Everything you wanted to know about MCIL

ABOUT MCIL: Established in 1981, the Metropolitan Center for Independent Living (MCIL) is a multi-service, nonprofit organization based in St. Paul, Minnesota. The organization is dedicated to a central mission of assisting people with disabilities in fulfilling their desire to lead productive, self-determined lives. Serving primarily the Twin Cities’ seven-county metro area—and in partnership with other organizations across the state—MCIL is one of 403 Centers for Independent Living nationwide, and one of eight in Minnesota. The organization’s 140 Full Time Equivalent staff members assist more than 20,000 participants, consumers and clients annually, often in close collaboration with partner agencies. MCIL’s leadership, board members, staff members and volunteers all share a deep commitment to promoting the Independent Living philosophy through responsive services that meet the disability community’s needs.

A POWERFUL MOVEMENT BRINGS HISTORIC CHANGE: The Metropolitan Center for Independent Living owes its origin to a powerful advocacy movement led by, and for, people with disabilities. After the deinstitutionalization movement of the 1960s—in which people with disabilities were released from restrictive institutions into the community—medical models were adopted to mimic the institutionalized treatment received by people with disabilities. Recognizing they had to fight for their rights, activist members of the disability community banded together to advocate for greater control over their lives, while seeking the support they needed to overcome barriers impeding their goals.

Their advocacy campaign made a significant advancement in 1972 when Ed Roberts—joined by other disability rights activists—created the first Center for Independent Living in Berkley, California. This Independent Living Movement enabled people with disabilities to take an active role in the direction of their own services.

A COMMITMENT TO SERVICE, INNOVATION AND IMPACT: The Metropolitan Center for Independent Living provides the following:

Core Services—includes Individual Advocacy where MCIL Advocates connect people with disabilities to important resources, helping set, and meet personal goals. Independent Living Skills Training and Classes features a wide-range of free classes for anyone with a disability. Youth Transition Service works within local schools where MCIL staff members help transitioning students (ages 16-21) make the move from high school into adulthood, and successfully pursue their post-secondary goals. Peer Mentoring program connects...
them with a person with a disability, who is successfully living independently, to share their highly personal stories and perspectives. Home Modification and Ramp Program works with contractors to update homes with ramps, grab bars, railings and more to establish a physically accessible and safe home.

**Independent Living and Vocational Rehabilitation Services**—MCIL staff members are co-located within 13 metro-area Vocational Rehabilitation sites, such as Minnesota Workforce Centers. At these sites, job seekers with disabilities have access to the support of the MCIL Independent Living Specialist who can help them secure affordable housing, get health insurance, learn to use public transportation, plan for workplace accommodations and more.

**Personal Assistant Services program**—MCIL staff members provide personnel and administrative services for individuals receiving Personal Care Assistance or Homemaker Services. Staff members help with all aspects of interviewing, hiring, and managing the Personal Care Assistant or Homemaker service employment process.

**Case Management provides**—team a wide range of services for individuals enrolled in the Hennepin County Community Alternatives for Disabled Individuals Waiver Program (CADI). Once the individual is referred to MCIL, the Case Manager and the client establish a Community Support Service Plan and identify services that will help the individual meet their personal goals.

**Nursing Home Relocation and Transition**—helps people move out of a licensed facility and find appropriate housing and support services to live independently. MCIL staff members will help manage everything from assisting with the damage deposit, scheduling movers, and being on-site during moving day to ensure everything goes smoothly.

**Disability Linkage Line**—MCIL helps staff this valuable free resource. The Disability Linkage Line is available via a toll-free number, through numerous websites with live-chat or email options, and by offering face-to-face meetings with representatives at events across the state.

**ADA Minnesota**—provides greater awareness of the 1990 landmark Americans With Disabilities Act and its impact. By offering technical insight on the ADA’s intention and application, as well as federal and state disability-related laws, people with disabilities, their families, Minnesota businesses, nonprofits, and educational institutions have the information they need to ensure compliance.

**Community Outreach and Engagement**—program, MCIL staff members gather news pertaining to policies that impact individuals, the community, and organizations serving people with disabilities. By sharing valuable information and insight, MCIL staff members encourage people with disabilities to find their voice, build relationships, and make positive change.

To learn more about MCIL and/or access any of these wonderful services please visit our website at www.mcil-mn.org or call us at 651-646-8342. ■

---

**MCIL 2016 Board Roster**

Board Chair ...................................... Scott Ruhsam
Vice Chair ...................................... Jeff Bangsberg
Secretary ..................................... Shelley Madore
Treasurer ................................. Brandon Miller
Members at Large .................. Charles Braun and Deborah Tompkins
Ex-Offico .............................. Jesse Bethke Gomez
From the Director

A greeting of hope and thanks

Thank you for your interest in Metropolitan Center for Independent Living. With the arrival of spring, we look forward to warmth of the sun, green grass, trees that are budding and flowers soon to be in season! It is a time of joy and gratitude of good weather and for us here at Metropolitan Center for Independent Living, we too express our gratitude to all whom we assist in the joy of service. We believe in independent living as a philosophy that elevates the self-determination of each and every person and for us, being person-centered in our approach means listening to the aspirations, the hopes and dreams of people. This perspective of person-centeredness also calls forth our hopes for all in the Metropolitan area and for Minnesota too, namely that individuals with disabilities are thriving in Minnesota!

MCIL is a member of the Minnesota Association of Centers for Independent Living. There are 8 Centers for Independent Living throughout Minnesota and together our Centers play a major role in advancing the self-determination and independent living of all.

MACIL is currently pursuing a legislative agenda to increase funding for the Centers with House File 2887, and Senate File 2646. It is an exciting time for MACIL and we are so very happy to be part of the effort to increase the capacity of all Centers for Independent Living to play an even greater role in assisting more people in our respective service areas.

Thank you for your interest in Metropolitan Center for Independent Living!

Sincerely
Jesse Bethke Gomez, MMA
Metropolitan Center for Independent Living

ADA Minnesota provides you and your organization with assistance to implement the Americans with Disabilities Act.

It provides the following services:
• Technical assistance & information about what the ADA covers & what is required for compliance.
• Education, trainings & presentations
• Publications with information on employment, accessibility, reasonable accommodations & more.
• Connections to a network of local & national agencies.
• Resources on accessible information & electronic technology in education centers.

Contact us! We can help.
ADA Minnesota’s NEW address: 530 Robert Street North, St. Paul, MN 55101
651-603-2015 • 888-630-9793
www.adaminnesota.org
cindyt@mcil-mn.org

HOLMES-GREENWAY HOUSING
114 5th Street SE, Minneapolis
1 & 2 Bedroom
Section 8 Rental Apartments

All units designed for physically disabled persons. Great location near shopping, banks, parks, bus lines and entertainment. Two elevators with back-up emergency generator. Occupants pay 30% of their income as rent. Now accepting applications for the waiting list.

Call Jana at 612-378-0331
Monday – Thursday from 9:30am – 12:30pm
Welcome our new staff member

My name is Chris Chandler. After serving in the United States Marine Corps for four years, I found myself volunteering with the Muscular Dystrophy Association summer camps and mentoring the teenage boys at camp and throughout the year. I then transitioned to teaching independent living skills to those with developmental disabilities. Since becoming involved with the DD population I have worked in both day program and group home settings and my last position was a Residential Program Coordinator working with those under the comprehensive waiver in Colorado. I believe in being 100% well rounded in any job that I do. Working for the Disability Linkage Line gives me the opportunity to learn and experience another side of helping, encouraging, and advocating for individuals that can’t always do it for themselves that I haven’t experienced yet.

My name is Nicolette Evan and I am the new HR Generalist for MCIL. I attended the U of M and received a BA in psychology and BS in Human Resources. My favorite thing to do is spend time with my 2 German Shorthair Pointers, baby girl and husband. We love walking around Como Lake and visiting various local lakes and beaches.

My name is Alyce Gambrell and I am the new IL/VR Specialist for Apple Valley, Burnsville and Shakopee. My background is over 30 years in high tech sales and sales management, including 14 years with Apple. My mother was a social worker and I decided to follow in her footsteps. I received my Bachelors in Social Work last May and am currently completing the MSW. I have one daughter, Nicole, a hospice nurse, and twin granddaughters Lexy and Dani. I am a member and past officer for P.E.O. Sisterhood, an international women’s group dedicated to helping women “reach for the stars,” through providing educational scholarships, loans and grants. In my spare time I enjoy reading mindless novels, designing websites, blogging and watching HGTV. I am also a political junkie!

My name is Shannon Kennedy and I am the new IL/VR Specialist in North Saint Paul. I have over thirteen years’ experience working in the social services arena in a vast array of populations—mental health, long-term care, developmental disability, chemical dependency, child protection and as a therapist—each in both non-profits and in the government sector. I have been out west for the past six years and being a born and bred Minnesotan decided to return home to be with family and old friends. I’m excited about this new venture and opportunity to hone skills in IL/VR services. A little about myself: I LOVE SHOES and have mastered to move cross country with all pairs.

My name is Angela McCollow and I recently joined MCIL as a Case Manager. I look forward to working with individuals on the CADI waiver and assisting them in achieving their goals. In the past I have worked as an Independent Living Skills worker and as a Vocational Case Manager at a DT & H Facility.

I grew up in the Twin Cities and still enjoy living here. However, the summer season is my favorite. In my free time I enjoy kick-boxing, attending concerts, watching the I.D. channel, and spending time with my family and friends. I look forward to meeting everyone at MCIL!

My name is Tony Metz and I am the new Billing Assistant for PCA hours, Nursing Home Relocation, Case Management and the Ramp Program. I recently graduated from Augsburg College with a major in Management Information Systems and a minor in Accounting. In the past I have volunteered with kids at an elementary school, managed a high school student database and ran the scoreboard for my high school wrestling team. I enjoy music, movies, Xbox, the outdoors and food. I am always with my service dog, Hudson and my mom/PCA Carol.

My name is Paula Richards and I am really enjoying working at MCIL as an options counselor. A
little about me: I previously worked as a housing coordinator for very low income people, helping them find daily living resources in addition to housing. Prior to that, I worked for the Financial Services Department of the Minnesota Department of Corrections. One of my favorite places to vacation is the HOH rainforest in Washington State. It is really beautiful, and it stays green all year round, and it is the only rainforest in North America. In my spare time I like to garden, and work on remodeling my house. I have a dog named Kobe, who is a Corgi. He loves to go for walks.

My name is Pa Thao and I am one of the new case managers. I was born in Thailand but grew up in Wisconsin Rapids, WI and just recently moved to East Saint Paul in August. Before that, I lived in Mounds View, MN for a year.

In January, the Case Management Team volunteered at Open Arms of Minnesota. We stayed very busy during our couple of hours of volunteering as we packaged 250+ green salads, 200+ BBQ pulled pork entrees, 120+ bread puddings and chopped up a bunch of celery!

Open Arms is able to bring comfort, nutrition, and support to fellow community members who are living with HIV/AIDS, cancer, Multiple Sclerosis and ALS plus their families.

My name is Jennifer Wiltse and I have recently become an Options Counselor with the Disability Linkage Line here in Bemidji, where I was born and raised. I have worked with people with disabilities since I graduated high school, providing supports in residential settings and in employment. When I am not working, I spend a lot of time with my family, I enjoy reading almost anything and I have recently discovered Netflix.

My name is Nicolette Evan. I previously worked as a housing coordinator for very low income people, helping them find daily living resources in addition to housing. Prior to that, I worked for the Financial Services Department of the Minnesota Department of Corrections. One of my favorite places to vacation is the HOH rainforest in Washington State. It is really beautiful, and it stays green all year round, and it is the only rainforest in North America. In my spare time I like to garden, and work on remodeling my house. I have a dog named Kobe, who is a Corgi. He loves to go for walks.

I got my bachelors at the University of Wisconsin - River Falls. My previous position was at REM Mentor Network at a Program Coordinator for in-home services.

Some more information about me is that I am very friendly. Feel free to stop by and say hi and chat. I love music and being around family and friends.

Case Management team opened its arms

In January, the Case Management Team volunteered at Open Arms of Minnesota. We stayed very busy during our couple of hours of volunteering as we packaged 250+ green salads, 200+ BBQ pulled pork entrees, 120+ bread puddings and chopped up a bunch of celery!

Open Arms is able to bring comfort, nutrition, and support to fellow community members who are living with HIV/AIDS, cancer, Multiple Sclerosis and ALS plus their families.

The Case Management staff enjoyed helping out.

Disability Linkage Line
1-866-333-2466
Finding the right resources just got easier.
www.MinnesotaHelp.info®
1.886.333.2466 (toll-free)
IL/VR staff got together to make lunch!

There are a few days a year when Vocational Rehabilitation Services offices are closed, but MCIL isn’t. In the past, IL/VR staff have chosen to spend those days engaged in volunteering projects, which contribute to team building.

In 2015, the staff made sandwiches together for *The Sandwich Project Minnesota*. This organization asks volunteers to buy sandwich fixings, assemble the sandwiches and drop them off at a local drop site for distribution to local shelters, food shelves and free community meal sites.

It was fun for IL/VR folks to take a rare opportunity to see each other, bond and contribute to a worthy cause! This effort was spearheaded and coordinated by IL/VR Assistant Manager Adrienne Wilcox.
MCIL workshops, classes and events

All events are free and accessible.

Location: Most of the following events are held at MCIL’s NEW location at 530 Robert Street N. in St. Paul. We are located on the bus line, so please check bus schedules for exact drop off locations. Or call Metro Transit for trip planning assistance.

Please RSVP at least 2 days PRIOR to activity. Unless otherwise specified, all activities will be held at MCIL. If you are interested in learning more about these and other events, please visit our website at www.mcil-mn.org or RSVP at 651-646-8342.

• Interpreter or alternative formatted materials must be requested at least two weeks prior to the scheduled activity.

• Classes will be cancelled if less than two people are registered.

• Check our website www.mcil-mn.org for the E-Calendar or come in and get the most current calendar of events at our front desk.

• Meeting dates are subject to change due to weather or unforeseen problems.

MCIL events attempt to be scent-free: Please remember to avoid wearing scented personal and hygiene items such as soaps, deodorants, shampoos, hair gels, lotions, “natural” fragrances and cologne/shaving products to MCIL events. This way everyone can have equal access to the services provided by MCIL. The Staff and Consumers Thank You!

See class descriptions on next page. We look forward to seeing you soon!
Workshops and Classes

**Cooking Class**
10:00am - 1:00pm  
We will plan a meal from start to finish. Learn how to meal plan, shop, cook, set a table, and clean up afterwards. This will be a hands-on class where everyone will get to try their skills at different aspects of meal planning and cooking. We will have a sit down meal and clean up afterwards. This is also a great time to meet your peers who have similar interests and goals.

**Drivers Education**  
Noon - 2:00pm  
Tuesdays: May 3, 10, 17, 24 or June 7, 14, 21, 28  
*Must attend all four sessions to complete material.*  
This class will be run as a study session to learn the laws and regulations of driving in Minnesota, in preparation to obtain a driving permit. We will breakdown the Minnesota Driver’s Education manual, including practice quizzes, review videos, and use flash cards to cover the material in the driver’s manual.

**Housing 101**  
10:00 am – 1:00 pm  
Thursdays: 5/12 & 6/9  
The Housing 101 class is designed for individuals who are just beginning their housing search and for those who have been searching but are looking to expand their options. In the class, we cover topics such as: public housing, section 8 housing choice voucher program, section 42 housing, project-based section 8 housing, the CHSP program, things to consider when looking at units, how long waiting lists typically are, and how to talk to landlords. Market rate housing is briefly discussed, however, the target audience for this introduction to housing course are those seeking low-income housing options.

**Job Prep Class:**  
10:00am - 12pm Wednesday 5/4, 5/11, 6/8 and 6/15  
Help Job seekers prepare for interviews, how to dress, and the Dos and Don’ts of interviewing. We will talk about how to disclose your disability at work. You will learn how to be more prepared to obtain and keep a job.

**Finding and Keeping a Roommate**  
10:00am – Noon • Wednesday: 6/22  
Roommates are an essential function in obtaining affordable housing, but having a roommate can be intimidating, especially if you have never had one before! In this workshop, you will learn the benefits of having a roommate, how to find a good roommate and how to be a good roommate.

**Art and You (theme to be determined)**  
1:00pm – 3:00pm • Fridays: 4/15 & 6/17  
Do you have a disability? Have you always wanted to find a space to be creative? Are you frustrated and need a creative release all the while making beautiful Art? Well, that time has arrived!!! Come to this class and enjoy the opportunity to be creative. Whether it be painting or Mosaics’, you are invited to enjoy a safe and welcoming environment to express yourself and make new friends.

**Science Museum**  
5:00pm – 8:00pm: Friday April 22  
Join MCIL for an evening at the Science Museum of Minnesota. We will explore the exhibits as well as attend the Omni Film “Mysteries of the Great Lakes, which will start at 7:00 pm. We have a total of 10 free tickets for Consumers, Friends and Family. Call to reserve yours today! Food will not be provided, plan accordingly. We will meet at the science museum in the front lobby. Directions and Parking information: www.smm.org/directions

Continued on next page
**MN History Center**  
5-8pm Tuesday 5/17  
MN history center offers a free night to explore their exhibits. We will meet in the lobby of the history center 345 W Kellogg Blvd. St. Paul, MN 55102. This is a free event, but the center does have a café with food for purchase.

**MCIL Orientation**  
9am-11am 5/16 & 6/13  
Learn about what MCIL has to offer, ways to get involved and about the independent living movement.

**Music in the Park**  
6-8pm Wednesday 6/8 & 6/22  
Meet in front of the main entrance of Como Zoo for “Groovin in the Garden” There will be live music and other activities, entertainment for the whole family. This is a free event; there will be food for purchase.

---

**2016 APRIL**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>03</td>
<td>04</td>
<td>05</td>
<td>06</td>
<td>07</td>
<td>08</td>
<td>09</td>
</tr>
<tr>
<td>• Cooking Class 10a-1pm</td>
<td>• Drivers Ed (1 of 4) 12p-2pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>• Drivers Ed (2 of 4) 12p-2p</td>
<td>• Finding and keeping a roommate 10a-12p</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
</tr>
<tr>
<td>• Cooking Class 10a-1pm</td>
<td>• Drivers Ed (3 of 4) 12p-2p</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
</tr>
<tr>
<td>• Drivers Ed (4 of 4) 12p-2p</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MCIL Independent Living Calendar**  
Please RSVP at least 2 days before event

**RSVP Events:** By calling MCIL at 651-646-8342 or Check our website www.mcil-mn.org and click on “Classes Groups and Sessions” for updated information or to print this calendar. Please give 2 weeks notice if alternative format or other accommodations are needed. Events are free, accessible and mostly scent-free. Most events meet @ MCIL. MCIL is located at 530 N. Robert Street. St Paul, MN 55101.
### 2016 MAY

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>01</td>
<td>02</td>
<td>03</td>
<td>04</td>
<td>05</td>
<td>06</td>
<td>07</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td></td>
<td>Drivers Ed (1 of 4) 12p-2pm</td>
<td>Employment Prep Class 10a-12p (1 of 2)</td>
<td>DSP Orientation 1p-3p</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>08</td>
<td>09</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td>Cooking Class 10a-1pm</td>
<td>Drivers Ed (2 of 4) 12p-2p</td>
<td>Employment Prep Class 10am-12p (2 of 2)</td>
<td>DSP Orientation 1p-3p</td>
<td>Housing 101 10am-1pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td>MCIL Orientation 9am-11am</td>
<td>Drivers Ed (3 of 4) 12p-2p</td>
<td>Finding and keeping a roommate 10a-12p</td>
<td>DSP Orientation 1p-3pm</td>
<td>Art and You 12p-3p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td></td>
<td>Cooking Class 10a-1pm</td>
<td>Drivers Ed (4 of 4) 12p-2p</td>
<td>DSP Orientation 1p-3pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td>01</td>
<td>02</td>
<td>03</td>
<td>04</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 2016 JUNE

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>05</td>
<td>06</td>
<td>07</td>
<td>08</td>
<td>09</td>
<td>10</td>
<td>11</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td>Cooking Class 10a-1pm</td>
<td>Drivers Ed (1 of 4) 12p-2pm</td>
<td>Employment Prep Class 10a-12p (1 of 2)</td>
<td>Music in the park 6-8pm</td>
<td>DSP Orientation 1p-3p</td>
<td>Housing 101 10am-1pm</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td>MCIL Orientation 9am-11am</td>
<td>Drivers Ed (2 of 4) 12p-2p</td>
<td>Employment Prep Class 10am-12p (2 of 2)</td>
<td>DSP Orientation 1p-3pm</td>
<td>Art and You 12p-3p</td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td>Cooking Class 10a-1pm</td>
<td>Drivers Ed (3 of 4) 12p-2p</td>
<td>Finding and keeping a roommate 10a-12p</td>
<td>Music in the park 6-8pm</td>
<td>DSP Orientation 1p-3pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>01</td>
<td>02</td>
</tr>
<tr>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
<td><img src="image" alt="Flower" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**RSVP Events:** By calling MCIL at 651-646-8342 or Check our website [www.mcil-mn.org](http://www.mcil-mn.org) and click on “Classes Groups and Sessions” for updated information or to print this calendar. Please give 2 weeks notice if alternative format or other accommodations are needed. Events are free, accessible and mostly scent-free. Most events meet @ MCIL. **MCIL is located at 530 N. Robert Street. St Paul, MN 55101.**