

December 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>ACCESSIBLE TRANSPORTATION will not be available December 25th - 27th or January 1st - 2nd.</p> <p><i>"Use those talents you have. You will make it. You will give joy to the world. Take this tip from nature: The woods would be a very silent place if no birds sang except those who sang best."</i> Bernard Meltzer</p>			1	2
<p>Cooks in the Kitchen 5 1 - 4 p.m., Columbia/Boone County Department of Public Health and Human Services</p> <p>Chronic Disease Self-Management Program 1 - 3:15 p.m., Garfield Community Center in Mexico</p>	6	7	8	9
	<p>Women's Group: January calendar planning 2 - 3:30 p.m., Columbia Office</p>	<p>Vision Impairment and Blindness Exploration and Support (VIBES): Getting ready for the holidays 1 - 2:30 p.m., Columbia Office</p>	<p>Parent Network of Mid-Missouri 11:30 a.m. - 1:30 p.m., Columbia Office</p> <p>Disability Support Group 2 - 3:30 p.m., Moberly Branch Office</p>	<p>Meet and Greet: Refreshments and holiday film, "The Family Stone" 1 - 3 p.m., Columbia Office <i>Please RSVP to Steve at the Columbia Office.</i></p>
12	13	14	15	16
<p>Chronic Disease Self-Management Program 1 - 3:15 p.m., Garfield Community Center in Mexico</p>	<p>Women's Group: Introduction to Quilting with Leslie Anderson 2 - 3:30 p.m., Columbia Office</p>	<p>Brain Injury Support Group Potluck 12 - 2 p.m., Columbia Office <i>Please RSVP to Jill L. by Dec. 7th.</i></p> <p>2011 SIL Annual Awards Banquet 6 - 9 p.m., Peachtree Banquet Center in Columbia</p>	<p>Disability Support Group 3 - 4:30 p.m., Mexico Branch Office</p>	<p>Wii Excellerate 6 - 8 p.m., Columbia Office</p>
19	20	21	22	23
	<p>Women's Group: Holiday crafts with Cynthia Harris 2 - 3:30 p.m., Columbia Office</p>	<p>SIL Support Groups and Classes <i>will not be meeting</i></p>	<p>Community Awareness Class 1 - 4 p.m., Mexico Branch Office</p> <p>Disability Support Group 2 - 3:30 p.m., Moberly Branch Office</p>	
26	27	28	29	30
<p>SIL Closed</p>	<p>SIL Closed</p>	<p>Brain Injury Support Group <i>will not be meeting</i></p>		

See back for additional information.

DASA (Disabled Athlete Sports Association) POWER SOCCER

Please contact Josh Pennington at 636-477-0716 for more information.

December 11th and 18th, 1 - 4 p.m.
Woodcrest in Columbia

MIZZOU WHEELCHAIR BASKETBALL (DECEMBER HOME GAMES)

December 2nd, 4 p.m. and 7 p.m.
December 3rd, 1 p.m. and 3:30 p.m.
December 7th, 8 p.m.
All home games are played in the Brewer Fieldhouse at the MU Student Rec Complex. For more information, please call 573-882-7865 or visit www.mizzourec.com.

SUPPORT GROUP INFORMATION

If you would like to feature an event or support group or make changes to an existing support group, please contact Jill McClintock at the Columbia Office or Melissa Medcalf Kocher at the Moberly Branch Office.

BOONE COUNTY

Aging Caregiver Support Group: 4th Wednesday, 6:30 - 7:30 p.m. at 907 East Ash Street, Columbia. Contact Carol Snively with The Center Project at 573-449-1188 or visit www.thecenterproject.org for more information.

ADD/ADHD/ODD Support Group: Please contact Andrew at labrat@centurytel.net or LaQuita at bzmonkey@centurytel.net for meeting times and locations.

Boone County Related Agencies Association: 2nd Tuesday of the month, Noon - 1 p.m. at the Columbia Public Library. Contact Susan Schopflin at 573-443-2204 for more information.

Brain Injury Association of Missouri: 2nd Thursday of the month, 6:30 - 8:30 p.m. at Rusk Rehabilitation Center. Contact Dr. Hart at 573-882-8876 for more information.

Circle of Friends Lutheran Blind Outreach: 2nd Saturday of the month, 12 - 2 p.m. at Campus Lutheran Church, 304 S. College Ave., Columbia. Fellowship, lunch and transportation are provided. Please contact Steve Black at 573-819-3811 for more information.

Community Network: December 1st, 12 - 2 pm. at Boone County Family Resources. Please contact Mark Ohrenberg at the SIL Columbia Office for more information.

Domestic Violence Support Group: Mondays at 6 p.m. Please call 573-875-0503 for meeting location.

Emotions Anonymous: Mondays, 7 p.m. at Community United Methodist Church in Columbia.

COOPER COUNTY

Alzheimer's Support Group: 3rd Thursday of the month, 1 p.m. at Cooper County Memorial Hospital. Contact 660-882-7461 for more information.

Mid-Missouri CFIDS and Fibromyalgia Support Group: 2nd Wednesday of the month, 2 - 4 p.m. at SIL Columbia Office.

Mid-Missouri Stroke Club and Support Group: 3rd Thursday of the month, 1 - 2 p.m. at Rusk Rehabilitation Center. Contact Estil West at 573-474-9364 for more information.

MS Support Group: 3rd Wednesday of the month, 6 - 7 p.m. in the Rusk Rehabilitation Center dining room. Contact Rebecca Dykhouse at 573-817-4697 or Rebecca.Dykhouse@healthsouth.com for more information.

MU Student Exceptions (MUSE): December 7th, 6 - 7 p.m. at MU Memorial Union. Please contact Allison Reinhart at ajrfm4@mail.missouri.edu for more information.

NAMI (National Alliance on Mental Illness) Consumer and Family Support: 2nd Monday of the month, 6:30 p.m. at Unity Church in Columbia. Contact Jeanette Parker-Small at 573-499-3777 for more information.

People First: 2nd Thursday of the month, 5:30 - 7 p.m. at Boone County Family Resources. Contact Mark Satterwhite at 573-874-1995 or Greg Griffin at 573-474-1844 for more information.

Sexual Assault Support Group: Wednesdays at 6 p.m. Please call 573-875-0503 for meeting location.

RANDOLPH COUNTY

Diabetes Support Group: December 14th at 11 a.m. at the Moberly Regional Medical Center Wellness Center. Contact Lori Ballew at 660-269-3060 for more information.

ACCESSIBLE TRANSPORTATION is available Sundays through Fridays within our service area for persons with disabilities or seniors who have unmet transportation needs. To schedule transportation, please call the Columbia Office. All Monday through Friday trips must be scheduled at least 24 hours in advance. Sunday rides must be scheduled by Thursday each week. Scheduling is done on a first-come, first-serve basis.

To allow SIL to be fully accessible to all people with disabilities, including persons with multiple sensitivities/environmental illnesses, please do not wear scented products such as perfume, aftershave, deodorant, shampoo, etc. to any meetings, demonstrations, groups or workshops held at or by SIL. Meetings are wheelchair accessible. Assistive listening devices and materials in alternate formats are available upon request. Interpreter services for the Deaf will be provided for any SIL event with a 48-hour notice.

Please address needs, comments or questions regarding this calendar to Jill McClintock at the Columbia Office or Melissa Medcalf Kocher at the Moberly Branch Office.

CONTACT US!

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Serving Audrain and Montgomery Counties
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