



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

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

