

R.E.C. Connect

JUNE 2025

Tu

We

Th

Fr

Sa

3 CLUB R.E.C
Fredrick Meijer Gardens
9:30-2:00 PM 🐻

Green Vale Farm
2:45-4:15 PM

TD

10 CLUB R.E.C
Grand Rapids Public Museum
9:30-2:00 PM 💰

Affogato's Ice Cream
2:45-4:15 PM 💰

TD

17 CLUB R.E.C
John Ball Zoo
9:30-2:00 PM

Movie Night & Popcorn
2:45-4:15 PM

TD

24 CLUB R.E.C
Ada Farmers Market & Brody's Be Café
9:30-2:00 PM 🐻

Express Cooking
2:45-4:15 PM

TD

4

11 Accessibility Day
Adaptive Sports
10:00-6:00 PM 🐻

TPD

18 Drumming for All & Community
Exploration
10:00-4:00 PM 🐻

TPD

25 GRPM Shark Exhibit & Pizza
Party
10:00-4:00 PM

TPD

5 CLUB R.E.C
9:30-2:00 PM

Express Cooking
2:45-4:15 PM

TD

12 CLUB R.E.C
9:30-2:00 PM 🐻

Music Creations
2:45-4:15 PM

TD

19 CLUB R.E.C
9:30-2:00 PM

Swimming
2:45-4:15 PM

TD

26 CLUB R.E.C
Montcalm County Fairgrounds
9:00-2:00 PM

Grand Ravines
2:45-4:15 PM

TD

6 Downtown Holland & Window
On the Waterfront Park
9:30-3:00 PM 🐻

TPD

Movie & Pizza Party
3:00-6:00 PM

TD

13 Asian Pacific Festival
9:30-3:00 PM 🐻💰

TPD

20 Downtown Market & House
Rules Games
9:30-3:00 PM 💰

TPD

27 Millennium Park Swimming &
Picnic
9:30-3:00 PM 🐻

TPD

7 Grand Rapids 175th Birthday
12:00-6:00 PM 💰

TPD

14

21 Ed Dunneback & Girls Farm
Market
10:00-4:00 PM 💰🐻

TPD

28



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



Pre-registration is required for all classes, activities, & special events. To register, email 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 Members

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

- Summer is here! Please bring extra water and sunscreen each day. If you'd like to use the splash pad, don't forget a swimsuit, towel, and a change of clothes.
- Green Vale Farm: Visit and see farm animals, with a chance to purchase fresh local treats. Located in Coopersville.
- Grand Rapids 175th Birthday: Celebrate the history of Grand Rapids with food trucks, fun activities, and live entertainment at Rosa Parks Circle.
- Muskegon Sports Complex Accessibility Day: Try adaptive adventure sports including zip lining, wheel luge, rock climbing, archery, hiking, and yard games. Held at the Muskegon Luge Adventure Sports Park.
- Asian Pacific Festival: Celebrate the vibrant cultures of Asia and the Pacific Islands with live performances, delicious food, and cultural experiences for the whole family.
- Swimming: Please bring a swimsuit, towel, and a change of clothes.
- Downtown Market & House Rules Games: Explore local vendors at the Downtown Market, then relax and enjoy games with friends at House Rules.
- Ed Dunneback and Girls Farm Market: Enjoy live music, visit with animals, and shop for fresh food and other goodies.
- Montcalm Fair: Drop-off at 9:00 AM. A light lunch will be provided. Please bring a snack or a bag lunch if you'd like additional food.

- Members 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 members 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.



Option to Buy Food



Bring Sack Lunch - no microwave available