



INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

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

**** 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: 1st Friday of the month at 10:30 a.m. at Independent Lifestyles, Inc. *Will return in Spring 2019.*

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.

