

August 2019

Welcome Back to School!

Cooking Club's Ultimate Wing Fest!



Cooking Club is heating up the frying pan for our ultimate wing fest. Wings cooked to perfection and bathed in your favorite honey bbq or buffalo sauces. And of course, a side of ranch dressing for dipping those veggies. Oh, we're cooking now! Need a Vegan option? No problem! Just let us know in advance.

Tuesday, August 13th
3 pm– 5 pm
Independence, Inc. Training Kitchen
2001 Haskell Avenue

RSVP w/ Ranita at 785-841-0333, ext. 115
Please bring chips or a beverage of your choice to share.

DINNER & A MOVIE NIGHT



MOVIE SELECTIONS BY Mr. Charles “*Movie Man*” Kelly, Jr.

Join us during the Cooking Club event for a special
movie selection by our own *Movie Guru*,
Mr. Charles “Movie Man” Kelly, Jr.

Tuesday, August 13th

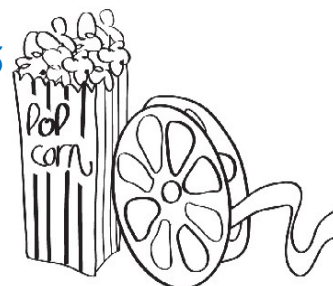
*Note: Charles is still working on movie selection.

During the Cooking Club Event

3:30 pm– 5 pm

Independence, Inc. Large Conference Room

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



MATT MITCHELL GROUP



Learning I-Phone with Matt Mitchell

Do all those apps on your I-phone confuse you?

Are you having trouble face timing or sending texts?

Matt Mitchell wants to answer your I-phone questions and teach you ways to better engage with the technology on your phone.

EVENT DATE & TIME

August 13, 20 and 27th

10 am– 12 pm

Independence, Inc. Training Kitchen

2001 Haskell Avenue

Questions? Contact Ranita at 785-841-0333, ext. 115

Peer Support Group Book Club



Book Club of Independence, Inc.

Last month we finished reading the wonderful book, *"Charlie and the Chocolate Factory"*. This month we start a new Book Club selection, *"The Mysterious Benedict Society"*.

EVENT DATE & TIME

Monday, August 26

3:00 PM– 4: 30 PM

Lawrence Public Library (7th & Vermont St.)

Main Level

Mr. Charles Kelly, Jr. will lead the meeting

RSVP by Aug. 23rd 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