



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

NOVEMBER 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>1 MORNING GROUP 9:30-10AM</p> <p>SHOPPING 10-11AM</p> <p>VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM - 1:30PM (ARRIVE BACK TO IKUS BY 2PM)</p> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM</p> <p>Ⓣ THE PRICE IS RIGHT GAME 2:45-4PM</p>	<p>2</p>	<p>3</p> <p>MORNING GROUP 9:30-10AM</p> <p>SOMI-FIT 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>KITCHEN SCRAP COOKING, NUTRITION & FITNESS ACTIVITIES 12-2:30PM</p> <p>Ⓣ OUTDOOR GAMES & GRUB 2:45-4:30PM</p>	<p>4</p> <p>Ⓣ SHOPPING ACTIVITIES AT IKUS 9:30AM-2PM</p>	<p>5</p>	
	<p>6</p>	<p>7</p> <p>MORNING GROUP 9:30-10AM</p> <p>FITNESS ACTIVITY 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>MUSIC CREATIONS 12-12:45PM</p> <p>TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM</p>	<p>8 MORNING GROUP 9:30-10AM</p> <p>SHOPPING 10-11AM</p> <p>VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM - 1:30PM (ARRIVE BACK TO IKUS BY 2PM)</p> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM</p> <p>Ⓣ MUSIC CREATIONS 2:45-4PM</p>	<p>9 CREATIVE DISCOVERIES 11AM-4PM (DROP OFF AND PICK UP AT KPW, GCLS CAN JOIN FOR HOLIDAY COOKING AT 2:45PM)</p> <p>EXPERIENCE ART THROUGH VARIOUS MEDIUMS-MUSIC, PERFORMING ARTS, CREATING ART WITH FOOD, PAINTING, AND MORE!</p>	<p>10</p> <p>MORNING GROUP 9:30-10AM</p> <p>SOMI-FIT 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>KITCHEN SCRAP COOKING, NUTRITION & FITNESS ACTIVITIES 12-2:30PM</p> <p>Ⓣ OUTDOOR GAMES & GRUB 2:45-4:30PM</p>	<p>11</p> <p>Ⓣ OUT TO BREAKFAST & BOWLING AT HUDSONVILLE LANES 9:30AM-2PM</p>	<p>12</p> <p>ED DUNNEBACK & GIRLS FARM MARKET AND LIVE MUSIC / LUNCH 9AM-1PM (TRANSPORTATION OPTIONS BEFORE EVENT, PICK UP AT KPW).</p>
	<p>13</p> <p>Ⓣ BRUNCH AND GAMES 10:30AM-1:30PM (TRANSPORTATION OPTIONS AVAILABLE 1:30PM)</p>	<p>14</p> <p>MORNING GROUP 9:30-10AM</p> <p>FITNESS ACTIVITY 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>MUSIC CREATIONS 12-12:45PM</p> <p>TABLE GAMES OR ARTS & CRAFTS 12:45-1:30PM</p>	<p>15 MORNING GROUP 9:30-10AM</p> <p>SHOPPING 10-11AM</p> <p>VOLUNTEERING AT BEER CITY DOG BISCUIT 11AM - 1:30PM (ARRIVE BACK TO IKUS BY 2PM)</p> <p>FITNESS ACTIVITY WITH GVSU EXERCISE SCIENCE STUDENT 2-2:45PM</p> <p>Ⓣ MUSIC CREATIONS 2:45-4PM</p>	<p>16 11AM GRIFFINS VS. ROCKFORD ICEHOGS (TRANSPORTATION OPTIONS AVAILABLE, PLEASE BRING \$10 TO GO TOWARDS THE TICKET COST, PROGRAM END TIME TO BE DETERMINED, BASED ON WHEN THE HOCKEY GAME IS OVER)</p> <p>Ⓣ HOLIDAY COOKING 2:45-4PM</p>	<p>17</p> <p>MORNING GROUP 9:30-10AM</p> <p>SOMI-FIT 10-11AM</p> <p>LUNCH 11AM-12PM</p> <p>KITCHEN SCRAP COOKING, NUTRITION & FITNESS ACTIVITIES 12-2:30PM</p> <p>Ⓣ OUTDOOR GAMES & GRUB 2:45-4:30PM</p>	<p>18</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.



NOVEMBER 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
20	21 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	22 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 ① MUSIC CREATIONS 2:45-4PM	23 CREATIVE DISCOVERIES 11AM-4PM (DROP OFF AND PICK UP AT KPW, GCLS CAN JOIN FOR HOLIDAY COOKING AT 2:45PM) EXPERIENCE ART THROUGH VARIOUS MEDIUMS-MUSIC, PERFORMING ARTS, CREATING ART WITH FOOD, PAINTING, AND MORE!	24 THANKSGIVING	25 NO PROGRAMMING	26
27	28 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	29 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 ① MUSIC CREATIONS 2:45-4PM	30		ALL CLASSES AND ACTIVITIES ARE SUBJECT TO CHANGE DEPENDENT ON WEATHER NOTE: Spots are limited. Registration for certain activities/ events might close in advance.	*OUTINGS: INCLUDE BUT AREN'T LIMITED TO GOING SHOPPING, 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.

- 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.
- 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.

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.