

MAY 2025

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 FREE Theatre: Merely Players "Treasure Island" 7:00-9:00pm	2	3
4	5 \$8 Bowling at Wow Zone 4:00-5:30pm FREE <i>Cinco de Mayo Dance</i> 5:30-7:30pm	6 \$5 Gardening Craft: "Grass Heads" 4:00-5:30pm	7 \$5 BINGO & PRIZES 4:00-5:30	8 FREE Introduction to Tai Chi 2:00-3:30pm	9 FREE Nature Hike at Williams Nature Center 1:00-2:30pm	10
11	12 \$8 Bowling at Wow Zone 4:00-5:30pm	13 \$5 Movie & Popcorn "Hook" 5:00-7:00pm	14 FREE <i>Neurodiversity Support Group</i> 5:00-6:00pm	15 FREE Bike Ride at Benson Park 4:00-6:00pm	16 \$9 Swimming 3:30-5:00pm	17
18	19 \$8 Bowling at Wow Zone 4:00-5:30pm	20	21 FREE Petting Zoo 2:00-4:00pm FREE <i>Meditation Class</i> 4:00-5:30pm	22 \$5 Pickleball 2:00-3:00pm <i>Chef Club</i> \$5 <i>"Homemade Tacos"</i> 4:00-6:00pm	23 FREE Let's Go Fishing 1:00-3:30pm	24
25	26 MEMORIAL DAY HOLIDAY- CLOSED	27 FREE Volunteer packing meals at SCMFR 1:00-3:00pm	28 FREE <i>Support Group for Parents & Guardians</i> 5:30-6:30pm	29 FREE <i>TBI Support Group</i> 5:00-6:00pm	30	31



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

Bowling at Wow Zone

Mondays, May 5, 12, and 19

4:00-5:30 pm

Location: Wow Zone- 2030 Adams St.

Mankato

Cost: \$6 for 2 games and \$2 for shoe rental.

Payment made to Wow Zone when you arrive.

Note: There will be no Bowling on May 26th, as SMILES will be closed for the Memorial Day Holiday

Register with SMILES by Noon on the Friday before the event

Gardening Craft: Grass Heads

Tuesday, May 6

4:00-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

Learn how to make this adorable spring time craft.



Register by: May 5

Merely Players Theatre: Treasure Island

Thursday, May 1

7:00-9:00pm

Location: Lincoln Community Center

110 Fulton Street, Mankato

Cost: FREE

Looking for a fun night out? Join us at the Lincoln Community Center Theatre to watch this performance.

Register by: Noon May 1

Bingo & Prizes

Wednesday, May 7

4:00-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

Are you feeling lucky? Join us for Bingo, Prizes, and Fun! Bring your own beverage.

Register by: May 5

Cinco De Mayo Dance

Monday, May 5

5:30-7:30pm

**Location: Wowzone- 2030 Adams Street,
Mankato**

Cost: FREE

Put your dancing shoes on and find your groove in the music. Tacos in a bag will also be available. This event is sponsored by Minnesota Valley Civitan Club.

Register by: May 2

Introduction to Tai Chi

Thursday, May 8

2:00-3:30pm

Location: SMILES Office, Mankato

Cost: FREE

Tai Chi is a mind-body exercise that combines slow-motion movements, meditation, and deep breathing. It aids in better balance, mobility, and coordination. Join us in learning something new.

Register by May 6

<p>Nature Hike: Williams Nature Center</p> <p>Friday, May 9 1:00-2:30pm Location: 54988 Hwy 68, Mankato Cost: FREE</p> <p>Let's explore this beautiful trail. Enjoy the fresh outdoor air and socialize with friends, while getting your steps in. Don't forget to bring your water bottle.</p> <p><i>Register by: May 7</i></p>	<p>Let's Go Swimming</p> <p>Friday, May 16 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</p> <p>Join us at the pool. Bring your swim gear!</p> <p><i>Register by: May 12</i></p>
<p>Movie & Popcorn: "Hook"</p> <p>Tuesday, May 13 5:00-7:00pm Location: SMILES Office, Mankato Cost: \$5</p> <p>Join your friends and enjoy this American fantasy adventure film directed by Steven Spielberg.</p> <p><i>Register by: May 12</i></p>	<p>Petting Zoo</p> <p>Tuesday, May 21 2:00-4:00pm Location: Autumn Grace, 118 Raven Court, Mankato Cost: FREE</p> <p>Bring your love for animals to this community event.</p> <p><i>Register by: May 16</i></p>
<p>Adaptive Bike Ride at Benson Park</p> <p>Thursday, May 15 4:00-6:00pm Location: Benson Park (North side of the park, along Timm Road), North Mankato Cost: FREE</p> <p>SMILES will have their adaptive bikes available to ride or you can bring your own bicycle.</p> <p><i>Register by: May 12</i></p>	<p>Guided Meditation</p> <p>Wednesday, May 21 4:00-5:30pm Location: SMILES Office, Mankato Cost: FREE</p> <p>Get away from the buzz and find deep relaxation as you practice Yoga Nidra Meditation. Wear something comfortable. Bring a blanket or yoga mat to sit upon comfortably.</p> <p><i>Register by: May 19</i></p>

<p style="text-align: center;">Pickleball</p> <p>Thursday, May 22 2:00-3:00pm Location: Picklebarn, 90 Power Drive, Mankato Cost: \$5 (Payment made to Picklebarn when you arrive)</p> <p>Try out this fun sport and be part of the craze. Bring a pair of clean and dry sneakers along with comfortable clothing. No street shoes are allowed on the courts. Don't forget your water bottle</p> <p style="text-align: right;"><i>Register by: May 19</i></p>	<p style="text-align: center;">Let's Go Fishing</p> <p>Friday, May 23 1:00-3:30pm Location: Spring Lake Park, North Mankato. We will meet at the fishing pier. Cost: FREE</p> <p>You will need to have a fishing license for this event. If you have a disability, you can register for a free one. If you need help doing so, let SMILES know. We will have poles, tackle and bait. Feel free to bring your own fishing gear. Bring along your own snack & beverage.</p> <p style="text-align: right;"><i>Register by May 21</i> <i>Limit 6 Spots</i></p>
<p style="text-align: center;">Chef Club (Independent Living Skills Class): Homemade Tacos (including tortillas)</p> <p>Thursday, May 22 4:00-6:00 pm Location: SMILES Office, Mankato Cost: \$5</p> <p>These aren't your standard Taco Bell tacos. Learn how to make Homemade Tacos, including tortillas using a press.</p> <p>Contact Georgia to sign up: 507-345-7139</p> <p style="text-align: center;"><i>**There are 2 remaining spots available**</i></p> <p style="text-align: right;"><i>Register by: May 19</i> <i>Limit 2 Spots</i></p>	<p style="text-align: center;">Volunteer: Packing Meals at South Central Minnesota Food Recovery</p> <p>Tuesday, May 27 1:00-3:00pm Location: 515 North Riverfront Drive, Suite 220, Mankato Cost: FREE</p> <p>Help reduced food waste by packing meals for those in need.</p> <p style="text-align: right;"><i>Register by: May 23</i> <i>Limit 6 Spots</i></p>

Why participate in SMILES Recreation Program?

- Learn coping skills for anxiety and stress • *Boost decision making with control and choices*
- Reduce isolation and loneliness • *Improve on planning skills and increase confidence in participation*
- Increase or maintain developmental skills • *Enhance social skills and peer interaction*
- Acquire adaptive techniques during recreation • *Acquire and develop appropriate communication skills*
- Acquire and strengthen boundaries • *Improve strength, endurance and activity level*
- Expand on functional play and leisure skills • *Discover and learn new leisure skills*
- Increase knowledge of community accessibility and resources • *Increase functional skills in the community setting*
- Improve on ability to handle sensory stimulation • *Enable self-expression*

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: May 13

Wednesday, May 14

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: May 27

Wednesday, May 28

5:30-6:30 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: May 28

Thursday, May 29

5:00-6:00 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!