



INDEPENDENT LIFESTYLES, INC.
A Center for Independent Living
 215 North Benton Drive, Sauk Rapids, MN 56379
 320-529-9000 - www.independentlifestyles.org

January 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office Closed It's-a-Strike Bowling 6-8p	3	4 Advocates for Independence 2:00-4:00p	5	6 Adaptive Tae Guk Kwon Do 3:00-4:00p Adaptive Martial Arts 4:00-5:00p	7
8	9 Depression/Bi-Polar Support Group 6-7:30p	10 Afternoon Movie 3:30p	11	12	13 Adaptive Tae Guk Kwon Do 3:00-4:00p Adaptive Martial Arts 4:00-5:00p	14
15	16 Office Closed It's-a-Strike Bowling 6-8p	17 Parkinson's Support Group 1:00-2:30p	18 Advocates for Independence 2:00-4:00p	19	20 Adaptive Tae Guk Kwon Do 3:00-4:00p Adaptive Martial Arts 4:00-5:00p	21
22	23	24	25	26	27 Adaptive Tae Guk Kwon Do 3:00-4:00p Adaptive Martial Arts 4:00-5:00p	28
29	30 Depression/Bi-Polar Support Group 6-7:30p It's-a-Strike Bowling 6-8p	31				

**** Please Note: See Back Page For Group Details – Location, Fee & Registration Required For Some Groups****



Adaptive Martial Arts (Registration Required)

5th 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: Every Friday from 4:00 – 5:00 p.m. - unless Independent Lifestyles' office is closed

Location: Independent Lifestyles, Inc. – 215 North Benton Drive, Sauk Rapids, MN 56379

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

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

Adaptive Tae Guk Kwon Do (Registration Required)

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 disabilities and all levels.

Date/Time: Every Friday from 3:00 – 4:00 p.m. - unless Independent Lifestyles' office is closed

Location: Independent Lifestyles, Inc. – 215 North Benton Drive, Sauk Rapids, MN 56379

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

Contact/Registration: 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: 1st and 3rd Wednesday of the month from 2:00 - 4:00 p.m. - unless Independent Lifestyles's office is closed

Location: Independent Lifestyles, Inc. – 215 North Benton Drive, Sauk Rapids, MN 56379

Cost: Free

Contact: Anne at (320) 281-2023 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: 2nd Tuesday of the month. Meet inside the front doors of the theater at 3:30 p.m.

Location: Parkwood Cinema - 1533 Frontage Road North, Waite Park, MN 56387

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

Contact: Michele at (320) 281-2042

Depression/Bi-Polar Support 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: Every Monday from 6:00 - 7:30 p.m. - unless Independent Lifestyles' office is closed

Location: Independent Lifestyles, Inc. – 215 North Benton Drive, Sauk Rapids, MN 56379

Cost: Free

Contact: Ricky at (320) 281-2025

It's-a-Strike

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

Date/Time: 6:00 – 8:00 p.m. - Dates vary - see calendar.

Location: Southway Bowl – 1222 - 33rd Street South, St. Cloud, MN 56301

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

Contact: John at (320) 281-2028

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: 3rd Monday of month from 1:00 - 2:30 p.m. - unless Independent Lifestyles' office is closed

Location: Independent Lifestyles, Inc. – 215 North Benton Drive, Sauk Rapids, MN 56379

Cost: Free

Contact: Pam at (763) 350-0368

Note: If District 742 schools are closed due to the weather, all events will also be cancelled. All events are alcohol free.

Check Independent Lifestyles Facebook page for updates and cancellations.