

April 2026

SMILES--Mankato Office

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1	2 Project Gathering 1:00-2:30pm <u>OR</u> 4:00-5:30pm	3	4
5	6 Bowling at <i>Wowzone</i> 4:00-5:30pm	7	8	9 Women's Group 4:00-6:00pm	10	11
12	13 Bowling at <i>Wowzone</i> 4:00-5:30pm	14 Gentle Yoga 4:30-5:30pm	15 Chair Fitness 1:00-2:00pm Cross-Disability Support Group 5:00-6:00pm	16 Movie & Popcorn: <i>Nanny McPhee</i> 4:00-6:00pm	17 Swimming at <i>LCRC</i> 3:30-5:00pm	18
19	20 Bowling at <i>Wowzone</i> 4:00-5:30pm	21	22 Chef Club 1:00-3:00pm Old School Show & Tell 4:00-5:30pm	23 Lunch Group: <i>Wowzone</i> 11:30-1:00pm Chef Club 4:00-6:00pm	24	25
26	27 Bowling at <i>Wowzone</i> 4:00-5:30pm	28 Craft: Cactus Rock in a Pot 1:00-2:30pm Craft: Cactus Rock in a Pot 4:00-5:30pm	29 Chair Fitness 1:00-2:00pm Men's Group 4:00-6:00pm	30 Paint by Number 1:00-2:30pm <u>OR</u> 4:00-5:30pm		



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

Bowling at *WowZone*

Mondays, April 6, 13, 20 and 27

4:00-5:30pm

Location: WowZone- 2030 Adams St. Mankato

Cost: \$6 for 2 games and \$2 for shoe rental (Payment made to WowZone when you arrive).

Have fun with peers while exercising in this fun sport. This is a great opportunity to connect with others and socialize.

Register with SMILES by Noon on the Friday before the event

Project Gathering

- **Thursday, April 2**
1-2:30pm

OR

- **4-5:30pm**

Location: SMILES Office, Mankato

Cost: FREE

Do you have a current project that you are working on? Crochet? Diamond Art? Lego Set Building? Art Project? Model Car? Bring it along to work on while socializing with others in a relaxed setting. Feel free to bring your own snack/beverage.

Register by: April 1

*****Limit 6 Participants per Time Slot*****

Women's Group—Picnic in the Park

Thursday, April 9

4:00-6:00pm

Location: Erlandson Park, 101 N Belmont Dr., Mankato

Cost: FREE—Bring a sack lunch

This is a welcoming peer support group for women with disabilities. Gather with others to discuss life, share ideas, engage in a variety of activities, and develop friendships along the way. At this event, we will be gathering at Erlandson Park, eating together, and partaking in a walk around the park and a beanbag toss game.

Register by: April 6

Gentle Yoga Class

Tuesday, April 14

4:30-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

This is a slower-paced yoga practice focusing on breath awareness, mindfulness, and gentle movements that help release tension, increase flexibility and improve balance. Bring along your yoga mat, a blanket, comfortable clothing, and a bottle of water. If you do not have a yoga mat, we do have a limited supply to use during the class.

Please arrive 10-15 minutes early for this class to settle in and start with intention.

Register by: April 10
*****Limit: 6 Participants*****

Chair Fitness

- **Wednesday, April 15**
1:00-2:00pm

AND/OR

- **Wednesday, April 29**
1:00-2:00pm

Location: SMILES Office, Mankato

Cost: FREE

Join us for a fun and music filled workout. We will be focusing on cardio, stretching and balance, while seated.

Register by: April 10 (for April 15 class)
April 24 (for April 29 class)
*****Limit: 6 Participants per Class*****

Cross-Disability Support Group

Wednesday, April 15
5:00-6:00pm

Location: SMILES Office, Mankato

Cost: FREE

This is a welcoming peer support space for individuals with any and all types of disabilities. Through open conversation, participants will learn from one another, share experiences and build empowerment. You are not alone in this journey.

Register by: April 13

Movie & Popcorn: "Nanny McPhee"

Thursday, April 16
4:00-6:00pm

Location: SMILES Office, Mankato

Cost: \$5

We will be watching this comedy-drama-fantasy film on our big screen TV. Fresh popped popcorn and soda will be provided.

Register by: April 14

Swimming at LCRC

Friday, April 17
3:30-5:00pm

Location: Lake Crystal Recreation Center,
621 W Nathan St., Lake Crystal

Cost: \$6

Jump in and have fun while getting your exercise in or get away from the stress of your week by relaxing in the hot tub.

Register by: April 10

Chef Club: Chicken Fajitas

- **Wednesday, April 22**
1:00-3:00pm

OR

- **Thursday, April 23**
4:00-6:00pm

Location: SMILES Office, Mankato

Cost: \$5

Build upon your cooking skills and create this delicious low-cost meal.

Register by: April 14
*****Limit 5 Participants per class*****

Old School Show & Tell

Wednesday, April 22

4-5:30pm

Location: SMILES Office, Mankato

Cost: FREE

Remember elementary school days, where you could talk about something you find interesting? Join us in those memories. Bring along a special item that you want to share information about or share a story or topic of interest to you. This will be a fun time learning about something new, practicing speaking in front of others, and connecting with your peers.

Register by: April 20

Lunch Get Together: WowZone Restaurant

Thursday, April 23

11:30-1:00pm

Location: WowZone, 2030 Adams Street, Mankato

Cost: Your lunch purchase

Join us for lunch and socializing at the WowZone Restaurant.

Register by: April 20

Craft Class: Painted Cactus Rock in a Pot

Tuesday, April 26

- 1-2:30pm

OR

- 4-5:30pm

Location: SMILES Office, Mankato

Cost: \$5



Make one of these cactus cuties for your home or gift to someone you love.

Register by: April 21
*****Limit 6 Participants per class*****

Men's Group

Wednesday, April 29

4:30-6:30pm

Location: Dork Den, Tune Town and Eagles Club-Mankato

Cost: Purchases you make at the stores and restaurant.

This is a welcoming peer support group for men with disabilities. Gather with others to discuss life, share ideas and develop friendships along the way. This month, we will meet up at Dork Den (4:30-5pm), then visit Tune Town (5-5:30pm), and end at Eagles Club- Mankato (5:30-6:30pm) for dinner.

Register by: April 27

Art Class- Paint by Number

Thursday, April 30

- 1-2:30pm

OR

- 4-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

Enjoy this relaxing art class by painting by number.

Register by: April 24
*****Limit 6 Participants per class*****



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

BAD WEATHER CANCELLATION POLICY:

- SMILES Recreation Department will follow Mankato Area Public Schools' Winter Weather Policy and will cancel events, if the school district is cancelled because of winter weather/road concerns.
- On days where weather looks to decline to a Watch or Warning regarding Thunderstorms or Tornados, decisions regarding program cancellation will be made by SMILES staff.

WHEN POSSIBLE, SMILES STAFF WILL TRY TO CALL, TEXT OR EMAIL REGISTERED PARTICIPANTS TO NOTIFY THEM OF A CANCELLATION IN ADVANCE.

Please Be on Time!!! Be respectful of others attending. We understand that there will be occasions of which someone may be late, but it does interrupt the flow of the event and the participation of those attending.

No Call/No Show Policy

- If someone signs up for a class and does not cancel at least 4 hours in advance, they will be marked as a "No Call/No Show." Anyone who receives a No Call/No Show for an event will be unable to register for the next month's activity events.
- This policy is necessary because some classes have limited space, and supplies are purchased based on expected attendance.

Thank you!!!~