

# SEMCIL Workshop Schedule

## Learn to Cook!

Learn to Cook! classes are designed to offer individuals the opportunity to learn how to prepare, store and cleanup a variety of meals and desserts. Classes are held at SEMCIL, 2720 N Broadway, Rochester, MN

Classes are held on **Wednesdays**. There are two sessions offered:

Session A: 2:30 - 4:30 p.m.

Session B: 4:30 - 6:30 p.m.

Winter 2009

DATES COMING SOON!

## Fitness Classes at the YMCA

Individuals with disabilities are invited to join SEMCIL and RADAR at the YMCA for an hour of stretching, light aerobics and exercise.

No Summer Classes

- Dietary restrictions are the responsibility of the participants.
- Please contact us at 507-285-1815 with concerns regarding meal ingredients.
- **\$3.00 fee per class or \$24.00 for session.**
- **Bring your appetite!**

**PCA Services will not be provided for any of the workshops. You must invite your own PCA or friend if his/her services are necessary. If there is a charge for the workshops, PCAs must pay the fees.**

**If you or someone you know would like to attend a workshop, please fill out the registration form below.**

**Contact us at (507) 285-1815 to register by phone or if you have questions.**

### Registration Form

Your Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

Will you be bringing a PCA? Yes \_\_\_ No \_\_\_ If yes, PCA name: \_\_\_\_\_

Will your PCA be participating in the workshop? Yes \_\_\_ No \_\_\_

Select which workshop(s) you'll be attending:

\_\_\_\_\_ Learn to Cook! Class Date(s): \_\_\_\_\_

\_\_\_\_\_ Fitness Class. Class Date(s): \_\_\_\_\_

Enclosed Fee: \$ \_\_\_\_\_

Registration is required prior to the start date of the workshop. Make checks payable to SEMCIL and mail to:

SEMCIL  
Attn: Allen Chandler  
2720 N Broadway Rochester, MN 55906