

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 Weight Training

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

Meeting days: Mondays

Time: 2:00pm

Date begins: February 8, 2010

"Many Ways of Doing Clay"

The University of Michigan School of Art and Design and the Ann Arbor CIL are offering a clay-work course. No experience is necessary.

Meeting days: Mondays

Time: 2pm-4pm

Date begins: TBD

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: February 11, 2010

Young Men's Discussion

Ozone House and the Corner Health host a Rap (Discussion) Group. Dinner is included. Topics will include expectations of young men, stereotypes of young men, homophobia, race, how to be respectful of women and health issues.

Meeting days and time: Third Monday of every month

Date begins: February 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: February 12, 2010

Photography Workshop—A-shift

Have you always been interested in photography, but didn't know where to begin? Learn how photography can help you share your view of the world with other beginners and amateurs alike.

Meeting days: Tuesdays

Time: 1pm-3pm

Date begins: February 9, 2010

Photography Workshop—B-shift

Have you always been interested in photography, but didn't know where to begin? Learn how photography can help you share your view of the world with other beginners and amateurs alike.

Meeting days: Thursdays

Time: 6pm-8pm

Date begins: February 11, 2010

Bowling

Weekly bowling at Colonial Lanes. Includes 3 games and shoes.

Meeting days: Thursdays

Time: 1pm-2:30pm

Date begins: February 11, 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: February 16, 2010



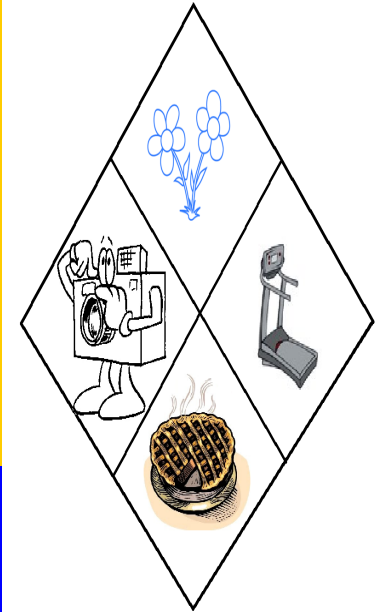
eisenhower center

DRAMATIC RESULTS FOR TRAUMATIC INJURY.

**FOR MORE
INFORMATION:**

Contact Erin Robichaud—Community Development Coordinator at Ext. 381

EISENHOWER WINTER BROCHURE



*SESSION
BEGINS
February 8, 2010*

THE PURPOSE OF A CLUB

We at Eisenhower Center have decided that it is time for clients of similar interest and clients who want to explore different interest to come together. Each club will bring a unique and exciting atmosphere of enjoyment never experienced. Each club will meet for a scheduled time and on certain day(s) throughout the week. The Clubs are listed throughout this brochure and if you are interested in joining a club please fill out the registration sheet and turn it into your PCA. Once all registration sheets have been turned in the leader of that club will contact you and provide you with more information.



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

Meeting days: Every

Wednesday

Time: 6:00pm

Date begins: February 10, 2010



Poetry and Writing

Do you love to write? Would you like to share your work with others? Are you interested in going off-campus to participate in poetry slams, etc? If so, the poetry and writing group may be just what you are looking for.

Facilitator(s): Nadine Marshall, Jonathan Krieger & David Slaga

Meeting days: Every Friday

Time: 4:30pm

Date begins: February 12, 2010



Dance Class

Have you always wished you could dance? Do you love to dance but want to learn more? 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

Meeting days: Every Thursday

Time: 4:30pm

Date begins: February 11, 2010



Dungeons and Dragons

Calling all clients that would like to get a weekly D&D game going at Eisenhower Center. All participants are required to bring a pencil!

Facilitator(s): Nathan McMurray

Meeting days: Friday

Time: 12:00pm

Date begins: February 12, 2010



Scrapbooking Club

Whether you are a professional scrapbooker or just someone who has always wanted to learn, sign up for this club and dedicate some time on the weekend to socialize and sharpen your skills.

Facilitator(s): Marcia Baynes and Aqilah Wokofu

Meeting days: Every Sunday

Time: 4:00pm

Date begins: February 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): Brooke Crawford, Annie Gevock and Aqilah Wokofu

Meeting days: Every Thursday

Time: 6:00pm

Date begins: February 11, 2010



Good Eats Cooking Group

Learn and/or share good recipes that are good for you. This group focuses on meals that are well balanced and low calorie. Give it a try. You may be amazed at how good healthy eating can be with the right ingredients.

Facilitator(s): Erin Robichaud

Meeting days: Every Thursday

Time: 11:00am

Date begins: February 11, 2010



International Cooking Group

Learn about other cultures while making a dish from another country. Come share your thoughts and skills on food from other places while socializing for a great dinner opportunity.

Facilitator(s): Koula Pliakas

Meeting days: Every Monday

Time: 3:00pm

Date begins: February 8, 2010



Volunteer to Read

There are several clients on-campus and seniors at Sunrise that would love for someone to read to them. You could be that person!

Facilitator(s): Melissa Guin

Meeting days: Every Wednesday

Time: 3:00pm

Date begins: February 10, 2010