



SAT August & More Calendar

- **Thursday, July 27, SAT Wellness Club, 6:00 pm at REACH.** Continuing with a healthy eating & cooking theme, Sarah Hahn will help us make Salad & Dessert. It will be held at REACH, 3528 West Two Mile Rd – on the west side of Columbus, off SR 46 in the same building as Cork Liquor.
- **Tuesday, August 8 – SAT Board Meeting**, 6 pm at The Arc.
- **Thursday, August 24 – Wellness Club** at 6 pm.
- **The Bartholomew County Library has lots of programs this summer, 536 Fifth Street, Columbus...**
- **Tuesdays - July 24, August 1, 8, 15, 22 & 29 at 1:00 pm- Chair Yoga.** Library A certified yoga instructor leading a program for people who want a gentle yoga practice & great for people with physical disabilities and limitations.
- **Thursday, July 27 it's Henry Moore's Birthday Party, 5:30** with a concert by Green Timber, eat cake, dance, & make some art on the Library Plaza.
- **Wednesday, August 2, 1:30 pm – Skill Builders – Library.** A fun afternoon with skill builders with this date, bingo, and prizes. Come and have fun with friends at the library.
- **Friday, August 18, 10:30 am – Music with Valerie**, Library. Join Music Therapist, Valerie Jones, as she guides the group through well-known songs with gentle movement and participation.
- **Wednesday, August 23, 9:30 am – Reading with Friends**, Library. The book group is designed for adults with disabilities, readers, and non-readers. Participants can enjoy stories and be guided through discussion and activities related to the reading.
- **Free Concerts on the Library Plaza - Fridays at 6 pm.** - Bring a lawn chair and enjoy.
 - o **Sept. 1 Prairie Creek**, playing favorite classic rock covers.
 - o **Sept. 15 - Helluna**
 - o **Sept. 29 - Bannister Bluegrass Band**
- **Most Monday evenings it's "Sidekicks,"** a running/ walking program for people with disabilities. They usually meet every Monday, at 6:30 at White River Running Company, 3142 N National Rd/ US 31. Info at: <http://www.lcnfc.org/programs/>
- **Friday, September 15 - SAT Statewide Picnic**, Plainfield with carpool from Columbus. Food, fun, games, dancing, & more. Cost: \$15, register at The Arc, Monday, August 21.

Suggestion – Put this Calendar on your refrigerator or someplace where you check to see what's happening. SAT would love to have you participate in any and all activities.



Self- Advocates of Tomorrow, The Aktion Club of Columbus