



INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

April 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Advocates for Independence 2 – 4 pm	<b>2</b>	<b>3</b> Post-Polio Support Group – 10:30 am – Noon  Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	<b>4</b>
<b>5</b>	<b>6</b> It's-a-Strike Bowling 6 - 8 pm	<b>7</b> PRESS PD Support Group 3 – 4:30 pm	<b>8</b>	<b>9</b>	<b>10</b> <i>ILICIL Offices Closed – Good Friday</i>	<b>11</b>
<b>12</b> <i>Easter</i>	<b>13</b>	<b>14</b> PRESS PD Support Group 3 – 4:30 pm	<b>15</b> Advocates for Independence 2 – 4 pm	<b>16</b>	<b>17</b> Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	<b>18</b>
<b>19</b>	<b>20</b> Parkinson's Support Group 1 – 2:30 pm  It's-a-Strike Bowling 6 - 8 pm	<b>21</b> PRESS PD Support Group 3 – 4:30 pm	<b>22</b>	<b>23</b>	<b>24</b> Adaptive Tae Guk Kwon Do 3 – 4 pm  Adaptive Martial Arts 4 – 5 pm	<b>25</b>
<b>26</b>	<b>27</b>	<b>28</b> PRESS PD Support Group 3 – 4:30 pm	<b>29</b>	<b>30</b>		
<b>** Please Note: See Back Page For Group Details – Location &amp; Cost **</b>						

**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 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

**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:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month from 2:00 - 4:00 p.m. at Independent Lifestyles, Inc., unless holiday.

**Cost:** Free

**Contact:** Michele at (320) 281-2042

**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. (See calendar)

**Southway Bowl, 1222 33<sup>rd</sup> Street South, St. Cloud, Minnesota.**

**Cost:** \$27.00 fee due for all 4 sessions (includes 2 games of bowling and shoes).

Snacks available for additional cost.

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

**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, then Tuesday.

**Cost:** Free

**Contact:** Pam Tritz-Okia at (320) 281-2031



**Post-Polio Support Group**

Make new friends. Learn about Post-Polio and support one another.

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

**Cost:** Free

**Contact:** Rosie Marx at (320) 203-7080

**PRESS (Parkinson's Roadmap for Education and Support Services)**

Newly diagnosed (five years or less) PD Support Group. Limited to 10 participants.

**Date/Time/Place:** Tuesdays, 8 sessions starting March 10, through April 28, 2020, from 3:00 – 4:30 p.m. at Independent Lifestyles, Inc.

**Cost:** Free

**Contact:** Pam Tritz-Okia at (320) 281-2031

**Nordic Walking**

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

**Date/Time/Place:** Starting in May. 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

**Note: In the event of inclement weather, events will be cancelled. Please call ILICIL at 529-9000 to confirm event date and time.**

**All events are alcohol free.**

**Check Independent Lifestyles Facebook page or [www.independentlifestyles.org](http://www.independentlifestyles.org) for updates and cancellations.**

