



INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

June 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5 Advocates for Independence 2 – 4 pm	6 It's-a-Strike Bowling 6-8 pm	7 10:30 a.m. – Post Polio Support Group Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	8
9	10	11	12	13	14 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	15
16 <i>Father's Day</i>	17 Parkinson's Support Group 1 – 2:30 pm	18	19 Advocates for Independence 2 – 4 pm	20 ILICIL Consumer Appreciation Day 11 am – 2 pm <i>MUST RSVP by June 14th</i> It's-a-Strike Bowling 6-8 pm Granite City Days – Opening Ceremony - 7 pm @ SCSU	21 Granite City Days Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	22 Granite City Days
23/30 Granite City Days Fishing June 30th @ 11 am @ Lake George/Boat House	24	25	26 Social Activity 1 – 3 pm <i>RSVP by June 24th if attending</i>	27	28 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	29
** See Back Page For 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

Adult Coloring and Conversation – Discontinued

Effective June 1, 2019, this activity has ended.

Contact: Michele at 320-281-2042 with questions.

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

NEW - Granite City Days Fishing

Make new friends and enjoy yourself fishing at Lake George. *Bring your fishing license and sunscreen.* Fishing rod, tackle and bait provided.

Date/Time/Place: Sunday, June 30th from 11 am – 2 pm at Lake George – St. Cloud. Meet John at Boat House.

Cost: Fishing is FREE. Food available for additional cost.

Contact: John at (320) 529-9000 – leave a message for John

ILICIL – Consumer Appreciation Day

Join us for fun and friendship! Consumer Open Forum, BINGO, haircuts and lunch. RSVP if attending.

Date/Time/Place: Thursday, June 20th from 11 am – 2 p.m. at Independent Lifestyles.

Cost: Free

Contact: Your Independent Lifestyles Staff member or by calling 529-9000. *Must RSVP by Friday, June 14th.*

It's-a-Strike- NEW LOCATION for summer!

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 *Great River Bowl, 208 2nd Street South, Sartell, Minnesota.*

Cost: \$7.00 (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

Enjoy a good walk at your pace. Nordic Walking poles provided.

Date/Time/Place: Every Thursday at 9 a.m. at Lake George granite fountains. For more dates and times, contact Linda.

Cost: Free

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

Make new friends and learn about Post-Polio and support one another. June guest speaker will be Ashley Kibutha (Studniski) RD, LD, Supermarket Registered Dietitian, Coborn's Grocery Stores.

Date/Time/Place: 1st Friday of the month from 10:30 a.m. until Noon at Independent Lifestyles, Inc.

Cost: Free

Contact: Jennifer Hermanson at (320) 281-2027

Social Activity – Please RSVP by June 24th if attending.

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 to RSVP.

Note: In the event of severe weather, events will be cancelled. Please contact ILICIL offices to confirm event date and time. ALL events are alcohol free.

Check Independent Lifestyles Facebook page or www.independentlifestyles.org for updates and cancellations.

