



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

OCTOBER 2022 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>◆ = SPECIAL EVENT</p> <p>Ⓣ = TRANSPORTATION HOME PROVIDED</p>	<p>PROGRAMMING ON MONDAYS, TUESDAYS AND THURSDAYS WILL BE IN THE KPW BUILDING, WHEN WE ARE AT IKUS. PLEASE GET DROPPED OFF & PICKED UP AT THE KPW FRONT ENTRANCE ON THOSE DAYS! SUBJECT TO CHANGE IF THERE IS AN OUTING.</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>	<p>*OUTINGS: INCLUDE BUT AREN'T LIMITED TO GOING SHOPING, FREDRICK MEIJER GARDENS, GRAND RAPIDS PUBLIC MUSEUM, JOHN BALL ZOO, OUTINGS WILL BE DEPENDENT ON WEATHER, PLEASE BRING MONEY IF YOU WOULD LIKE TO PURCHASE ANYTHING WHILE WE ARE OUT.</p>			<p>ED DUNNEBACK & GIRLS FARM MARKET AND LIVE MUSIC DINNER AND DANCE AND/OR BONFIRE DEPNDING ON THE WEATHER 12-7:45PM (TRANSPORTATION PICK UP BEFORE EVENT, PICK UP AFTER DANCE IS AT KPW).</p>
2	3	4	5	6	7	8
	<p>MORNING GROUP 9:30-10AM</p> <hr/> <p>FITNESS ACTIVITY 10-11AM</p> <hr/> <p>LUNCH 11AM-12PM</p> <hr/> <p>MUSIC CREATIONS 12-12:45PM</p> <hr/> <p>TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM</p>	<p>MORNING GROUP 9:30-10AM</p> <hr/> <p>SHOPPING 10-11AM</p> <hr/> <p>VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM - 1:30PM (ARRIVE BACK TO IKUS BY 2PM)</p> <hr/> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM</p> <hr/> <p>Ⓣ MUSIC CREATIONS 2:45-4PM</p>		<p>MORNING GROUP 9:30-10AM</p> <hr/> <p>SOMI-FIT 10-11AM</p> <hr/> <p>LUNCH 11AM-12PM</p> <hr/> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 12:30-1:30PM</p> <hr/> <p>TAPS + TRAILS COMMUNITY FUNDRAISER 6-8PM (NOT A REC CONNECT PROGRAM)</p>	<p>OUT TO BREAKFAST & BOWLING AT HUDSONVILLE LANES 9:30AM-2PM</p>	
9	10	11	12	13	14	15
	<p>MORNING GROUP 9:30-10AM</p> <hr/> <p>FITNESS ACTIVITY 10-11AM</p> <hr/> <p>LUNCH 11AM-12PM</p> <hr/> <p>MUSIC CREATIONS 12-12:45PM</p> <hr/> <p>TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM</p>	<p>MORNING GROUP 9:30-10AM</p> <hr/> <p>SHOPPING 10-11AM</p> <hr/> <p>VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM - 1:30PM (ARRIVE BACK TO IKUS BY 2PM)</p> <hr/> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM</p> <hr/> <p>Ⓣ OPEN GYM 2:45-4PM</p>		<p>MORNING GROUP 9:30-10AM</p> <hr/> <p>SOMI-FIT 10-11AM</p> <hr/> <p>LUNCH 11AM-12PM</p> <hr/> <p>OUTDOOR COOKING AT THE OBSERVATION DECK 12-1:30PM</p> <hr/> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 1:30-2:30PM</p> <hr/> <p>Ⓣ OUTDOOR GAMES & GRUB 2:45-4:30PM</p>	<p>FALL FESTIVAL AT IKUS & DINNER AT MAIN STREET PUB 11:30AM-6:30PM (DROP OFF AT IKUS AT 11:30AM, TRANSPORTATION HOME AFTER DINNER PROVIDED, GCLS CAN JOIN AFTER DAY PROGRAM, PLEASE BRING MONEY FOR DINNER, SPOTS LIMITED).</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.



OCTOBER 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
16 Ⓢ BRUNCH AND GAMES 10:30AM-2PM	17 MORNING GROUP 9:30-10AM FITNESS ACTIVITY 10-11AM LUNCH 11AM-12PM MUSIC CREATIONS 12-12:45PM TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM	18 MORNING GROUP 9:30-10AM SHOPPING 10-11AM VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM - 1:30PM (ARRIVE BACK TO IKUS BY 2PM) FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM Ⓢ MUSIC CREATIONS 2:45-4PM	19 OUTDOOR COOKING 2:45-4:30PM	20 MORNING GROUP 9:30-10AM SOMI-FIT 10-11AM LUNCH 11AM-12PM OUTDOOR COOKING AT THE OBSERVATION DECK 12-1:30PM FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 1:30-2:30PM Ⓢ JIM HENSON: EXHIB: IMAGINATION UNLIMITED 2:45-4:30PM	21 OUT TO BREAKFAST & BOWLING AT HUDSONVILLE LANES 9AM-2PM	22
23	24 MORNING GROUP 9:30-10AM FITNESS ACTIVITY 10-11AM LUNCH 11AM-12PM MUSIC CREATIONS 12-12:45PM TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM	25 CHECK ON GARDEN AND CHICKENS 9:30-10AM SHOPPING 10-11AM VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM-1:30PM (ARRIVE BACK TO IKUS BY 2PM) FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM Ⓢ ARTS & CRAFTS 2:45-4PM	26 Ⓢ OUTDOOR COOKING 2:45-4:30PM	27 MORNING GROUP 9:30-10AM SOMI-FIT 10-11AM LUNCH 11AM-12PM OUTDOOR COOKING AT THE OBSERVATION DECK 12-1:30PM FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 1:30-2:30PM Ⓢ OUTDOOR GAMES & GRUB 2:45-4:30PM	28	29 TRICK OR TREAT STREET 2-4PM (COME ON OUT TO IKUS FOR TRICK OR TREATING & HALLOWEEN FUN! EVENT \$5, EVENT INFO ON FACEBOOK AND IKUSLIFE.ORG, OPEN TO COMMUNITY, R.E.C. CONNECT PROGRAMMING WILL NOT BE TAKING PLACE SO PLEASE ATTEND WITH FAMILY OR SUPPORT)
30	31 MORNING GROUP 9:30-10AM FITNESS ACTIVITY 10-11AM LUNCH 11AM-12PM MUSIC CREATIONS 12-12:45PM TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM	<ul style="list-style-type: none"> • 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. 		<ul style="list-style-type: none"> • Each in-person activity will cost \$1 for Kent County members unless stated otherwise on the calendar. • 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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