



## R.E.C. Connect [Recreation Experience Community] January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> 	2	<p>3</p> <p>Morning Group 9:30-10am Shopping 10-11am</p> <p>Volunteer @ Beer City Dog Biscuit 11-1:30pm</p> <p>Outing/ Activities At IKUS 2-2:45pm</p> <p>T Music Creations 2:45-4pm</p>	<p>4</p> <p>Creative Discoveries + Community Outing 11-3pm [Experience art through various mediums]</p>	<p>5</p> <p>Breakfast Club/Art/Science 9:30-11:30am</p> <p>Lunch 11:30-12:30pm Open Gym 12:30 -1:30pm Shopping 1:30-2:45pm</p> <p>T Games &amp; Grub 2:45-4pm</p>	<p>6</p> <p>T Breakfast &amp; Bowling 9:30-2:30pm</p>	7
<p>8</p> <p>T Out To Breakfast &amp; Fredrick Meijer Gardens [Please bring money for breakfast] 9:30-2:30pm</p>	<p>9</p> <p>Community Outing &amp; Activities at IKUS 9:30-1:30pm</p>	<p>10</p> <p>Morning Group 9:30-10am Shopping 10-11am</p> <p>Volunteer @ Beer City Dog Biscuit 11-1:30pm</p> <p>Outing/ Activities @ IKUS 2-2:45pm</p> <p>T Price is Right 2:45-4pm</p>	<p>11</p> <p>T Cooking 2:30-4pm</p>	<p>12</p> <p>Breakfast Club/Art/Science 9:30-11:30am Lunch 11:30-12:30pm Open Gym 12:30 -1:30pm Shopping 1:30-2:45pm</p> <p>T Games &amp; Grub 2:45-4pm</p>	<p>13</p> <p>T Rivertown Mall &amp; Lunch 9:30-2:30pm</p>	14
15	<p>16</p> <p>Morning Group 9:30-10am Music Creations 10-11am Lunch 11-12pm SOMI-Fit 12-1pm Table Games and Arts &amp; Crafts 1-1:30pm</p>	<p>17</p> <p>Morning Group 9:30-10am Shopping 10-11am</p> <p>Volunteer @ Beer City Dog Biscuit 11-1:30pm</p> <p>Outing/ Activities @ IKUS 2-2:45pm</p> <p>T Music Creations 2:45-4pm</p>	<p>18</p> <p>Creative Discoveries + Community Outing 11-3pm [Experience art through various mediums]</p>	19	<p>20</p> <p>T Bowling &amp; Lunch 9:30-2:30pm</p>	<p>21</p> <p>T Dinner &amp; Griffins VS. Springfield Thunderbirds [Please bring money for dinner and \$10 towards the ticket] 4-10pm</p> <p>*T is ONLY for before game, following game pickup is at KPW</p>
<p>22</p> 	<p>23</p> <p>Morning Group 9:30-10am Music Creations 10-11am Lunch 11-12pm SOMI-Fit 12-1pm Table Games and Arts &amp; Crafts 1-1:30pm</p>	<p>24</p> <p>Morning Group 9:30-10am Shopping 10-11am</p> <p>Volunteer @ Beer City Dog Biscuit 11-1:30pm</p> <p>Outing/ Activities @ IKUS 2-2:45pm</p> <p>T Open Gym 2:45-4pm</p>	<p>25</p> <p>Creative Discoveries + Community Outing 11-4pm [Experience art through various mediums]</p> <p>T Cooking 2:30-4pm</p>	<p>26</p> <p>Breakfast Club/Art/Science 9:30-11:30am Lunch 11:30-12:30pm Open Gym 12:30 -1:30pm Shopping 1:30-2:45pm</p> <p>T Games &amp; Grub 2:45-4pm</p>	<p>27</p> <p>T Bowling &amp; Lunch 9:30-2:30pm</p>	28
29	<p>30</p> <p>Morning Group 9:30-10am Music Creations 10-11am Lunch 11-12pm SOMI-Fit 12-1pm Table Games and Arts &amp; Crafts 1-1:30pm</p>	<p>31</p> <p>Morning Group 9:30-10am Shopping 10-11am</p> <p>Volunteer @ Beer City Dog Biscuit 11-1:30pm</p> <p>Outing/ Activities @ IKUS 2-2:45pm</p> <p>T Music Creations 2:45-4pm</p>	<p>1</p> <p>Creative Discoveries + Community Outing 11-4pm [Experience art through various mediums]</p>	<p>2</p> <p>Breakfast Club/Art/Science 9:30-11:30am Lunch 11:30-12:30pm Open Gym 12:30 -1:30pm Shopping 1:30-2:45pm</p> <p>T Games &amp; Grub 2:45-4pm</p>	<p>3</p> <p>T Breakfast &amp; Bowling 9:30-2:30pm</p>	<p>4</p> <p>T=Transportation Home Provided for Ottawa County Residents</p> <p>Please get dropped off/picked up at the KPW Bldg</p>

Pre-registration (72 hrs in advance) is required for all classes, activities & special events.

Sign-up opens the 4th Monday of the month prior and space is limited. To register, email [maten@ikuslife.org](mailto:maten@ikuslife.org) or call (616)677.5251 ext. 119



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