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

January 2019						
Sun	**Mon**	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
		1 ***Office Closed – New Year's Day***	**2** **Advocates for Independence** **2 – 4 pm**	**3**	**4** **Adaptive Tae Guk Kwon Do** **3 – 4 pm** **Adaptive Martial Arts** **4 – 5 pm**	**5**
6	**7**	**8**	**9**	**10**	**11** **Adaptive Tae Guk Kwon Do** **3 – 4 pm** **Adaptive Martial Arts** **4 – 5 pm**	**12**
13	**14** **It's-a-Strike Bowling** **6-8 pm**	**15** ***NEW* Adult Coloring & Conversation 3-4 pm**	**16** **Advocates for Independence** **2 – 4 pm**	**17** **Real Time Resources** **1-3 pm**	**18** **Adaptive Tae Guk Kwon Do** **3 – 4 pm** **Adaptive Martial Arts** **4 – 5 pm**	**19**
20	**21** ***Office Closed – Martin Luther King, Jr. Day***	**22** **Parkinson's Support Group – 1 – 2:30 pm**	**23** **Social Activity 1 – 3 pm**	**24**	**25** **Adaptive Tae Guk Kwon Do** **3 – 4 pm** **Adaptive Martial Arts** **4 – 5 pm**	**26**
27	**28** **It's-a-Strike Bowling** **6-8 pm**	**29**	**30**	**31**		

***** 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 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
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 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

***NEW* Adult Coloring and Conversation**
Bring your favorite coloring supplies or, if you don't have any, we will provide colored pencils and prints for an afternoon of adult coloring and conversation.
Date/Time/Place: 3rd Tuesday of the Month from 3:00 – 4:00 p.m. at Independent Lifestyles, Inc.
Cost: Free
Contact: Michele at 320-281-2042

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) 281-2042

Afternoon Movie – Discontinued

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 - 33rd 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

Nordic Walking
Will return in Spring of 2019.
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., except if Holiday.
Cost: Free
Contact: Pam Tritz-Okia at (320) 281-2031

Post-Polio Support Group
Learn about Post-Polio and support one another.
Date/Time/Place: On winter break. Will resume February 1st. Meets 1st Friday of the month at 10:30 am at Independent Lifestyles, Inc.
Cost: Free
Contact: Amy Sidmore at (320) 281-2013

Real-Time Resources
Walk in and get help with paperwork and finding resources in your community.
Date/Time/Place: Once per month at Independent Lifestyles. See calendar for date and time.

Social Activity
Come and have some fun! Together we will make and enjoy a snack, make a craft and play bingo.
Date/Time/Place: 4th Wednesday of the month from 1:00 – 3:00 p.m. at Independent Lifestyles, Inc.
Cost: $3.00
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 or www.independentlifestyles.org for updates and cancellations.

ILICIL