



R.E.C. Connect July 2026 Newsletter



Upcoming in July

- July's activities will be summer and patriotic themed
- Community Adventures
 - Local shops/cafe's
 - Museums
 - Restaurants
- John Ball Zoo
- Action Wake Park
- Coast Guard Festival
- Outdoor Discovery Center
- Air Zoo
- Water Games and Pizza Party
- Cooking and nutrition
- Movies
- Bowling
- Crafts
- Experiments
- Exercise games
- And more!!



Check out our monthly calendar for further details!



R.E.C. Connect Spotlight: Pat

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

Pat has been attending for around 6 years

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

"My favorite outings are going to stores like Target and Five Below. I like just about anything."

What are your favorite free-time activities?

"Some of my favorite activities are reading, coloring, doing word searches, playing cards with people, and visiting family."

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

"I like R.E.C. Connect because all the people are polite and friendly."



June Recap

June was filled with engaging outdoor activities, community exploration opportunities, and enriching sensory experiences. Participants attended several annual community events, including local farmers markets, the Muskegon Luge Accessibility Open House, Relax at Rosa, the Festival of the Arts Block Party, the Chalk Art Festival at Tanger Mall, and the Grand Haven Art Festival. In addition to these outings, members strengthened their social skills through team-building activities, toured the local water filtration plant, and expanded their knowledge of nutrition and baking. Participants also explored STEM concepts through hands-on projects and experiments, including creating bouncy balls, building popsicle stick boats, designing paper spinners, and engaging in sensory-based learning activities. Physical wellness remained a focus throughout the month, with opportunities for exercise and recreation through nature walks, swimming, geocaching, and group gym games.

CONTINUE CHECKING OUT OUR MONTHLY CALENDARS AT [IKUSLIFE.ORG](https://www.ikuslife.org) OR EMAIL MATEN@IKUSLIFE.ORG



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