

May 2026

SMILES--Mankato Office

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1	2
3	4 Cinco de Mayo Party <i>Wowzone</i> 5-7pm	5 Flower Bingo 4-5:30pm	6 Chair Fitness 1-2pm Yoga Class 4:30-5:30pm	7 Adaptive Bikes at <i>Benson Park</i> 4-5:30pm Women's Group at <i>Benson Park</i> 4-6pm	8	9
10	11 Bowling at <i>Wowzone</i> 4-5:30pm	12	13 Cross-Disability Support Group 5-6pm	14	15	16
17	18 Bowling at <i>Wowzone</i> 4-5:30pm	19 Chef Club 1-3pm Photography at <i>Williams Nature Center</i> 4-5:30pm	20 Chair Fitness 1-2pm Movie "If" & Pizza 4-6pm	21 Lunch Group at <i>NaKato</i> 11:30-1pm Chef Club 4-6pm	22 Swimming at <i>LCRC</i> 3:30-5pm	23
24	25 Memorial Day Holiday- Office Closed	26	27 Sea Turtles Craft 1-2:30pm Sea Turtles Craft 4-5:30pm	28 Card Making Class 1-2:30pm Card Making Class 4-5:30pm	29	30



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

Cinco de Mayo Party

Monday, May 4

5:00-7:00

Location: WowZone- 2030 Adams St. Mankato

Cost: FREE

Put on your dancing shoes and join us at the WowZone. Tacos in a bag will be served from 5-5:30 and dancing to music following. This event is sponsored by Minnesota Valley Civitan Club

Register by: May 1

Flower BINGO

Wednesday, May 5

4-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

Start with one flower in a vase and see if you are lucky enough to win more to create a simple bouquet.

Register by: May 1

Chair Fitness

- **Wednesday, May 6**
1:00-2:00pm

AND/OR

- **Wednesday, May 20**
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: May 4 (for May 6 class)
May 18 (for May 20 class)

*****Limit: 6 Participants per Class*****

Gentle Yoga Class

Wednesday, May 6

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: May 4
*****Limit: 6 Participants*****

Adaptive Bike Ride at Benson Park

Thursday, May 7
4-5:30pm

Location: Benson Park, North Mankato (meet at the parking lot on the north side of the park, along Timm Road).

Cost: FREE

SMILES will have their adaptive bikes available to ride or you can bring your own bike along.

Register by: May 4

Women's Group—Meeting up at Benson Park

Thursday, May 7
4:00-6:00pm

Location: Benson Park, North Mankato (meet at the picnic shelter on the north side of the park, along Timm Road).

Cost: FREE—Bring your own sack lunch and beverage

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 Benson Park, eating together, walk along the park trails, and even try out the SMILES adaptive bicycles.

Register by: May 4

Bowling at WowZone

Mondays, May 11 and 18 (There is NO bowling on May 4th or 25th)

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

Cross-Disability Support Group

Wednesday, May 13

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: May 11

Chef Club: Honey Sesame Chicken with Lo-Mein

- **Tuesday, May 19**
1:00-3:00pm

OR

- **Thursday, May 21**
4:00-6:00pm

Location: SMILES Office, Mankato

Cost: \$5

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

Register by: May 12

*****Limit 5 Participants per Class*****

Photography at William's Nature Center

Tuesday, May 19

4:00-5:30pm

Location: William's Nature Center, 54988 MN Hwy 68, Mankato

Cost: FREE

Join us as we hit the trails of William's Nature Center for walking and taking photographs of nature. Bring along your phone or camera to get some beautiful images.

Register by: May 15

Movie & Pizza: "If"

Wednesday, May 20

4:00-6:00pm

Location: SMILES Office, Mankato

Cost: \$10

We will be watching this animated-fantasy-comedy film on our big screen TV. Pizza and soda will be provided.

Register by: May 15

Lunch Group Get Together: NaKato Bar & Grill

Thursday, May 21

11:30-1:00pm

Location: NaKato, 253 Belgrade Avenue, North Mankato

Cost: Your lunch purchase

Join us for lunch and socializing at the NaKato Bar & Grill.

Register by: May 15

Swimming at LCRC

Friday, May 22

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: May 15

Craft Class: Sea Turtles on the Beach

Wednesday, May 27

- 1-2:30pm

OR

- 4-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

Learn to make this cute beach-themed crafted painting.



Register by: May 20

*****Limit 6 Participants per Class*****

Birthday Card Making Class

- **Thursday, May 28**

1-2:30pm

OR

- 4-5:30pm

Location: SMILES Office, Mankato

Cost: \$5

Create 2 homemade birthday cards to gift to someone you care about.

Register by: May 21

*****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:

- 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!!!~