R.E.C. Connect October 2026 Newsletter

Upcoming in October

- Community Adventures
  - Local shops/cafe's
  - Museums
  - Restaurants
  - Orchards
  - John Ball Zoo
  - Bowling
- Cooking and nutrition
- Movies
- Crafts
- Experiments
- Exercise games
- Drumming
- Trick or Treat Street
- And more!!



Check out our monthly calendar for further details!

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

How long have you been attending R.E.C. Connect?
Bella has been attending for one year.
What are your favorite R.E.C. Connect activities or outings?
"Shopping and hanging out with my friends. I like a lot of stuff at R.E.C."
What are your favorite free-time activities?
"Writing and reading"
What does R.E.C. Connect mean to you?
"It means I belong here. It makes me feel like I'm at home. I can talk to my friends."











September Recap

Our members welcomed the arrival of fall with a variety of seasonal crafts, activities, and community outings. We enjoyed exploring the beauty of nature through visits to the Holland Discovery Center, ArtPrize, Frederik Meijer Gardens, local parks and orchards, GameTime Fun Park, and John Ball Zoo. Members also participated in a variety of fall-themed art projects, including creating paper trees, chalk leaves, leaf rubbings, and tree paintings.

We continued to explore healthy nutrition and cooking through beginning cooking classes with our camp chef. Members had the opportunity to develop new skills while preparing a variety of foods, including air-fried vegetables, pizza, and homemade gummy bears.

Fitness and wellness remained an important part of our programming this month. Our members participated in engaging physical activities led by our recreational therapy and exercise science interns. Activities included relay races, giant bowling, beach volleyball, music-based fitness activities, and yoga.

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

COMMUNITY MENTAL HEALTH OTTAWA COUNTY

These programs and services are made possible with funding from the Community Mental Health of Ottawa County Mental Health Millage.