




INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

March 2020						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Advocates for Independence 2 – 4 pm	5	6 Post-Polio Support Group – 11:00 Luncheon/Meeting at Anton’s Restaurant Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	7
8 <i>Daylight Savings Starts – Spring Forward</i>	9 It’s-a-Strike Bowling 6 - 8 pm	10 PRESS PD Support Group 3 – 4:30 pm	11	12	13 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	14
15	16 Parkinson’s Support Group 1 – 2:30 pm	17 PRESS PD Support Group 3 – 4:30 pm <i>St. Patrick’s Day</i> 	18 Advocates for Independence 2 – 4 pm	19	20 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	21
22	23 It’s-a-Strike Bowling 6 - 8 pm	24 PRESS PD Support Group 3 – 4:30 pm	25	26	27 Adaptive Tae Guk Kwon Do 3 – 4 pm Adaptive Martial Arts 4 – 5 pm	28
29	30	31 PRESS PD Support Group 3 – 4:30 pm				
** 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

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., 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 33rd 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

Nordic Walking – Will return in April 2020

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, then Tuesday.

Cost: Free

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

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Post-Polio Support Group – Meets March – November.

Learn about Post-Polio and support one another.

2020 Support Group Kick-Off Meeting and Luncheon.

Date/Time/Place: Friday, March 6, 2020, 11:00 a.m. at Anton's Restaurant

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

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 for updates and cancellations.

