



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

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

**** 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 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.

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 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.

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

Location: Independent Lifestyles, Inc.

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: 3rd 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

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: Every Monday from 6:00 - 7:00 p.m. - unless Independent Lifestyles' office is closed

Location: Independent Lifestyles, Inc.

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

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: 3rd Monday of the month from 12:30 – 1 p.m.

Location: Independent Lifestyles, Inc.

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

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

Location: Independent Lifestyles, Inc.

Cost: \$4.00

Contact: Marsha at (320) 281-2049

Note: If ISD #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.

