

Events through the Center of Independent Living

The following activities are all off-campus groups and will require you to leave 1/2 hour prior to the start time listed.

Group Walking

Get together with other from the community and walk, exercise, socialize and enjoy the outdoors.

Meeting days: Choose either Monday or Wednesday

Time: 12pm-1pm

Date begins: April 12, 2010

Girl Talk

Get together with other females in the community to chat and socialize. Some guided discussion and some free flowing conversation with other women with disabilities.

Meeting days: Tuesdays

Time: 5:30pm-7pm

Date begins: April 20, 2010

Group Cycling

This group offers adaptive riding equipment for just about anyone wanting to ride a bike. Each participant will be scheduled an appointment ahead of time to be fitted appropriately for a bike and evaluated for safety.

Meeting days: Tuesdays

Time: 6:00pm-8:00pm

Date begins: April 20, 2010

Brain Injury Association Support Group

Support group for people who have traumatic brain injuries, their families, significant others and friends.

Meeting days: Tuesdays (once a month)

Time: 7:00pm-9:00pm

Date begins: April 20, 2010

Bowling

Weekly bowling at Colonial Lanes. Includes 3

games and shoes.

Meeting days: Thursdays

Time: 1pm-2:30pm

Date begins: April 15, 2010

Weight Training

Paralympic weight lifter Mary Stack will teach a class on how to use the machines and small free weights.

Meeting days: Wednesdays

Time: 3:30pm-4:30pm

Date begins: April 13, 2010

Adaptive Yoga

Yoga classes are now available for people of all ages, abilities and disabilities. Participants should dress in loose, comfortable clothes and bring a towel.

Meeting days: Every other Thursday

Time: 10am-11am

Date begins: April 15, 2010

Art Group

Exercise your creativity! Participants choose which project to do each week. Past projects have included trinket boxes, mosaics, decorating ceramic plates before firing and jewelry.

Meeting days: Fridays

Time: 1pm-3pm

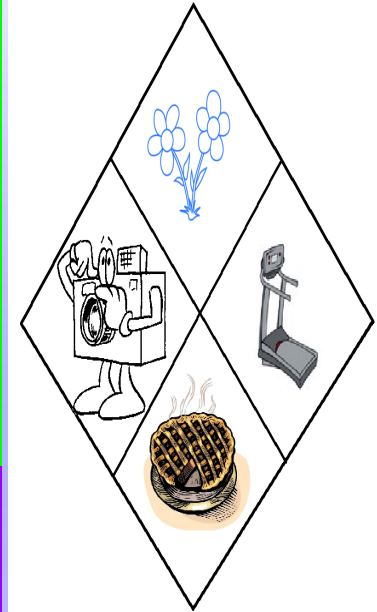
Date begins: April 16, 2010



FOR MORE INFORMATION:

Contact Erin Robichaud—Community Development Coordinator at Ext. 381

EISENHOWER SPRING BROCHURE



**SESSION
BEGINS**
April 12, 2010



PURPOSE:

These classes are for clients of similar interest and clients who want to explore different interests to come together. Each class will bring a unique and exciting atmosphere. Each class will meet for a scheduled time and on certain day(s) throughout the week. The classes are listed throughout this brochure and if you are interested in joining a class please fill out the registration sheet and turn it in to your PCA. Once all registration sheets have been turned in, the facilitator of the class will contact you and provide you with more information.

Japanese Language and Culture



This class plans to explore fun and unique aspects of the Japanese culture. You will learn how to write your name in Japanese, toy with origami, sample popular foods and more.

Facilitator(s): Ted Kohler and Melissa Guin

Day and time: Every Monday at 5:00pm

Location: Moriah C

Date begins: April 12, 2010

Dance Class

Have you ever wished you could dance or love to dance, but don't get the chance? No matter what your skill level or level of abilities, if you like to move then this class is for you!

Facilitator(s): Emily D'Annunzio and Sheena Morris

Day and time: Every Monday OR Thursday at 5:00pm

Location: Moriah A

Date begins: April 12, 2010



Gardening Club

Calling all green thumbs! Tired of the winter blues? It's finally that time of the year to hear the birds chirping and see the flowers blooming! If you have a passion for plants or would like to learn more about the art of gardening then come and join us.

Facilitator(s): Molly Madden

Day and time: Every Wednesday

Location: Congregate and staff patios

Date begins: May 5, 2010



Computer Class

Learn basic computer usage and safe internet browsing!

Facilitator(s): Jason Kriesel

Day and time: Every Wednesday at 10:00am

Location: Moriah C

Date begins: April 14, 2010



Volunteer to Read

There are several clients on-campus and seniors at Sunrise that would love for you to read to them. Sign-up and put a smile on their face!

Facilitator(s): Melissa Guin

Day and time: Every Wednesday at 3pm

Location: South Main

Date begins: April 14, 2010



Music Production

This program will introduce participants to the basics of how to produce quality music and operate music production programs. If you are interested in producing, performing or writing music this group is for you.

Facilitator(s): Kevin Walker

Day and time: Every Wednesday at 6:00pm

Location: Moriah C

Date begins: April 14, 2010



Get Hooked With Pins and Needles

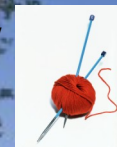
This is an opportunity to get together with others who knit, crochet, sew, etc. and practice the skills you have while socializing at the same time.

Facilitator(s): Annie Gevock

Meeting days: Every Thursday

Time: 6:00pm

Date begins: April 14, 2010



Scrapbooking Club

Whether you are a professional scrapbooker or just someone who has always wanted to learn, sign-up and dedicate some time on the weekend to socialize and display your pictures and memorabilia.

Facilitator(s): Marcia Baynes and Stacy Rudd

Day and time: Every Sunday at 4:00pm

Location: Moriah A

Date begins: April 18, 2010

