



T.R.A.I.L.S. of the Independent Living Center

Seward - November/December 2017

The TRAILS Program promotes fun, safe, adaptive, inclusive recreation for people with and without disabilities.

Please call TRAILS at 224-8711 for more info on events!

Macrame Class at the Library

Thursdays from 4pm to 5pm

Join Barbara at the Seward Community Library's small meeting room on the 2nd floor from 4:00pm to 5:00pm for macramé classes. Learn how to make planet hangers and jewelry using this beautiful technique!

Ceramics at AVTEC

Wednesday from 4:30-7:00pm

Saturday from 2:30-5:00pm

Hey Guys! Ceramics is UP and RUNNING! If you haven't tried it in previous years—you SHOULD this year! No worries if you don't know how. There will be people there to walk you through the process. **This year TRAILS and ILC consumers can purchase vouchers for a 50% discount.** So that we can ensure that everyone gets to enjoy this community activity! Just come by the ILC office between 9:30 and 12:30 Monday through Thursday to purchase **four visits for \$10.**

Thanksgiving Dinner at Glacier View

Friday, November 17th from 4pm to 5pm

Come one, come all! Join Mike and Lisa Little at the Glacier View meeting room for a heartwarming and stomach filling Thanksgiving Dinner. If possible, bring your favorite Thanksgiving dish to share with the group!! Happy Holidays to ALL!!!!

Cancellation and Refund Policy: All cancellations must be received at least forty (40) business hours, before the start of the TRAILS event. Cancellations can be received in writing, by e-mail, or verbal. No refunds will be made for cancellations received after that time, including scholarships. Refunds will be issued in the same form payment was made. Please allow two weeks for processing.

