




R.E.C. Connect September 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
 				1 Bowling & Lunch 9:30-3:30pm TPD	2 Out To Breakfast & John Ball Zoo 10-3:30pm TPD	3		
4 Labor Day	5 Club R.E.C. Connect 9:30-2pm Arts & Crafts 3-4:30pm TD	6	7 Club R.E.C. Connect- 9:30-2pm Movie & Pizza Party 3-5pm TD	8 Fredrick Meijer Gardens 9:30-3:30pm TPD	9 Cars and Coffee @ The Downtown Market & Lunch Downtown 9-2pm TPD	10		
11	12 Club R.E.C. Connect 9:30-2pm Wii Games & Trivia 3-4:30pm TD	13	14 Club R.E.C. Connect- 9:30-2pm Disc Golf in Coopersville 3-4:30pm TD	15 Bowling & Lunch 9:30-3:30pm TPD	16	17		
18	19 Club R.E.C. Connect 9:30-2pm Outdoor Games 3-4:30pm TD	20	21 Club R.E.C. Connect 9:30-2pm Dinner + Celebration Of Community & Connection Fair In Holland-2:45- 7:30pm Pick Up At KPW	22 Fiesta Mexicana/ Mexican Film Festival 9:30-3:30pm TPD	23 Lunch at Stans Taco & Victory Day Football Game 12-6pm TPD	24		
25	26 Club R.E.C. Connect 9:30-2pm Arts & Crafts 3-4:30pm TD	27	28 Club R.E.C. Connect 9:30-2pm Air Fryer Cooking 3-4:30pm TD	29 Bowling & Lunch 9:30-3:30pm TPD	30	31		
Club R.E.C. Tuesday: Community outings, programming at IKUS Thursday: Nature, Outdoor Cooking, SOMI-FIT, Community Outings	Transportation Provided for Ottawa County Residents, Spots Limited	TD= Transportation Drop Off Options TP= Transportation Pick Up Options TPD= Transportation Pick Up And/Or Drop Off Options	Pre-registration is required for all classes, activities & special events. To register, email 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.	