

# R.E.C. Connect April 2026 Newsletter



## Upcoming in April

- April's activities will be spring themed
- Community Adventures
  - Local shops/cafe's
  - Museums
  - Restaurants
- Drumming
- Cooking and Nutrition
- Movies
- Bowling
- Crafts
- Experiments
- Exercise games
- Easter Egg Hunt
- John Ball Zoo
- Nature Walks
- And more!!

Check out our monthly calendar for further details!



## R.E.C. Connect Spotlight:

### Laura

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

Laura has been attending for around 6 months.

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

"I like to go shopping, to the dollar store. I like doing activities and cooking here."

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

"I like doing stuff with my brothers and sisters, cooking, and coloring."

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

"R.E.C. Connect means doing things with my friends and doing stuff like crafts and shopping."



## March Recap

March was filled with a variety of engaging outings, games, and activities. Throughout the month, members participated in several programs focused on nutrition, including hands-on cooking classes and interactive learning experiences. Members also enjoyed visits to several local favorite stores, created festive St. Patrick's Day crafts, made homemade soap, and took part in team-building activities. One highlight of the month was breakfast at The Farmhouse, followed by an afternoon of swimming at Zeeland Recreation. Another memorable event was attending the annual Lions vs. Ottawa County Sheriff's Basketball Game.

In addition, we had the opportunity to volunteer at Paws With a Cause. Members enjoyed touring the facility and interacting with the puppies while learning about the important work the organization does. Other outings included visits to the Air Zoo in Kalamazoo, Pinball Land in Rockford, and Fredrick Meijer Gardens for the butterfly exhibit which provided fun and interactive experiences for everyone involved.



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



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