



# IKUS Life Enrichment Services Group CLS Activity Schedule – March 2024

Program Contact #'s: (989)859-7918

**\*\*This schedule is subject to change\*\***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> Exercise Activity- Yoga with Ryan Seasonal Themed Cooking SOMIFIT <b>Volunteer @ Ripple PM</b> Craft w/ Meredith 5 Senses Walk
<b>4</b> Exercise Activity- Cardio Drumming Activity w/ Abby <b>Volunteer @ BCDB PM</b> Weather Activities w/ Chase	<b>5</b> Exercise Activity-Soccer Appropriate Boundaries Class Outing- Butterflies in Bloom at Fredrick Meijer Gardens <b>Volunteer @Storehouse PM</b> PM Activity w/ Bri	<b>6</b> Exercise Activity- Lightning Basketball Game <b>Volunteer @ BCDB PM</b> Chalk the Walk Letter Making	<b>7</b> AM Activity w/ Kaitlyn Money Skills Bingo <b>Bowling PM</b> <b>(\$2- Please bring cash!)</b>	<b>8</b> Exercise Activity- Yoga with Ryan Seasonal Themed Cooking w/ Chef Scott Outing- Millennium Park Outdoor Games
<b>11</b> Exercise Activity- Soccer Activity w/ Abby Show and Tell w/ Charlotte (Please bring ONLY 1 item) <b>Volunteer @ BCDB PM</b> Outing- Shopping	<b>12</b> Exercise Activity- Hot Potato Exercise Game Show Game w/ Izzy Outing- Kingma's Market <b>Volunteer @Storehouse PM</b> PM Activity w/ Bri	<b>13</b> Outing- Grand Rapids Public Museum St. Patrick's Day Craft St. Patrick's Day Science Experiment Exercise Activity- Wii Bowling Tournament <b>Volunteer @ BCDB PM</b>	<b>14</b> AM Activity w/ Kaitlyn Exercise Activity- Parachute Pie Baking Class w/ Meredith Video- "Pi for Kids" Pi Day Activities  <b>*Pi Day*</b>	<b>15</b> Exercise Activity- Yoga with Ryan Seasonal Themed Cooking w/ Chef Scott Activities w/ MSU Students SOMIFIT <b>Volunteer @ Camp</b> <b>Volunteer @ Ripple PM</b>
<b>18</b> Exercise Activity- Kickball Activity w/ Abby <b>Volunteer @ BCDB PM</b> Outing- Butterflies in Bloom at Fredrick Meijer Gardens Castle Crashers	<b>19</b> Exercise Activity- Open Gym Drumming with Josh <b>Volunteer @Storehouse PM</b> PM Activity w/ Bri Spring Craft  <b>*First Day of Spring*</b>	<b>20</b> Dinosaur Scavenger Hunt Homemade Birdfeeders <b>Volunteer @ BCDB PM</b> <b>Bowling PM</b> <b>(\$2- Please bring cash!)</b>	<b>21</b> AM Outing- Play Dough Club @ Georgetown Library AM Activity w/ Kaitlyn Exercise Activity- Olympic Games w/ Joy	<b>22</b> Exercise Activity- Yoga with Ryan Seasonal Themed Cooking w/ Chef Scott SOMIFIT Music Activity

\*Calendar Continues on Other Side\*



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<p><b>25</b>          Press your Luck Activity w/ Rachel          Exercise Activity- Hockey          Activity w/ Abby  <b>Volunteer @ BCDB PM</b>          Musical Chairs</p>	<p><b>26</b>          Pedestrian Safety Class          Exercise Activity- Richard Simmons  <b>Outing- John Ball Zoo</b>  <b>Volunteer @Storehouse PM</b></p>	<p><b>27</b>          Hygiene Bingo          Exercise Activity- Giant Soccer          Bill Nye the Science Guy          Science Experiment  <b>Volunteer @ BCDB PM</b></p>	<p><b>28</b>          AM Activity w/ Kaitlyn          Easter Craft          Easter Egg Hunt          Easter Egg Dying          Exercise Activity- Group Choice</p>	<p><b>29</b>          Exercise Activity- Yoga with Ryan          Seasonal Themed Cooking w/ Chef Scott          SOMIFIT  <b>Outing- Grand Ravines Park</b>  <b>Volunteer @ Ripple PM</b></p>
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**\*\*Please note that daily activities, outings, and groups are all subject to change on a day-to-day basis depending on weather, attendance numbers, staff availability, etc. We appreciate your understanding and flexibility at this time. \*\***

Daily Schedule	Monthly Reminders
<p><b>8:30-9:00a – Arrival</b>  <b>9:00-9:40a – Morning Group, AM Stretches, Schedule for the Day</b>  <b>9:45-10:35a – Activity #1</b>  <b>10:40-11:25a – Activity #2</b>  <b>11:30-12:15p – Lunch</b>  <b>12:30- 1:15p – Activity #3</b>  <b>1:20-2:00p – Activity #4</b>  <b>2:05-2:30p – Daily Wrap-Up</b>  <b>2:40-3:00 – Leave for Routes, Go Bus Arrival, Pick Up</b></p> <p><b>**Please Note: Activity times may vary as groups rotate through each.**</b></p>	<p>As a reminder, please contact Justin- <a href="mailto:Jkoekkoek@ikuslife.org">Jkoekkoek@ikuslife.org</a> or Meredith- <a href="mailto:Mfritzler@ikuslife.org">Mfritzler@ikuslife.org</a> for any cancelations or questions.</p> <p>*If you need to make a <b>last-minute cancelation</b>, please call <b>(989)859-7918</b> <b>before 7:15am</b> to allow for communication with the morning drivers. *</p> <p>If you are looking for a Rec Connect calendar, please be sure to check on our website. You can find one under the Rec Connect tab.</p>