



INDEPENDENT LIFESTYLES, INC.

A Center for Independent Living

215 North Benton Drive, Sauk Rapids, MN 56379

320-529-9000 - www.independentlifestyles.org

November 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Advocates for Independence 2 – 4 pm	6	7	8
9	10	11 Movie Club 3:30 pm It's-a-Strike Bowling 6:00 - 8:00 pm	12	13	14	15
16	17 Parkinson's Support Group 1 – 2:30 pm	18	19	20	21	22
23	24	25 It's-a-Strike Bowling 6:00 - 8:00 pm	26	27 <i>ILICIL Closed – Thanksgiving</i>	28 <i>ILICIL Closed – Thanksgiving</i>	29
30		<u>** See Back Page For Group Details – Location & Cost **</u>				

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 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: (See calendar)

**Southway Bowl, 1222 33rd Street South,
St. Cloud, Minnesota.**

Cost: \$29.00 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

Craft Club

Date/Time/Place: Occurs on the 3rd Wednesday of the month (quarterly) at 1:30 p.m.

Cost: Free

Contact: Marsha (320) 281-2049

Dinner Club

Date/Time/Place: 3rd Wednesday of the month (quarterly).

Arrive at 4:30 pm. at various locations listed on the calendar.

Cost: Pay for your own meal.

Contact: Whitney at (320) 281-2037

Movie Club

Meet at the Parkwood Cinema. Movie options will be discussed and together we will decide which one to see as a group.

Date/Time/Place: The Movie Club meets the 2nd Tuesday of the month (quarterly).

Meet inside the front doors at the theatre at 3:30 p.m.

Cost: \$8.50 includes movie, bring extra money if you want snacks.

Contact: Michele at (320) 281-2042

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 a Holiday, then Tuesday.

Cost: Free

Contact: Tamara Huesers - Spot Rehab (320) 345-5268
Ext. 268

Post-Polio Support Group

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

Date/Time/Place: Every other month on the 2nd Friday of the month – April, June, August and October at 1:00 p.m. at Independent Lifestyles, Inc.

Cost: Free

Contact: Sharon Kimball at 320-250-3529

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.

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