R.E.C. Connect November 2026 Newsletter

Upcoming in November

- Community Adventures
  - Local shops/cafe's
  - Museums
  - Restaurants
- Cooking and Nutrition
- Movies
- Crafts
- Experiments
- Exercise games
- Cake Decorating Competition
- Teambuilding Games
- Musical Creations
- Trivia
- Game Shows
- And more!!

Check out our monthly calendar for further details!

R.E.C. Connect Spotlight: *Kris*

How long have you been attending R.E.C. Connect?
Kris has been attending for over 5 years.
What are your favorite R.E.C. Connect activities or outings?
"Going shopping and out to eat."
What are your favorite free-time activities?
"Riding my Gator and playing my Wii."
What does R.E.C. Connect mean to you?
"I like hanging out with all the staff and going on outings with friends."









October Recap

Throughout the month, we continued celebrating the fall season with visits to local orchards, nature walks in community parks, seasonal arts and crafts, outings to Frederik Meijer Gardens and John Ball Zoo, and making delicious fall treats. One of the month's highlights was attending IKUS's Trick-or-Treat Street event, where members embraced the Halloween spirit by dressing up in costumes, trick-or-treating around camp, and participating in festive Halloween crafts.

Fitness and recreation continued to be an important focus, with members participating in a variety of engaging group games and physical activities. Some of this month's favorites included Just Dance, R.E.C. Olympics, beach volleyball, basketball, Hungry Hippos, and chair exercises. Members also took advantage of the beautiful fall weather by enjoying nature walks throughout the community and around the IKUS campus.

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

COMMUNITY MENTAL HEALTH OTTAWA COUNTY

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