



**INDEPENDENT LIFESTYLES, INC.**

**A Center for Independent Living**

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - [www.independentlifestyles.org](http://www.independentlifestyles.org)

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

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

### **Adaptive Martial Arts**

5<sup>th</sup> 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**

5<sup>th</sup> 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 - 33<sup>rd</sup> 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.**

