

May 2019

Happy Mother's Day!

Cooking Club Celebrates the Flavors of Mexican Cuisine!



"Deliciosos sabores" is how you say delicious flavors in Spanish. And that's exactly what you'll be saying when you taste what Cooking Club is making this month.

Tuesday, May 21st
3:00 pm-5:00 pm
Independence, Inc.

On the Menu:

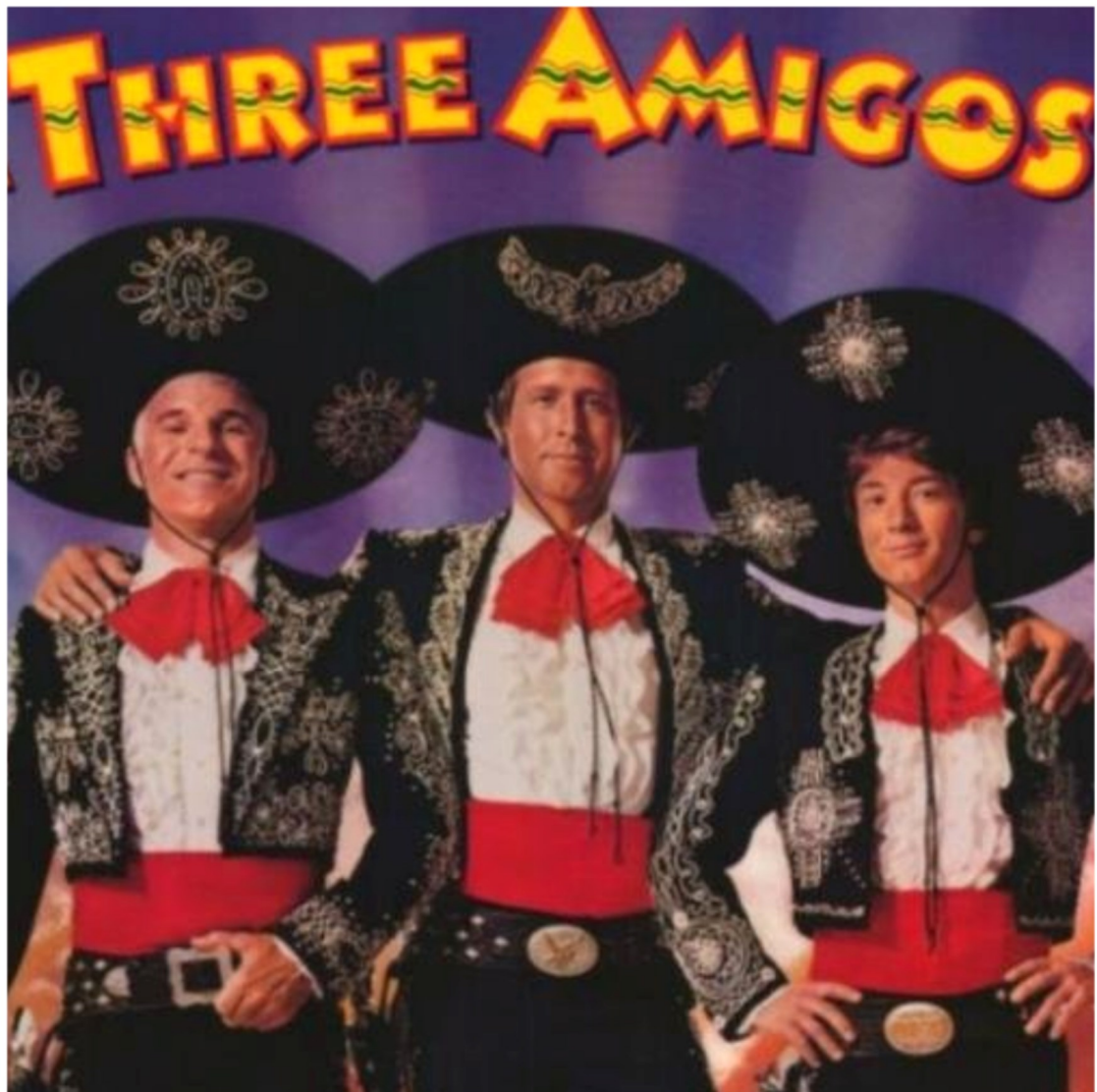
- ◆ Cheese enchiladas
- ◆ Spanish rice & black beans
- ◆ Please bring a non-alcohol beverage of your choice to share

HOLIDAY CLOSING

In recognition of Memorial Day
Independence, Inc. will be closed
Monday, May 27th

RSVP w/ Ranita at 785-841-033, ext. 115 by May 17th.
You can leave your RSVP on the voice mail.

DINNER & A MOVIE NIGHT



SHOWTIME!

“Three Amigos”

A comedy about three actors who are mistaken for bandits.

Tuesday, May 21

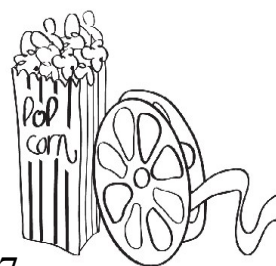
At the Cooking Club Event

3:30 pm– 5 pm

Independence, Inc. Large Conference Room

Film is RATED PG

RSVP w/ Ranita at 785-841-0333, ext.115 by May 17.



Basketball Mayhem Continues!

Peer Support Group's Hoops Extravaganza Part 2!



You Got Game?!
Well, Come Shoot Some B-Ball with Us!

EVENT DETAILS

Thursday, May 9th

Thursday, May 16th

3:30 pm– 4:30 pm

East Lawrence Recreation Center

1245 E 15th St., Lawrence

Roger, the Intern, will facilitate this event

RSVP by May 8 with Ranita at 785-841-0333, ext. 115
You can leave your RSVP on the voice mail.

Science Fiction & Fantasy Club



Don't Worry, We Come in Peace, Umm...*Maybe.*

FEATURED MOVIE PRESENTATION

STAR WARS

Thursday, May 23

3 pm– 5 pm

Independence, Inc.

Film is rated PG-13

RSVP by May 20th w/ Ranita

785-841-0333, ext. 115.

You can leave your RSVP on the voice mail.

ARTS & CRAFTS GROUP

R U CREATIVE?

What Do U Like?

PAINTING?!

JEWELRY?!

Drawing?!



Crafting101 w/ Matt Mitchell

Do you love to create new things?

Are you interested in learning how to make unique items?

Instructor, Matt, will teach us how to make FUN & creative projects.

EVENT DATE & TIME

Wednesday, May 22nd

3 PM– 5:00 PM

Independence, Inc. Training Kitchen

RSVP by May 20th with Ranita at 785-841-0333, ext. 115

You can leave your RSVP on the voice mail.

NEW PEER GROUP!



Book Club of Independence, Inc.

This month's book club selection is
"Charlie and the Chocolate Factory"

EVENT DATE & TIME

Monday, May 20

3:00 PM– 4: 30 PM

Independence, Inc.

Mr. Charles Kelly, Jr. will lead the meeting

RSVP by May 18th with Ranita at 785-841-0333, ext. 115
You can leave your RSVP on the voice mail.

Community Jam Session



Do You Love Music?

Have You Ever Used Movement to Create New Sounds?

Come Explore the AUMI!

Adaptive Use Music Instrument —AUMI—where music & movement come together.

AUMI Music Jam & Recording Session

Tuesday, May 28th, 4:30 pm-6:00 pm

Lawrence Public Library Sound & Vision Studio, Lower Level

707 Vermont St

RSVP w/ Ranita at 785-841-0333, ext. 115

*The AUMI Monthly Jam Sessions Are Sponsored by KU InterArts,
Independence, Inc. & the Lawrence Library Sound & Vision Studio.
The Jam Sessions are Community-based & Open to All Abilities!*



ARTS & CRAFTS GROUP

ZENTANGLE ART!



Creative Creations w/ Elinor

Do you Zentangle?

Zentangle is fun, relaxing and increases focus and creativity. Join instructor, Elinor, as she teaches us the art of "Zentangle".

EVENT DATE & TIME

Wednesday, May 29th

3 PM– 5: 00 PM

Independence, Inc. Training Kitchen

RSVP by May 20th with Ranita at 785-841-0333, ext. 115
You can leave your RSVP on the voice mail.

VOLUNTEER PEER MENTORS



Do You Like Making New Friends?
Are You a Good Listener?
Are You a Person with a Disability?

Ever Thought About Being a Peer Mentor?
If So, We're Looking For YOU!

The Volunteer Peer Counseling Program Matches People with Disabilities with People Who Understand What It's Like to Have a Disability. Our Volunteers Are Not "Professional Counselors"—We Don't Have a Couch Or Walls—We Are Peers Who Share Our Personal Experiences or Listen and Provide Support.

Interested in Being a Peer Mentor?
Contact Ranita at 785-841-0333, Ext. 115

RULES OF RESPECT



Give respect Get respect

In 2003, members of the Peer Support Groups of Independence, Inc. developed some basic *Rules of Respect*. These rules help to provide guidance on how we are to treat one another within the groups.

PEER SUPPORT GROUPS RULES OF RESPECT

Members of the Peer Support Groups Agree to.....

Not interrupt our friends when they are speaking.

Not make fun of, bully, or tease our fellow peers.

Not yell or be rude to our peers.

Not hit, or cause physical harm to our peers.

Not physically touch our peers without permission.

Not use rude, vulgar, racist or hateful language.

Be respectful of each other.

Be helpful to each other.

Be understanding of one another's differences & views.

Participate to the best of our abilities within the group.

Apologize when we are disrespectful to one another.

THANK YOU TO EVERYONE WHO RESPECTS THE RULES!