



R.E.C. Connect August 2026 Newsletter



Upcoming in August

- August's activities will be beach and sports themed
- Community Adventures
 - Local shops/cafe's
 - Museums
 - Restaurants
 - Farmers Markets
- Cooking and nutrition
- Movies
- Mini Golf
- Crafts
- Experiments
- Exercise games
- Pool Party
- Victory Day
- Color War
- Campfire
- And more!!



Check out our monthly calendar for further details!



R.E.C. Connect Spotlight: Megan

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

Megan has been attending for 7 years

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

Swimming, shopping, and crafts

What are your favorite free-time activities?

Coloring

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

"R.E.C. Connect means spending time with friends, making new friends, and making memories"



July Recap



Our members enjoyed an active and memorable July, taking part in a wide variety of summer activities throughout the community. Some of this month's highlights included visiting splash pads, exploring local parks, participating in water balloon games, attending the Berlin Fair, challenging themselves on the obstacle course at Action Wake Park, enjoying outdoor concerts, visiting the Grand Haven Coast Guard Festival, cheering on the Whitecaps at a baseball game, and exploring John Ball Zoo.

Members also had many opportunities to build social connections through shared meals and cooking activities, including dining at local restaurants, hosting a pizza party, and preparing meals together.

In addition to outdoor adventures, members participated in a variety of recreational activities such as making slime, going to the movies, playing Wii games, bowling at Hudsonville Lanes, playing soccer and basketball, creating artwork through drawing and rock painting, and engaging in team-building activities. These experiences encouraged creativity, physical activity, and meaningful social interaction throughout the month.

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



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