



**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)

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

**\*\* 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:** 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:** 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:** 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:** 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:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 2:00 - 4:00 p.m. - unless Independent Lifestyles' office is closed

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

**Cost:** Free

**Contact:** Michele at (320) 281-2042 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:** 3<sup>rd</sup> Tuesday of the month (June/July/Aug). 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 - 33<sup>rd</sup> 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

### **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:** Every Thursday at 9:30 a.m.

**Location:** Lake George – 1101 - 7<sup>th</sup> St. S., St. Cloud, MN 56301 \*Meet by the granite fountains

**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:** 3<sup>rd</sup> Monday of month from 1:00 - 2:30 p.m. - unless Independent Lifestyles' office is closed then will meet Tuesday

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

**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:** 1:00 – 3:00 p.m. - Dates vary - see calendar.

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

**Cost:** \$4.00

**Contact:** Marsha at (320) 281-2049

**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.**

