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**Ann Arbor Center for Independent Living**  
**RECREATION NEWSLETTER**

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## Coming up

### **New at the CIL** **Group Weight Training Class**

Are you interested in getting active? Not sure what to do in the gym? Come to the Ann Arbor CIL and work with experienced lifter Mary Stack in a group of 2 to 4 people at a time, on circuit machines and small free weights. We will figure out what you can do and help you find things to do on your own.

Beginning October 5, classes will be offered Monday and Wednesday's at the Ann Arbor Center for Independent Living from 1-2pm.

Please contact Mary Stack at 734-971-0277x22 or [mstack@aacil.org](mailto:mstack@aacil.org) for more information.

# **CIL Fitness Center**

The Center for Independent Living now has a fitness area available for use. With a wheelchair accessible circuit training machine, free weights, a treadmill and stationary bike, a wheelchair accessible scale and much more. Come check it out!

Everyone must complete an orientation and then may use the equipment during posted hours. Please call Mary Stack 734-971-0277x22 to schedule a time for an orientation.

## Bowling

Join the Ann Arbor CIL for Bowling Thursday Sept 3, 10, 17 and 24, October 1, 8. Bowling is from 1-2:30pm. Meet us at Colonial Lanes, 1950 S. Industrial Hwy, Ann Arbor. Only \$7 for the day; this includes three games of bowling and shoes. Transportation is NOT provided, please meet us at the bowling alley. RSVP is required for this event! Please respond to Mary Stack at 734-971-0277 x22 or [mstack@aacil.org](mailto:mstack@aacil.org) by the Tuesday before the event.

## Friday Art Group Free to All at CIL Each Week

Please join us every week as we exercise our creativity in our **Friday Art Group**. Art sessions begin at 1 pm and generally end at 3 pm. Participants choose which project to do each week. Past projects have included trinket boxes, mosaics, decorating ceramic plates before firing, and jewelry. Bring your creativity, music to share and, if you like, a snack. Projects generally take between two and four weeks to complete. The program is **FREE**, but please call if you plan on coming so we will have more supplies on hand. The art comes to life at the Ann Arbor CIL, 3941 Research Park Drive, Ann Arbor. For more information, contact Sue Probert at (734) 971-0277 x34 or [suep@aacil.org](mailto:suep@aacil.org).

## Group Cycling

The ride leaves every Thursday at 6pm from the Ann Arbor CIL - August 27, Sept 17, 24  
3941 Research Park Drive, Ann Arbor MI 48108.

### **There will be no cycling Sept 3 and 10th**

Come early so you are ready to go with the group!

Bring your own cycle or use one of ours (*if you need to borrow a cycle you must call us to get set up with a cycle that will work for you.*) Helmets are required!

Contact Mary Stack 734-971-0277x 22 or [mstack@aacil.org](mailto:mstack@aacil.org)

**\*if it rains the ride will be canceled\***

# Michigan Adaptive Sports

Sportstacular X will be held September 11-13 at Camp Dearborn in Milford. This weekend event includes camping, fishing, kayaking, handcycling, tennis, and golf.

More information available at <http://www.michiganadaptivesports.org/>

## Amputee Support Group

Please come to learn, share your concerns, experiences and knowledge.

Where: UM Orthotics and Prosthetics Center

Suite 400, 2850 S. Industrial Hwy. Ann Arbor, MI

When: First Tuesday of Each Month from 6-8pm

For information contact Shauna Mote (734)975-7449 or [shaunamo@med.umich.edu](mailto:shaunamo@med.umich.edu)

## Feedback

We are always looking for new ideas here at the AACIL, so feel free to share yours! If there is sport or recreation activity you are really interested in participating, please let us know. Secondly, if you know of an event or program not listed here, and would like to notify others, please contact (734) 971-0277 or [mstack@aacil.org](mailto:mstack@aacil.org)

Thank you again for your continued support and interest in recreation at the Ann Arbor Center for Independent Living! Please feel free to forward this newsletter to friends and family, or let us know if they want to be added to the mailing list. By the same token, if you would like to be removed from the E-Newsletter mailing list, please contact [mstack@aacil.org](mailto:mstack@aacil.org)