



INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

December 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Adaptive Tae Guk Kwon Do 3- 4 pm Adaptive Martial Arts 4 – 5 pm	2
3	4 Mental Health Discussion Group 6-7 pm It's-a-Strike Bowling 6-8pm	5	6 Advocates for Independence 2 – 4 pm	7	8 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	9
10	11 Mental Health Discussion Group 6-7 pm	12	13	14	15 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	16
17	18 Parkinson's Support Group 1 -2:30 pm Mental Health Discussion Group 6-7 pm It's-a-Strike Bowling 6-8pm	19 Afternoon Movie 3:30 pm	20 <u>OFFICE CLOSED</u> - Staff Workshop Advocates for Independence 2 – 4 pm	21	22 <u>OFFICE CLOSING</u> <u>AT NOON</u>	23
24 / 31	25 <u>OFFICE CLOSED</u>	26 <u>OFFICE CLOSED</u>	27 Social Activity 1 – 3 p.m.	28	29 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	30

**** Please Note: See Back Page For Group Details – Location & Cost****

Adaptive Martial Arts

5th degree black belt Master Scott Ridlon will teach the martial art principles, self-defense, and techniques to develop your personal power. For all abilities and all levels.

Date/Time/Place: Every Friday from 4:00 – 5:00 p.m. at Independent Lifestyles, Inc.

Cost: \$15.00 per month. *Your first month of classes is FREE!*

Contact: Master Scott Ridlon at (320) 267-7717

Adaptive Tae Guk Kwon Do

5th degree black belt Master Scott Ridlon will teach you how to get a good workout within your physical ability using gentle guided movements. Wear loose fitting clothes and bring water. For all abilities and all levels.

Date/Time/Place: Every Friday from 3:00 – 4:00 p.m. at Independent Lifestyles, Inc.

Cost: \$20.00 per month. *Your first month of classes is FREE!*

Contact: Master Scott Ridlon at (320) 267-7717

Advocates for Independence

Make a difference in your community for people with disabilities. Increase your leadership, assertiveness, and communication skills. Become a better advocate and have fun.

Date/Time/Place: 1st and 3rd Wednesday of the month from 2:00 - 4:00 p.m. at Independent Lifestyles, Inc.

Cost: Free

Contact: Michele at (320) 281-2-42 or Val at (320) 281-2012

Afternoon Movie

Movie options will be discussed and together we will decide which one to see as a group.

Date/Time/Place: 3rd Tuesday of the month at Parkwood Cinema, 1533 Frontage Road North, Waite Park, MN.

Meet inside the front doors of the theater at 3:30 p.m.

Cost: \$5.00 includes movie & popcorn. Bring extra money if you are interested in additional snacks.

Contact: Michele at (320) 281-2042

It's-a-Strike

Have a great night out bowling while developing your bowling skills and making friends.

Date/Time/Place: 6:00 – 8:00 p.m. (Dates vary - see calendar) at Southway Bowl – 1222 - 33rd Street South, St. Cloud, MN.

Cost: \$6.50 (includes 2 games of bowling and shoes). Snacks available for additional cost.

Contact: John at (320) 529-9000 – leave a message for John

Mental Health Discussion Group

Learn about depression/bi-polar together, find ways to live life to the fullest, and support one another at the same time.

Date/Time/Place: Every Monday from 6:00 - 7:00 p.m. at Independent Lifestyles, Inc.

Cost: Free

Contact: Ricky at (320) 281-2025

Nordic Walking

Stay tuned! We will re-start this program in March of 2018 – weather permitting.

Cost: Free

Contact: Linda Lemke at (952) 475-0891

Parkinson's Support Group

Learn about Parkinson's disease and support one another. Open to people with Parkinson's, their caregivers, and individuals affected by or concerned about Parkinson's.

Date/Time/Place: 3rd Monday of month from 1:00 - 2:30 p.m. at Independent Lifestyles, Inc.

Cost: Free

Contact: Pam at (320) 281-2031

Social Activity

Come and have fun! Together we will make and enjoy a snack, make a craft and play bingo.

Date/Time/Place: 1:00 – 3:00 p.m. (Dates vary - see calendar) at Independent Lifestyles, Inc

Cost: \$4.00

Contact: Marsha at (320) 281-2049

Note: If ISD #742 schools are closed due to the weather,

ALL ILICIL events will also be cancelled.

All events are alcohol free.

Check Independent Lifestyles Facebook page for updates and cancellations.

