



# R.E.C. Connect January 2026 Newsletter



## Upcoming in January

- January's activities will be winter and snow themed
- Community Adventures
  - Local shops/cafe's
  - Museums
  - Restaurants
- Drumming
- Cooking and nutrition
- Movies
- Bowling
- Crafts
- Michigan Auto Show
- Air Zoo
- Experiments
- Exercise games
- And more!!



Check out our monthly calendar for further details!



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

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

5 years

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

“Doing SOMI Fit, playing disc golf, playing dodgeball, playing kickball, painting, and playing BINGO”

### What are your favorite free-time activities?

Rob likes to exercise on the exercise bike, help with chores around his house like shoveling snow or doing laundry, and working at Maggie's Be Cafe and Revive.

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

“Getting to know a lot of people and making new friends. Coming here 2 days a week to play games, do crafts, and go shopping.”

## December Recap



We concluded another outstanding year at R.E.C. Connect, highlighted by engaging community outings and meaningful connections with friends.

As the winter chill settled in, our members embraced the warmth of the holiday season through festive crafts, cozy indoor activities, and exciting group games. We fully stepped into the Christmas spirit by attending the Breakfast with Santa event at ikus, decorating Christmas cookies, and venturing out to admire the sparkling holiday displays at the Grand Rapids Public Museum and Frederik Meijer Gardens.

We're grateful for all the memories made this year and look forward to creating even more meaningful experiences together in the year ahead.

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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