



# R.E.C. Connect May 2026 Newsletter



## Upcoming in May

- May's activities will be nature and animal themed
- Community Adventures
  - Local shops/cafe's
  - Museums
  - Restaurants
  - John Ball Zoo
  - Tulip Time
  - Grand Haven Kite Festival
- Drumming
- Cooking and Nutrition
- Movies
- Bowling
- Crafts
- Experiments
- Exercise Games
- Swimming
- And more!!



Check out our monthly calendar for further details!



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

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

Trenton has been attending for around 2 years.

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

"I like going to the mall, bowling, cooking, going to the auto show, doing open gym, and going out for lunch."

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

"I like to take my dog for walks and play my Xbox."

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

"It means friends and opportunities to go into the community and meet people."



## April Recap



April was a vibrant month filled with meaningful community engagement, strengthened friendships, interactive games, and creative activities. As the weather improved, we took advantage of the season by exploring a variety of local destinations, including Frederik Meijer Gardens, Blandford Nature Center, Aman Park, Nelis' Dutch Village, John Ball Zoo, and Grand Ravines Park.

Throughout the month, we placed a strong emphasis on building social connections through targeted social skills development and team-building exercises. Members actively participated in hands-on sensory experiences such as popsicle stick engineering challenges, pudding dough creations, and dish soap slime experiments.

We also enjoyed numerous outings within the community, including dining experiences at Woodland and Rivertown Crossings malls, Horrocks, Panera Bread, The Pump House, and Mr. Burger. In addition, we participated in engaging events hosted by local libraries, such as mini golf, retro arcade activities, and bingo, further enriching our community involvement.

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.