



# R.E.C. CONNECT

[RECREATION • EXPERIENCE • COMMUNITY]

The R.E.C. Connect program provides opportunities in recreational and social experiences to enhance participants' health and well-being.

R.E.C. Connect is a year-round program offered by IKUS Life Enrichment Services in partnership with Community Mental Health of Ottawa County.

All participants must be 18+ and complete the member profile and required forms, along with an annual membership fee of \$1.00 (Ottawa County residents).

For non-Ottawa County residents please reach out for additional information on membership fees.

Members sign up in advance and participate in a variety of activities independently. If assistance is needed (depending on the member profile), members must bring support.

**Club R.E.C. Connect:** Club R.E.C. Connect is offered on a quarterly basis. May include but is not limited to music, performing arts, athletics and more!

**Special Activities:** Opportunities may be offered monthly. Special Activities may include but are not limited to large events (dances, carnivals, performances).

**Community Events:** Opportunities are offered monthly. Includes sporting events, performing arts, cultural attractions and much more!

For questions or more information email [maten@ikuslife.org](mailto:maten@ikuslife.org) or call 616-677-5251 ext. 119.



**IKUS LIFE ENRICHMENT SERVICES**  
O-1859 Lake Michigan Dr. NW • Grand Rapids, MI 49534  
[IKUSLIFE.ORG](http://IKUSLIFE.ORG) • [FACEBOOK.COM/IKUSLIFE](https://FACEBOOK.COM/IKUSLIFE)



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