

APRIL 2025

Sun day	Monday	Tuesday	Wednesday	Thursday	Friday	Satur day
		1	2 \$5 Craft: Diamond Art Key Chains 4:00-5:30pm	3 \$3 Puzzle Night & Snacks 4-5:30pm	4	5
6	7 \$8 Bowling at Wow Zone 4:00-5:30pm	8	9 FREE <u>Neurodiversity</u> Support Group 5:00-6:00pm FREE MNSU Theatre: "Cinderella" 7:30-10:00pm	10	11	12
13	14 \$8 Bowling at Wow Zone 4:00-5:30pm	15	16 FREE Educational Opportunity: Visit with a guest from Vietnam 1:30-2:30pm	17	18	19
20	21 \$8 Bowling at Wow Zone 4:00-5:30pm	22 \$5 Chef Club (Independent Living Skills Class): <i>Chicken & Broccoli Alfredo</i> 4-5:30pm	23 FREE Guided Meditation on Mindfulness 4-5:30pm	24 FREE Spring Fling Event 3:30-5pm FREE <u>Brain Injury</u> Support Group 5:00-6:00 pm	25 \$9 Let's go Swimming 3:30-5pm	26
27	28 \$8 Bowling at Wow Zone 4:00-5:30pm	29 \$5 Movie & Popcorn: " <i>The Wild Robot</i> " 5-7pm	30 FREE Support Group for <u>Transition Parents & Caregivers</u> 5:30-6:30 pm			



SMILES Center for Independent Living is a nonprofit whose mission is to support people with disabilities to realize their full potential.

<p align="center">Bowling at Wow Zone</p> <p>Mondays, April 7, 14, 21, and 28 4:00-5:30 pm Location: Wow Zone- 2030 Adams St. Mankato Cost: \$3 per game (we generally play 2 games) and \$2 for shoe rental. Payment made to Wow Zone when you arrive.</p> <p align="center"><i>Register with SMILES by Noon on the Friday before the event</i></p>	<p align="center">Educational Opportunity: Visit with a Guest from Vietnam</p> <p>Wednesday, April 16 1:30-2:30pm Location: SMILES Office, Mankato Cost: FREE Come and meet Thein Phan. He is a foreign exchange student from Vietnam. He will be sharing about his country and culture and answer any questions you may be curious about life in his homeland.</p> <p align="center"><i>Register by April 11</i></p>
<p>Craft: Diamond Art Key Chains (Potted Plants) Wednesday, April 2 4:00-5:30pm Location: SMILES Office, Mankato Cost: \$5 per key chain you choose to make</p> <p>Make a potted plant key chain with diamond gems.</p> <p align="center"><i>Register by: April 2 (Noon)</i></p>	<p align="center">Chef Club (Independent Living Skills Class): Chicken & Broccoli Alfredo</p> <p>Tuesday, April 22 4:00-6:00 pm Location: SMILES Office, Mankato Cost: \$5 Learn how to make Chicken & Broccoli Alfredo. Contact Georgia to sign up: 507-345-7139 **There are 2 open spots available**</p> <p align="center"><i>Register by: April 18</i></p>
<p align="center">Puzzle Night</p> <p>Thursday, April 3 4-5:30pm Location: SMILES Office, Mankato Cost: FREE. There will be snacks & beverages available for purchase for \$3. Unwind, relax, and have fun putting together puzzles. We will have plenty of puzzles available, but feel free to bring your own.</p> <p align="center"><i>Register by: April 2</i></p>	<p align="center">Guided Meditation and Mindfulness</p> <p>Wednesday, April 23 4-5:30pm Location: SMILES Office, Mankato Cost: FREE Learn Meditation and Mindfulness with Maddy. Wear something comfortable. Bring a blanket or yoga mat to sit on comfortably.</p> <p align="center"><i>Register by: April 21</i></p>
<p align="center">MNSU Theatre: "Cinderella"</p> <p>Wednesday, April 9 7:30-10:00pm Location: MNSU Performing Arts Center 150 Morris Hall, Mankato Cost: FREE Looking for a fun night? Join us to watch a timeless classic being performed on stage.</p> <p align="center"><i>Register by: April 7</i></p>	<p align="center">Spring Fling Event</p> <p>Thursday, April 24 3:30-5:00pm (Rain or Shine) Location: Sibley Park, Mankato Cost: FREE</p> <p>Join us at this event hosted by <i>Harry Meyering Center</i>. <i>SMILES</i>, <i>The ARC</i>, and <i>Aktion Theater Club</i> will be partnering. Enjoy adaptive bike rides, games, music, and prizes! Meet new people and reconnect with old friends.</p> <p align="center"><i>Register by April 22</i></p>
<p align="center">Let's Go Swimming</p> <p>Friday, April 25 3:30-5:00pm Location: Lake Crystal Recreation Center 621 W Nathan St., Lake Crystal Cost: \$9 (Payment made to Lake Crystal Recreation Center when you arrive). If we get 12+ participants, the rate will decrease to \$6 Join us at the pool. Bring your swim gear!</p> <p align="center"><i>Register by: April 21</i></p>	<p align="center">Movie & Popcorn: "The Wild Robot"</p> <p>Tuesday, April 29 5:00-7:00pm Location: SMILES Office, Mankato Cost: \$5 If you want warm and fuzzy vibes in a movie, this is the one to watch. There will be freshly 'popped' popcorn available.</p> <p align="center"><i>Register by: April 28</i></p>



Support Group for Parents & Caregivers of Transition Age Youth/Young Adults with Disabilities

Shannon Butler from Ethical Solutions will be our guest speaker. She will present on the Supportive Decision-Making Model vs. Guardianship to parents/guardians of youth/young adults in that Transition age.

Wednesday, April 30, 2025

5:30-6:30pm

SMILES Center for Independent Living Office-Mankato

For questions and/or registration, call Anna: 507-345-7139



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Supportive Decision-Making

**Wednesday
April 30, 2025**

5:30-6:30 pm

SMILES Office-Mankato

Learn about Supportive Decision-Making regarding youth/young adults in Transition

SMILES Center for Independent Living

**709 S Front St
Mankato MN 56001
345-7139**

www.smilescil.org

Neurodivergent Support Group

(For adults, ages 18+)

Are you diagnosed with Autism, Asperger's, ADHD, Tourette's, or another neurodivergent diagnosis? Would you like to connect with others who have a similar diagnosis?

This new group is designed for individuals who live with a neurodivergent diagnosis. We are a friendly support group that will let you connect with and talk to others who share commonalities with you.

Register by: April 8

Wednesday, April 9
5:00-6:00 PM
SMILES OFFICE
709 S FRONT ST
MANKATO, MN

Traumatic Brain Injury Support Group

(For adults, ages 18+)

Do you have a Traumatic Brain Injury? Do you have a friend or family member who has experienced a Traumatic Brain Injury?

We are a friendly support group that lets you talk with fellow survivors who have been through what you have been through.

Register by: April 23

Thursday, April 24
5:00-6:00 PM
SMILES OFFICE
709 S FRONT ST
MANKATO, MN

Support Group for Transition Parents & Caregivers

Don't always get the opportunity to connect with other parents and caregivers? SMILES now offers a safe place to discuss experiences and share resources. This group will also provide information, education, and tools to assist one another in building a supportive network.

Register by: April 29

Wednesday, April 30
5:30-6:30 PM
SMILES OFFICE
709 S FRONT ST
MANKATO, MN

Contact: Anna for more information or registration:

ajohnson@smilescil.org

507-345-7139



Contact Anna Johnson at SMILES for registration and details

Phone: 507-345-7139

Email: ajohnson@smilescil.org

SMILES CIL—Mankato Office

709 S Front Street, Suite #7

Mankato, MN 56001

WEATHER CANCELLATION POLICY:

Winter Weather Watches/Warnings:

- SMILES Recreation Department will follow Mankato Area Public Schools' Winter Weather Policy and automatically cancel events, if school is cancelled due to winter weather concerns.
- On days where winter weather looks to decline, decisions regarding program cancellation that evening will typically be decided by 2:00pm on the date of the scheduled event.

If rain is expected during the day or if rain is occurring:

- If rain is forecasted for the entire day, all outside activities will be cancelled for the day.
- If rain is expected to occur before 12pm, morning outdoor activities will be cancelled.
- If rain is expected to occur after 12pm, afternoon outdoor activities will be cancelled.

Severe Weather Watch/Warning:

- If a severe weather watch is issued all outdoor activities will be cancelled within the watch timeline.
- If a severe weather warning is issued, all outdoor activities are cancelled during the warned timeline.

Heat Advisories

- If a heat advisory is issued, or expected to be issued, all outdoor activities are cancelled during the advisory timeline.

WHEN POSSIBLE, SMILES STAFF WILL TRY TO CALL REGISTERED PARTICIPANTS TO NOTIFY THEM OF A CANCELLATION IN ADVANCE. CANCELLATION NOTICES MAY ALSO BE POSTED ON SMILES FACEBOOK PAGE.

No Call/No Show Policy

If someone signs up for a class and does not cancel with at least a 4-hour notice, they will be considered "No Call/No Show". If an individual accumulates THREE No Call/No Shows within a year's time, that person will not be allowed to sign-up for or attend further SMILES events for a year from the date of their 3rd No Call/No Show absence. This is necessary in order to allow attendance space for people who will honor their commitment. Thank you!