

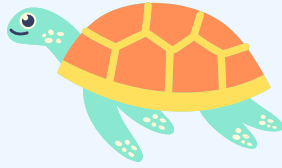


# R.E.C. Connect June 2026 Newsletter



## Upcoming in June

- June's activities will be water themed
- Community Adventures
  - Local shops/cafe's
  - Museums
  - Restaurants
  - Malls
- Swimming
- Cooking and nutrition
- Movies
- Bowling
- Crafts
- Experiments
- Exercise games
- And more!!



Check out our monthly calendar for further details!



## May Recap

May was filled with opportunities to enjoy the warmer weather and engage with the community. Members participated in a variety of recreational activities, including swimming at the Tri-Cities YMCA, outdoor basketball, gaga ball, and nature walks. Creativity was also on full display through hands-on crafts and experiments such as making piñatas, mood sand, paracord bracelets, playdough, tie-dyed seashells, and hot glue paintings.

Community outings were another highlight of the month. Members enjoyed attending Tulip Time in Holland, visiting the Grand Rapids Public Museum, and exploring the Kite Festival in Grand Haven. Other favorite experiences included attending a car show with Holland Young Adult Services, coffee outings to Maggie's Be Cafe, ice cream trips to Cold Stone, bowling at Hudsonville Lanes, visits to John Ball Zoo, and shopping excursions at Woodland Mall.



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.