

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Bowling at Wow Zone 4:00-5:30pm	7	8 Neurodiversity Support Group 5:00-6:00pm	9 Puzzle Night 4:00-5:30pm	10	11
12	13 Bowling at Wow Zone 4:00-5:30pm	14	15 Movie & Mac & Cheese "Out of My Mind" 5:00-7:00pm	16 Paint along with Bob Ross 4:00-5:30pm	17	18
19	20 SMILES CLOSED	21	22 <b>NEW:</b> Youth in Transition Support Group & Input Session 5:00-6:00pm	23 Learn Ventriloquism with Shari 4:00-5:30pm	24	25
26	27 Bowling at Wow Zone 4:00-5:30pm	28	29 MNSU Theatre: "A Streetcar Named Desire" 7:30-10:00pm	30 TBI Support Group 5:00-6:00pm	31	



Center for Independent Living

**Our mission is to support people with disabilities to realize their full potential.**

## Bowling at Wow Zone

Mondays, January 6, 13, and 27  
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.

**\*\*\*There will be no bowling on January 20.\*\*\***

*Register with SMILES by Noon on the Friday before the event*

## Puzzle Night

Thursday, January 9  
4:00-5:30 pm  
Location: SMILES Office, Mankato  
Cost: FREE

*Unwind and relax while putting together puzzles. We'll have plenty of puzzles available, but feel free to bring your own.*

*Register by: January 7*

## Movie & Mac & Cheese "Out of My Mind"

Wednesday, January 15  
5:00-7:00pm  
Location: SMILES Office, Mankato  
Cost: \$5

*Cozy up to a bowl of macaroni and cheese, while watching the movie, "Out of My Mind".*

*Register by: January 13*

## Bob Ross Paint Along

Thursday, January 16  
4:00-5:30 pm  
Location: SMILES Office, Mankato  
Cost: \$5

*Follow along with a Bob Ross painting tutorial, and learn techniques to create a beautiful art piece to take home. Canvas and paints will be provided. Be sure to wear something you don't mind getting paint on.*

**\*\*\*Limit: 6 people\*\*\***

*Register by January 14*

## NEW:

## Youth in Transition Support Group & Input Session (ages 14-25)

Wednesday, January 22  
5:00-6:00pm  
Location: SMILES Office, Mankato  
Cost: FREE

*This will be our first meeting to connect with peers who also have a disability and share ideas of what you would like to learn and experience in our Youth Transition Program.*

*Register by: January 21*

## Learn Ventriloquism

Thursday, January 23  
4:00-5:30pm  
Location: SMILES Office, Mankato  
Cost: FREE

*Have fun and learn a new skill that you can use to entertain friends and family. Shari will be the class instructor. Bring along your favorite stuffed animal or puppet to use during this class.*

*Register by: January 21*

## MNSU Theatre: "A Streetcar Named Desire"

Wednesday, January 29  
7:30-10:00pm  
Location: MNSU Performing Arts Center,  
150 Morris Hall, Mankato  
Cost: FREE

*Register by: January 27*



Contact Anna Johnson at SMILES for registration and details

Phone: 507-345-7139

Email: [ajohnson@smilescil.org](mailto: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 3<sup>rd</sup> No Call/No Show absence. This is necessary in order to allow attendance space for people who will honor their commitment. Thank you!

## *Neurodivergent Support Group*

(For adults, ages 18+)

Mankato Meeting  
**SECOND WEDNESDAY**  
of Each Month  
5:00-6:00 PM  
SMILES OFFICE  
709 S FRONT ST  
MANKATO, MN

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.

Contact: Anna for more information or registration:

[ajohnson@smilescil.org](mailto:ajohnson@smilescil.org)

507-345-7139

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## *Traumatic Brain Injury Support Group*

(For adults, ages 18+)

Mankato Meeting  
**LAST THURSDAY**  
of Each Month  
5:00-6:00 PM  
SMILES OFFICE  
709 S FRONT ST  
MANKATO, MN

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.

Contact: Anna for more information or registration:

[ajohnson@smilescil.org](mailto:ajohnson@smilescil.org)

507-345-7139



# YOUTH IN TRANSITION PROGRAM (AGES 14-25)

Starting in January 2025, SMILES will be enhancing our youth transition program. It will be geared toward transitional youth/young adults, ages 14-25. This program will assist youth with disabilities in transitioning from high school to adulthood. We will aim to empower them to live more independently through advocacy, peer support, recreation, community living, independent living skills, and information/referral. For more information and registration, contact Anna Johnson at: [ajohnson@smilescil.org](mailto:ajohnson@smilescil.org) or 507-345-7139.

Our first meeting is scheduled on Wednesday, January 22 from 5:00-6:00 pm at the SMILES Office in Mankato. We will gather and share ideas on what our youth participants are looking to learn and explore.

