



**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)

October 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> Nordic Walking 12:30-1 pm  Mental Health Discussion Group 6-7 pm  It's-a-Strike Bowling 6-8pm	<b>3</b>	<b>4</b> Advocates for Independence 2 – 4 pm	<b>5</b> Nordic Walking 9:30am @ Lake George	<b>6</b> Adaptive Tae Guk Kwon Do 3- 4 pm  Adaptive Martial Arts 4 – 5 pm	<b>7</b>
<b>8</b>	<b>9</b> Mental Health Discussion Group 6-7 pm	<b>10</b>	<b>11</b>	<b>12</b> Nordic Walking 9:30am @ Lake George	<b>13</b> Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	<b>14</b>
<b>15</b>	<b>16</b> Nordic Walking 12:30-1 pm  Parkinson's Support Group 1 -2:30 pm  Mental Health Discussion Group 6-7 pm  It's-a-Strike Bowling 6-8pm	<b>17</b> Afternoon Movie 3:30 pm	<b>18</b> Advocates for Independence 2 – 4 pm	<b>19</b> Nordic Walking 9:30am @ Lake George	<b>20</b> Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	<b>21</b>
<b>22</b>	<b>23</b> Mental Health Discussion Group 6-7 pm	<b>24</b>	<b>25</b> Social Activity 1 – 3 pm	<b>26</b> Nordic Walking 9:30am @ Lake George	<b>27</b> Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 - 5 pm	<b>28</b>
<b>29</b>	<b>30</b> Mental Health Discussion Group 6-7 pm  It's-a-Strike Bowling 6-8pm	<b>31</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 disabilities 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 disabilities 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**

Enjoy a good walk at your pace (how far is up to you)! Linda will provide Nordic Walking poles, assure the correct pole fit for you, and good conversation!

**Date/Time/Place:** 1st and 3rd Monday of the month from 12:30 to 1 p.m. at Independent Lifestyles, Inc., and every Thursday at 9:30 a.m. at Lake George.

**Cost:** Free

**Contact:** Linda Lemke at (952) 475-0891

### **Parkinson's Support Group**

Learn about Parkinson's disease together, find ways to live life to the fullest, and support one another at the same time. 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.**

