

**EVENTS  
CALENDAR**



1995-2015 INDEPENDENCE, INC. ANNIVERSARY  
1990-2015 AMERICANS WITH DISABILITIES ACT

**JANUARY 2016**

S	M	T	W	T	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**FEBRUARY 2016**

S	M	T	W	T	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

**MARCH 2016**

S	M	T	W	T	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**COOKING CLUB**

- January 19, 2016 4:00-6:00pm *Ethnic: Chicken Enchiladas*
- February 16, 2016 4:00-6:00pm *Ethnic: Oriental Chicken Salad*
- March 15, 2016 4:00-6:00pm *Ethnic: German food*

**INDEPENDENT LIVING CLASSES**

- March 24, 2016 3:30-5:00pm *Computer Skills/Social Media*

**RECREATIONAL EVENTS**

- February 25, 2016 3:30-5:00pm *Movie Night. Soup will be provided*

**YADA**

- February 22, 2016 4:30-5:30pm
- March 14, 2016 4:30-5:30pm
- March 28, 2016 4:30-5:30pm

**BOTTINEAU CLASSES**

- YOGA Class 1-28, 2-4, 2-11, 2-18, 2-25, 3-3, 3-10, 3-17, 3-24, 3-31
- Affordable Care Act: January 26, 2016 10am - 6:30pm Public presentation at 5:30pm  
*Learn how to lower your monthly health insurance premiums*
- Learn how to Juice! March 8, 2016 3:00pm

**OTHER EVENTS**

- Chili Cook Off February 9, 2016 5pm-8pm - *Holiday Inn Riverside Minot*
- Giving Hearts Day February 11, 2016 All Day - *Online Day of Giving*