

OCTOBER 2026

SMILES- Mankato Office

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 Hiking: <i>Sakatah Trail</i> 3-4:30pm	2	3
4	5 Bowling at Wowzone 4-5:30pm	6	7 Sweet Lab: <i>Homemade Donuts</i> 3-4:30pm	8 Coffee & Conversation: <i>Beans Coffee House</i> 2-3:00pm	9	10
11	12 Bowling at Wowzone 4-5:30pm	13 Lunch Group: <i>Swiss and Madison</i> 11:30-1:00pm	14 Women's Group: <i>Pizza Ranch</i> 4:30-6:30pm Support Group 5-6:00pm	15 Craft: Cloth Pumpkins 4-5:30pm	16 Swimming: <i>LCRC</i> 3:30-5:00pm	17
18	19 Bowling at Wowzone 4-5:30pm	20 Fall Bingo 4-5:30pm	21 Chef Club: <i>Chili Meal Prep</i> 4-6:00pm	22	23	24
25	26 Bowling at Wowzone 4-5:30pm	27	28 Movie & Pizza <i>"Monster House"</i> 4-5:30pm	29 Men's Group: <i>Burger King</i> 4:30-6:00pm	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, October 5, 12, 19, 26 4:00-5:30pm 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. Register with SMILES by Noon on the Friday before the event	Coffee & Conversation: Beans Coffee House Thursday, October 8 2:00-3:00pm Location: Beans Coffee House, 229 Belgrade Ave. North Mankato Cost: Your beverage purchase (there are other beverage choices for those who do not like coffee) Let's get together to sit down and catch up with one another. Great conversations are had at these gatherings. Register by: October 5
Hiking at Sakatah Trail Thursday, October 1 3:00-4:30pm Location: Sakatah Trail, Parking Lot at 13 Lime Valley St., Mankato Cost: FREE 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 to stay hydrated. This trail is paved. Register by September 30	Lunch Get Together: Swiss and Madison Tuesday, October 13 11:30-1:00pm Location: Swiss and Madison, 920 Madison Ave., Mankato Cost: Your lunch purchase Join us for lunch and socializing at Swiss and Madison. Register by: October 9
Sweet Lab: Homemade Donuts Wednesday, October 7 3:00-4:30pm Location: SMILES Office-Mankato Cost: \$5 Learn how to make these appetizers to enjoy and share at your next gathering. ***Limit: 4 Participants*** Register by: October 5	Women's Group: Dining at Pizza Ranch Wednesday, October 14 4:30-6:30pm Location: Pizza Ranch, 1551 Tullamore St., Mankato. Cost: \$18 (payment made to Pizza Ranch) 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. We will be meeting up at Pizza Ranch this month. Register by: October 13

Cross-Disability Support Group Wednesday, October 14 5:00-6:00pm Location: SMILES Office, Mankato Cost: FREE This is a welcoming peer support space for individuals with all types of disabilities. Through open conversation, participants learn from one another, share experiences and build empowerment. You are not alone in this journey. Register by: October 6	Fall Bingo Tuesday, October 20 4-5:30pm Location: SMILES Office – Mankato Cost: \$5 Are you feeling lucky? Join us for bingo, prizes and fun! Feel free to bring your own beverage and snack if you would like. ***Limit 15 Participants*** Register by: October 16
Craft Class: Toilet Paper Pumpkin Thursday, October 15 4:00-5:30pm Location: SMILES Office, Mankato Cost: \$5 Learn to make a toilet paper pumpkin to decorate your space for the fall season.  ***Limit: 12 Participants*** Register by: October 12	Chef Club: Chili Meal Prep Wednesday, October 21 4-6pm Location: SMILES Office- Mankato Cost: \$10 You will be preparing a chili prep meal from scratch to take home. We will also have a bowl of chili and cornbread ready when you arrive, to enjoy with the group. ***Limit 5 Participants*** Register by: October 15
Swimming at LCRC Friday, October 16 3:30-5:00pm Location: <u>Lake Crystal Recreation Center</u>, 621 W Nathan St., Lake Crystal Cost: \$6 Jump in and have fun while exercising and take away the stress of your week by relaxing in the hot tub. Register by: October 12	Movie Night & Pizza: Monster House Wednesday, October 28 4:00-5:30pm Location: SMILES Office-Mankato Cost: \$10 Join us as we watch this seasonal movie on our big screen TV. Pizza and soda will be available for purchase. You are welcome to bring your own beverage & snack if you prefer. ***Limit 15 Participants*** Register by: October 26

Men's Group: Dining at Burger King

Thursday, October 29

4:30-6:00pm

Location: Burger King, 1318 S Riverfront Dr., Mankato

Cost: The purchase of your meal.

This is a welcoming peer support group for men with disabilities. Gather and discuss life, share ideas and develop friendships along the way.

Register by: October 28

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

Registration prior to attendance is required for all SMILES events, so that we have enough supplies and staff on hand.

Please Be on Time!!! Be respectful of others attending. We understand that there will be occasions on 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 next month's activity events.

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.*