1/2012

The Metropolitan Center For Independent Living Workshops

FREE & ACCESSIBLE EVENTS

Join us for education and fun this **Winter 2012**!

All events are free and accessible.

Most of the following events meet at MCIL 1600 University Ave W. Suite 16 in St. Paul. We are on #21, #16, #50, #53, #84 bus lines, please check bus schedules for exact drop off locations.

Please RSVP, and request an interpreter or alternative formatted materials two weeks prior to the scheduled activities.

To RSVP, contact the staff person listed for each event.

Contact **Corbett Laubignat (low-bin-ya) at 651.603.2028** for other questions.

- ***Classes will be cancelled if we have less than 2 people signed up!**
- Check our website www.mcil-mn.org for the E-Calendar or come in and get the *most current* calendar of events at our front desk.
- Meeting dates are subject to change due to weather or unforeseen problems.

MCIL events try to be scent-free.

Please remember to avoid wearing scented personal and hygiene items such as soaps, deodorants, shampoos, hair gels, lotions, “natural” fragrances and cologne/shaving products to MCIL events. This way everyone can have equal access to the services provided by MCIL. The Staff and Consumers Thank You!

We look forward to seeing you soon!

Please turn the page for more Activity and Class Information.

Regular Monthly Events-

Below is a list of activities that will be held.

For more information or to RSVP please contact:

Corbett Laubignat: corbettl@mcil-mn.org or 651-603-2028.

**<u>Check mcil-mn.org for updates on the activity schedule.</u>

<u>Please Note:</u>

RSVP is a must at least 2 days before the activity. We must have at least 2 people signed up for an activity to be held.

Unless specified all activities will be held at MCIL 1600 University Ave W. #16, St. Paul MN 55104

- ***<u>Living Well with a Disability</u>*** **from 10am-12pm**
  - January 12th, 19th, 26th
  - February 2nd, 9th, 16th
  - March 1st,8th, 15th

- **<u>Knitting/ Crafts Group</u>**

Join us in learning simple techniques, patterns and designs. This class is for everyone, so if you have always wanted to learn or if you are an old hat at this, come enjoy a relaxing and social time. Please feel free to bring yarn in the color of your choice. We meet twice a month for two hours at a time. We have adaptive equipment for people who would like an alternative to knitting needles… <u>All</u> crafts welcome!

  - **January 9th 10-12 & 23rd 1-3**
  - **February 6th 10-12 & 20th 1-3**
  - **March 5th 10-12 & 26th 1-3**
  - **April 9th 10-12 & 23rd 1-3**

- **<u>Wii fun</u>**

Join us for snack and games! It's a great way to meet new people, have fun and even get a workout. Yes, its accessible too!

  - **January 5th: 12-2**
  - February 15th: 11-1
  - March 14th 11-1
  - **April 19th: 11-1**

- **<u>The Weekenders-</u>**

Are you sick of sitting home all weekend? Do you see fun activities and wish you had someone to do them with? Do you find yourself wanting someone to talk to? Well, this is the group for you. Come meet other people who share your interests and want someone to hang out with. We will meet once a month to share, talk, plan, do activities or outings throughout the month. Guests are welcome and encouraged!

  - **January 21st at Perkins in St. Paul – breakfast club- 12-2- bring money for food**
  - **February 25th at Memory Lanes- 10:30-1:30- bring money for food and shoes.**
  - **March 24th at the Minneapolis Art Institute tour- 1-3:30**
  - **April 21st at the Mall of America- 1-4- lunch and fun maybe a movie- please bring money to get food and a ticket. We meet at the food court under the movie theaters.**

- **Peer Mentor Trainings -**
    - **January 17th: 9-12:15 and 1:00-3:15**
    - **March 20th: 9-12:15 and 1:00-3:13**
- **Peer Team Activity-**

  Join your fellow mentees and mentors in a day of fun, snacks and exploration. Please call to find out what the activity will be as it will change monthly.
    - **January 25th: 11-2**
    - **February 15th: 11-2**
    - **March 7th: 11-2**
    - **April 12th: 11-2**
- **Self- esteem**

  How do you see yourself? Does your inner voice say hurtful things? Come and join us as we discuss ways to change that inner voice and make it be a supportive voice instead. Please bring an open mind and a willingness to change.
    - **February 21st 10-12 basics**
    - **April 17th 10-12 – disability related issues**
- **Meal Planning – Creating a weekly menu and shopping with a list and coupons!**

  Do you end up with more in your cart than you planned? Do you run out of ideas midweek? Join us in learning how to expand your meals without expanding your expenses.
    - **January 11th 11-2**
    - **April 4th 11-2**
- **Bus Trainings**

  Available upon request. Have some fun and increase your understanding and experience with Metro Transit the public bus line and light rail. This will be your chance to expand beyond Metro Mobility. Many options and more freedom will be opened to you. Join us for a trip from MCIL to the Mall of America. We will eat lunch, do a little shopping and return to MCIL. Please call if you are interested in a lesson! We also have Mentors available that can work one on one with you to achieve independence on the bus and light rail!

- **Healthy Relationships**

  MCIL presents a series of classes centered around building interpersonal effectiveness, disscussing sexuality and disability and creating healy boundaries.
    - **February 8th: 10-12: how to create, respect and maintain boundaries**
    - **March 12th 10-12: workplace relationship building**
    - **April 30th 10-12: medical and other human service professional relationship building**

- **Cooking/Social Group 1:00pm- 6:00pm**

  You are invited to an evening of fun! MCIL is opening its doors for anyone who would like a place to come socialize, use our computers, watch a movie, eat, gather information, find an outlet or just chill. You are welcome to stay the whole time, come for an hour or just stop in for a few minutes. We look forward to seeing you! *Please RSVP: 651-603-2028 or email corbettl@mcil-mn.org. ***Location is subject to change please call ahead.*** **If it is raining please call ahead to find out where we will meet. Most likely we will meet at MCIL.**

  - **January 31st: at MCIL- 1-6pm** Come celebrate the New Year! We will be making appetizers.
  - **February 28th: at MCIL – 1-6pm** join us in making a main course and salad that are easy and cost effective. As well as homemade candies.
  - **March 27th: at MCIL- 1-6pm** Come join us in making 3 fun and healthy side dishes that can be matched with any meat.
  - **April 23rd: at MCIL- 1-6pm** Join us in making quick and impressive desserts that will wow anyone.

- **GLBT Support Group**

  January 10th, Feb 7th, March 6th, April 3rd, May 1st and June 5th.

Gay, Lesbian, Bisexual and Transgender (GLBT) with disabilities Support Group meets almost always on the first Tuesday of the month. We will meet at the Metropolitan Center for Independent Living MCIL, 1600 University Ave W., Suite #16, St Paul, MN 55104. This group will sometimes meet in the community, please call ahead to for definite locations. We will still meet from 6-7:30 pm **If you will be late or you are lost, please call Corbett at 651-603-2028.** **A new policy:** If no one shows up after 6:35pm, the Support Group will be canceled for the evening.

New group 5-7pm

A group for parents with disabilities. Join us in discussing how to balance life with a disability and being a parent.

January 23rd , February 20th, March 19th, April 23rd.