



INDEPENDENT LIFESTYLES, INC.
A Center for Independent Living
 215 North Benton Drive, Sauk Rapids, MN 56379
 320-529-9000 - www.independentlifestyles.org

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

Advocates for Independence

Date/Time/Place: 1st Wednesday of the month from 2:00 - 4:00 p.m. at Independent Lifestyles, Inc.

Cost: Free

Contact: Michele at (320) 281-2042

It's-a-Strike

Date/Time/Place: (See calendar) Tuesdays, 6:00 – 8:00 p.m.

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

Cost: \$7.25 (includes 2 games of bowling and shoes)

Snacks available for additional cost.

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

Dinner Club

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

Arrive at 4:30 pm. at various locations (**See flyer**)

Cost: Pay for your own meal.

Contact: Whitney at (320) 281-2037

Bingo

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

2:30 – 4:00 p.m. at Independent Lifestyles (**See flyer**)

Cost: Free

Contact: Whitney 320-281-2037

Craft Club

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

1:30 p.m. at Independent Lifestyles (**See flyer**)

Cost: Free

Contact: Marsha 320-281-2049

Parkinson's Support Group

Date/Time/Place: 3rd Monday of month from 1:00 - 2:30 p.m. at Independent Lifestyles, Inc., except Holidays

Cost: Free

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

Post-Polio Support Group

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

Brain Injury Support Group

Date/Time/Place: Occurs every Wednesday from 10:00 a.m. to 12:00 p.m. at Independent Lifestyles (**See flyer**)

Cost: Free

Contact: Martin Engelke @ findpiecesofmind@gmail.com

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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