



**INDEPENDENT LIFESTYLES, INC.**  
**A Center for Independent Living**  
 215 North Benton Drive, Sauk Rapids, MN 56379  
 320-529-9000 - [www.independentlifestyles.org](http://www.independentlifestyles.org)

March 2026							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4 Advocates for Independence 2 – 4 pm	5	6 Brain Injury Support Group 11:00 am – 1:00 pm	7	
8	9	10 It's-a-Strike Bowling 6:00 - 8:00 pm	11	12	13 Brain Injury Support Group 11:00 am – 1:00 pm	14	
15	16 Parkinson's Support Group 1 – 2:30 pm	17	18 Craft Club 1:30 pm	19	20 Brain Injury Support Group 11:00 am – 1:00 pm	21	
22	23	24 It's-a-Strike Bowling 6:00 - 8:00 pm	25	26	27 Brain Injury Support Group 11:00 am – 1:00 pm	28	
29	30	31					
		<b>** See Back Page For Group Details – Location &amp; Cost**</b>					

### **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> 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 33<sup>rd</sup> 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 3<sup>rd</sup> Wednesday of the month (quarterly) at 1:30 p.m.

**Cost:** Free

**Contact:** Whitney R (320) 281-2037

### **Dinner Club**

**Date/Time/Place:** 3<sup>rd</sup> 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 R (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 2<sup>nd</sup> Tuesday of the month (quarterly).

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

**Cost:** \$7.00 includes movie, bring extra money if you want snacks.

**Contact:** Whitney R (320) 281-2037

### **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:** 3<sup>rd</sup> 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 2<sup>nd</sup> 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

### **Brain Injury Support Group**

**Date/Time/Place:** Occurs every Friday from 11:00 a.m. to 1:00 p.m.

**Cost:** Free

**Contact:**

**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.**

**ILICIL**  
est. 1997