

Tu

We

Th

Fr

Sa



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

**6** CLUB R.E.C. 9:30-2:00 PM  
  
THRIFTING **TD** 2:45-4:30 PM

**13** CLUB R.E.C. 9:30-2:00 PM  
*GRAND RAPIDS PUBLIC MUSEUM*  
*PLANETARIUM*  
  
WII BOWLING TOURNEY **TD** 2:45-4:30 PM

**20** CLUB R.E.C. 9:30-2:00 PM  
  
DISC GOLF ONSITE **TD** 2:45-4:30 PM

**27** CLUB R.E.C. 9:30-2:00 PM  
  
LEISURE EXPLORATION **TD** 2:45-4:30 PM

**7**

**14**

**21**

**28** FOOD TRUCKS @ AIRPORT VIEWING PARK & ARTS IN MOTION END OF THE SUMMER OPEN HOUSE **TD** 1:00-7:00 PM

**1** CLUB R.E.C. 9:30-2:00 PM  
  
SUMMER PARTY 4:00-6:00 PM

**8** CLUB R.E.C. 9:30-2:00 PM  
  
BANKSY ART W/ JODI **TD** 2:45-5:30 PM

**15** CLUB R.E.C. 9:30-2:00 PM  
  
MUSIC CREATIONS **TD** 2:45-4:30 PM

**22** CLUB R.E.C. 9:30-2:30 PM  
  
MR. BURGER **TD** 2:45-4:30 PM

**29** CLUB R.E.C. 9:30-2:30 PM  
  
MOVIE NIGHT W/ POPCORN **TD** 2:45-4:30 PM

**2** HOLLAND ENERGY PARK OPEN HOUSE & TOUCH-A-TRUCK **TPD** 9:30-3:00 PM

**9** BOWLING @ HUDSONVILLE LANES **TPD** 9:30-3:00 PM

**16** TANGER OUTLET MALL **TPD** 9:30-3:00 PM

**23** 28TH ST. METRO CRUISE **TPD** 9:30-3:00 PM

**30** HUDSONVILLE LANES **TPD** 9:00-3:00 PM

**3**

**10** CARS & COFFEE **TPD** 9:00-3:00 PM

**17**

**24** RETURN TO THE RIVER FESTIVAL **TPD** 10:00-4:00 PM

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES, ACTIVITIES, & SPECIAL EVENTS. TO REGISTER, EMAIL [MATEN@IKUSLIFE.ORG](mailto:MATEN@IKUSLIFE.ORG) OR CALL (616)-677-5251 EXT. 119. ALL SCHEDULED ACTIVITIES ARE OPEN TO COMMUNITY MEMBERS, PLEASE REACH OUT IF INTERESTED IN ATTENDING ANY OF THE SCHEDULED ACTIVITIES!

### TRANSPORTATION PROVIDED FOR OTTAWA COUNTY RESIDENTS

TD : TRANSPORTATION DROP OFF OPTIONS

TP : TRANSPORTATION PICK UP OPTIONS

TPD : TRANSPORTATION PICK UP AND/OR DROP OFF OPTIONS

### CLUB R.E.C.:

TUESDAY : ONSITE & OFFSITE PROGRAMMING

THURSDAY : NUTRITION, FITNESS, COOKING, & OUTINGS

- **CLUB R.E.C.** - DROP OFF AND PICK UP AT THE KATE PEW WOLTERS CENTER. OPTIONS FOR TRANSPORTATION HOME, FOR OTTAWA COUNTY MEMBERS WHO STAY FOR THE 2:45PM-4:30PM AFTERNOON PROGRAMMING. CLUB R.E.C. IS A MIX OF COMMUNITY OUTINGS AND ONSITE PROGRAMMING. OUTINGS AND ONSITE PROGRAMMING MAY INCLUDE GOING TO LOCAL PARKS, SHOPPING, LOCAL LIBRARIES, BOWLING, GRAND RAPIDS PUBLIC MUSEUM, JOHN BALL ZOO, FREDRICK MEIJER GARDENS, CRAFTS, STRUCTURED FITNESS ACTIVITIES AND GROUP GAMES, COOKING & NUTRITION CLASSES, KARAOKE, AND MORE.
- **LEISURE EXPLORATION**- SELF GUIDED LEISURE ACTIVITIES
- **MOVIE NIGHT W/ POPCORN**- MOVIE SELECTED FROM CURRENT LIST OF PARTICIPANTS' FAVORITES, APPROVED BY PROGRAM MANAGER
- **HOLLAND ENERGY PARK OPEN HOUSE & TOUCH-A-TRUCK**: "AT THIS SPECIAL SUMMER OCCASION, ENJOY TASTY TREATS, CHECK OUT A BUCKET TRUCK, FIRE TRUCK, POLICE CRUISER, AND MEET SERVICE WORKERS WHO KEEP OUR COMMUNITY RUNNING. NATURALISTS FROM OUTDOOR DISCOVERY CENTER WILL HAVE THEIR "UP CLOSE AND WILD - MICHIGAN ANIMALS" WILDLIFE BOOTH ON SITE THAT INCLUDES LIVE ANIMALS AND TOUCHABLE ARTIFACTS."
- **AUGUST 1**: PARTICIPANTS ARE ABLE TO STAY AT IKUS BETWEEN CLUB R.E.C. AND THE SUMMER PARTY.

- IF YOU ARE PARTICIPATING DURING LUNCH, YOU ARE REQUIRED TO BRING YOUR OWN LUNCH. FOR DAYS WHERE PROGRAMMING IS TO GO OUT FOR LUNCH, YOU HAVE THE OPTION TO BRING YOUR OWN LUNCH OR TO PURCHASE A LUNCH.
- FRIDAY AND SATURDAY PROGRAMMING - DROP OFF AND PICK UP AT THE KATE PEW WOLTERS CENTER. THERE ARE OPTIONS FOR OTTAWA COUNTY PARTICIPANTS TO BE PICKED UP AND DROPPED OFF ON THESE DAYS. PLEASE REQUEST PICK UP AND DROP OFF TRANSPORTATION WHEN SIGNING UP FOR THE MONTH. R.E.C. CONNECT MANAGER WILL KNOW WHAT IS AVAILABLE, ONCE ALL SIGNUPS ARE RECEIVED.