



# R.E.C. Connect December 2025 Newsletter



## Upcoming in December

- December's activities will be Christmas themed
- Community Adventures
  - Local shops/cafe's
  - Holiday themed events
- Drumming
- Cooking and nutrition
- Movies
- Bowling
- Crafts
- Breakfast with Santa
- And more!!

Check out our monthly calendar for further details!



## R.E.C. Connect Spotlight: Lori

### How long have you been attending R.E.C. Connect?

Lori has been attending for over 3 years.

### What are your favorite R.E.C. Connect activities or outings?

"I like going shopping, crafts, and hanging out with friends."

### What are your favorite free time activities?

Lori enjoys crafts, playing Uno with her housemates, and watching TV.

### What does R.E.C. Connect mean to you?

"A place to come and have fun. I enjoy getting to make things for myself and others. I get to talk to people."



## November Recap

November was filled with many exciting activities and outings. Our members enjoyed visiting local stores, restaurants, and coffee shops. We also enjoyed the fall season through nature walks and fall-themed crafts. We wrapped up our fall SOMI Fit session after learning about exercise, healthy habits, nutrition, and mental health.

Rec Connect enjoyed many outings this month including the Griffen's School Day Game, Hudsonville Lanes, attending the Paws with a Cause Open House, and Rivertown Mall.



CONTINUE CHECKING OUT OUR MONTHLY CALENDARS AT [IKUSLIFE.ORG](http://IKUSLIFE.ORG) OR EMAIL [MATEN@IKUSLIFE.ORG](mailto:MATEN@IKUSLIFE.ORG)



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