



R.E.C. Connect February 2026 Newsletter



Upcoming in February

- February's activities will be Valentine's Day and winter themed
- Community Adventures
 - Local shops/cafe's
 - Restaurants
- Drumming
- Cooking and nutrition
- Movies
- Bowling
- Crafts
- Experiments
- Exercise games
- World of Winter
- Snowball Dance
- Griffins game
- And more!!

Check out our monthly calendar for further details!



R.E.C. Connect Spotlight: Tammy

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

Tammy has been attending for over a year.

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

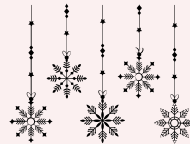
"Going to Meijer, 5 Below, Walmart, and Dollar Tree"

What are your favorite free-time activities?

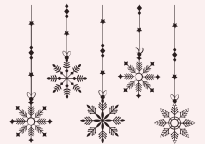
"Playing BINGO, Battleship, and crafts"

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

"I like coming here to do things like crafts and meeting people"



January Recap



R.E.C. Connect spent January exploring our community and warming up with games and crafts. We enjoyed cooking, exercising, watching movies, completing science experiments, and crafting. Our members enjoyed trying new crafts including making soap, drawing with oil pastels, origami, and painting.

A highlight this month was getting out in the community to attend the Michigan Auto Show, the Air Zoo, Hudsonville Lanes. Our members enjoyed visiting new places within our community.

CONTINUE CHECKING OUT OUR MONTHLY CALENDARS AT IKUSLIFE.ORG OR EMAIL MATEN@IKUSLIFE.ORG



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