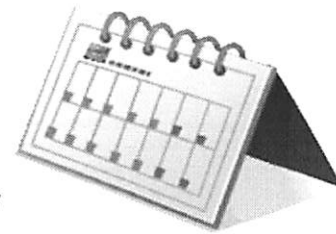


2014 FRIENDS GROUP SCHEDULE



To save on costs we will no longer be sending out postcard invitations. Please save this page!



Some groups play bingo, join the fun by bringing a small, wrapped gift along. Everyone is welcome, a gift is **NOT** required to play! Call your local office for more information.

In cases of inclement weather, please call ahead!

El Dorado	Time	Topic
April 23rd	1pm	Basic First Aid
May 28th	1pm	How to Avoid Slips, Trips, and Falls
June 25th	1pm	Sitting Exercises

****Location** RCIL Office in El Dorado

Emporia	Time	Topic
April 28th	1:30pm	Community Advocacy Project
May 19th	1:30pm	Sit and Be Fit
June 30th	1:30pm	Hair Care

****Location** Broadview Towers Apartments in Emporia

Eureka	Time	Topic
April 22nd	1pm	Basic First Aid
May 27th	1pm	How to Avoid Slips, Trips, and Falls
June 24th	1pm	Sitting Exercises

****Location** Magic Circle Apartments in Eureka

Ft Scott	Time	Topic
April 23rd	1pm	Eating Well on a Budget
May 28th	1pm	Diabetic Health and Wellness
June 25th	1pm	Summer Birthday Celebration

****Location** High Rise Apartments in Fort Scott

RCIL Offices are CLOSED on May 26, 2014!

Friends are groups of individuals who have, or have experienced, a disability. We meet monthly to share & learn about disability related topics, to advocate for change in our communities, and to have fun!

Iola	Time	Topic
April 22nd	1pm	Community Advocacy Project
May 27th	1pm	Diabetic Health and Wellness
June 24th	1pm	Summer Birthday Celebration

****Location** Townhouse Apartments in Iola

Osage City	Time	Topic
April 9th	1pm	RCIL services
May 14th	1pm	Field Trip to History Museum
June 11th	1pm	Kansas Wildlife

****Location** Park Place Apartments in Osage City

Paola	Time	Topic
April 25th	1pm	Eating Well on a Budget
May 23rd	1pm	Diabetic Health and Wellness
June 27th	1pm	Summer Birthday Celebration

****Location** Paola Senior Center in Paola

Special Accommodations: Please contact us 2 weeks prior to a meeting to request accommodations.

For more information and locations please call or email us:
1-800-580-7245
info@rcilinc.org