



With the early spring weather, it seems like winter passed by quickly this year. R.E.C. Connect participants had a wonderful winter season full of fun, social and recreation-based programming!



One of our favorite winter meet-ups was going out to dinner at the local taco joint, Stan's Tacos, then seeing the LMCU Ballpark Winter Light Show. For most of the participants, this was their first opportunity to see the Winter Light Show! We also had a great time at the annual Snowball dance with 75 attendees of R.E.C. Connect members and community members. Many people recognized old friends and were excited to meet new ones! Everyone loved showing off their best dance moves, winning prizes during bingo, and making Valentine's themed crafts! Other winter highlights included winning the annual IKUS door decorating competition, tapping and making maple syrup, exploring at City of Grand Rapids World of Winter, and making sweetly delicious gingerbread houses. More recently, R.E.C. Connect members attended a GVSU Pompon clinic held on-site at IKUS where we were able to learn pompon basics and a choreographed routine - what an experience! Now we can say, "YES, we've R.E.C. Connect spirit, YES, we do!"

To wrap up the winter season, we also had a chance to explore the Outdoor Discovery Center in Holland. It was R.E.C.'s first trip to the Outdoor Discovery Center so it was an adventure! We enjoyed an outdoor nature walk, kicking back on the hammocks, and riding the rope swing. We can't wait to return there again for it was such a fun and relaxing experience!



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

As the weather continues to warm up, we are excited to continue to explore new Ottawa County parks, attend more community events in West Michigan and continue to be active and engaged members of our community!