



INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

January 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>HOLIDAY - OFFICE CLOSED</u>	2	3 Advocates for Independence 2 – 4 pm	4	5 Adaptive Tae Guk Kwon Do 3- 4 pm Adaptive Martial Arts 4 – 5 pm	6
7	8 It's-a-Strike Bowling 6-8pm	9	10	11	12 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	13
14	15 <u>HOLIDAY - OFFICE CLOSED</u>	16 Parkinson's Support Group – 1 – 2:30 p.m. Afternoon Movie 3:30 pm	17 Advocates for Independence 2 – 4 pm	18	19 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	20
21	22 It's-a-Strike Bowling 6-8pm	23	24 Social Activity 1 – 3 p.m.	25	26 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	27
28	29	30	31			

**** 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

Effective January 1, 2018, this group has been discontinued.

Contact: Ricky at (320) 281-2025, with questions.

Nordic Walking

Stay tuned! We will re-start this program in March of 2018 – weather permitting (no snow or ice).

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., except if Holiday.

Cost: Free

Contact: Pam at (320) 281-2031

Social Activity

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

Date/Time/Place: 4th Wednesday of the month from 1:00 – 3:00 p.m. at Independent Lifestyles, Inc

Cost: *Reduced - Only \$3.00*

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.

