

Advancing Independence & Equality for People with Disabilities

Connections for Independent Living helps people with disabilities obtain choices and control in daily life. We are a nonprofit independent living center serving as an empowerment and learning community. Many of our staff members have disabilities, and we support people in developing their own goals and plans for attaining them.

Connections for Independent Living

1331 8th Ave

Greeley, CO



P: 970.352.8682

800.887.5828

F: 970.353.8058

¿Habla Español? Tenemos un boletin noticiaro a solicitud.

Connectionsforindependentliving.org

Recipe of the month: Chicken & Asparagus Penne

Ingredients

-1 lb Asparagus-
Steamed

-12 oz Penne-
Cooked

-1/4 Cup Olive Oil

-1 lb Chicken Breast-
Cubed and Cooked

Instructions

1.Add all ingredients into a 9 x13 pan and stir to combine.

2. Top with Cheese and Broil for 5 minutes or until cheese is golden.

If you have a Connections Story or short stories, poems, recipes or art that you would like to share in the Connections newsletter, please contact Kasie at 970-352-8682



Connections Happenings!

Welcome to Summer! We have so much news to share with you!

We are pleased to announce, Connections passed it CDLE Site Review! We are certified to be an Independent Living Center successfully.

Onto other news, a few of Connections consumers are in the process of learning how to teach self-advocacy to other consumers. This group will not only be a forum for self-advocacy, but it also allows a place for consumers to get peer support. More details to come.

On September 21st, 2018, we will be hosting our first ever Golden Age of Giving Gala at the University Center. If you are interested in volunteering, contact Kasie at Connections

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Check it Out !



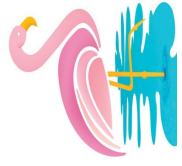
Join us on MAY 18th for a showing of **The Gang of 19-ADA Movement.** A 60 minute film into the Gang of 19 who blocked city buses deemed inaccessible for the physically disabled. This is a free, open event to the community! Light refreshments will be served.

When: Friday May 18th
Film will be starting at 3:10pm

We hope you can attend! If you are interested in more events like this, LET YOUR ILS KNOW! This is your center and we want to put on events you want to be a part of!



MAY 2018

Mon	Tue	Wed	Thu	Fri
	1 3-4:30 Let's Play BINGO	2 3:30pm Veteran's Support Group	3 10:45-11:15 Book-mobile 3-4:30 Chronic Pain	4
7	8 10-11 Self- Advocacy Group	9 3:30pm Veteran's Support Group	10	11
14	15 3-4:30 Let's Play BINGO	16 3:30pm Veteran's Support Group	17 10:45-11:15 Book-mobile	18 3-4:15 Showing of <u>The Gang of 19</u>
21	22 10-11 Low Vision Support	23 3:30pm Veteran's Support Group	24 12-1:30 WAND	25
28	29 3-4:30 Let's Play BINGO	30 3:30pm Veteran's Support Group	31	



JUNE 2018

Mon	Tue	Wed	Thu	Fri
				1
4	5	6 3:30pm Veteran's Support Group	7 10:45-11:15 Book-mobile 3-4:30 Chronic Pain	8
11	12 10-11 Self- Advocacy Group 3-4:30 Let's Play BINGO	13 3:30pm Veteran's Support Group	14	15 3-4:15 Film Showing
18	19	20 3:30pm Veteran's Support Group	21 10:45-11:15 Book-mobile	22
25	26 10-11 Low Vision Support 3- 4:30 Let's Play	27 3:30pm Veteran's Support Group	28 12-1:30 WAND	29

