tinybuddha.com

## Looking Ahead

- IKUS Life Enrichment Monthly Open Houses - All Welcome
- Pizza Parties
- Air Fryer Cooking with Chef Scott
- Nutrition classes with GVSU Dietitian Students
- Griffins Hockey Games
- Arts In Motion Drumming
- Creating Snow Globes
- Grand Rapid's World of Winter
- Karaoke

To check out our monthly calendars, visit our website [www.ikuslife.org](http://www.ikuslife.org) or email [maten@ikuslife.org](mailto:maten@ikuslife.org).



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

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