



... a monthly community calendar of events in Philadelphia,
by and for Consumers of **Liberty Resources, Inc.**

Unless otherwise noted, activities take place at Liberty Resources, 714 Market Street, Suite 100, Philadelphia. You can list an event by calling 215-634-2000, Ext. 266 by the 18th of the month.

Every Weekday:

★ **ADAPT Pretzel sale**, 50¢ each or 3 for \$1.40.

★ **Independence Arts Studio Hours:** Monday - Friday, 10 AM to 4 PM.

Every Tuesday: Youth Social Group, Anyone ages 18 to 30 is welcome to attend, 1:00–3:00 PM. Help plan social activities and provide support for each other. Call Hope, Ext. 214.

Every Wednesday:

★ **Legal Advocacy** – Free advice and representation on general legal problems for people with disabilities, provided by the Legal Advocacy for Consumers Program of Temple University's Law School. Please arrange appointment. Call 215-204-1800.

★ **Pink and Blue**, Church of St. Luke the Epiphany, Blue Room, 330 S. 13th Street, 7:00–9:00 PM. A free support and resource exchange group for people with mental illness who are bisexual, gay, inter-sex, lesbian, transgender, or questioning adults. Please arrive no later than 7:15 PM. Call 215-546-0300, Ext. 3301 or 215-627-0424.

Every Thursday: Philadelphia City Council, City Hall, Room 400, 10:00 AM-12:00 PM. Attend to let Council members know people with disabilities are concerned about issues affecting the city and our community. Call Denerale, Ext. 295.

By Appointment:

★ **Benefits counseling** for Consumers with disabilities interested in working but concerned about losing benefits. Please schedule your individual appointment. Call Carlos, Ext. 324.

★ **Housing Assistance**, please call Liberty Resources at 215-634-2000, Ext. 325 (Information and Referral).





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NOTE: There will not be a SEPTA Advisory Committee (SAC) Meeting in May.

May 3: *"Financial Management"* skills training class begins. Eight Mondays from 1:00-4:00 PM. To enroll, call Mary Beth, Ext. 335 or Carla, Ext. 139.

May 4:

- ★ *"Managing Your Personal Attendant"* skills training class begins. Eight Tuesdays from 1:00-4:00 PM. Perfect class for anyone who has recently or will soon transition from a nursing home into the community. To enroll, call Carla, Ext. 139 or Mary Beth, Ext. 335.

May 5:

- ★ *"Health & Wellness"* skills training class begins. Eight Wednesdays, 1:00-4:00 PM. To register, call Mary Beth, Ext. 335 or Carla, Ext. 139.
- ★ **Disabled in Action (DIA/Philly ADAPT)** meeting, Suite 205, 4:00-6:00 PM. DIA is the local advocacy group fighting for the rights of people with disabilities in Philadelphia. Call Zach, Ext. 233 or Denerale, Ext. 295.

May 7: *"Nutrition and Meals"* skills training class begins. Eight Fridays from 1:00-4:00 PM. Consumers must live in the community to participate in this class. To enroll, call Carla, Ext. 139 or Mary Beth, Ext. 335.

May 7 & 21: Taste of Technology Days, Free sessions that provide an overview and tour of the Liberty Resources Academy as well as a career exploration to identify your transferable skills, if seeking employment. 9:00 AM-2:30 PM. Consumers eligible for services under CSPPPD also may take advantage of The Academy's pre-vocational, basic computer skills, and other training classes. Registration is required. Call Louise, Ext. 203.

May 7 & 21: ADAPT 50/50 Days. See Theresa before 1 PM.

May 10: Mayor's Commission on People with Disabilities, Municipal Services Building, 1401 JFK Blvd., 16th Floor, Room Y. 1:30-3:30 PM
Summer Recreation Activities will be discussed by Isabel Bohn, Executive Director, Pennsylvania Center for Adapted Sports, A.J. Nanayakkara,





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Wheelchair Sports Program Coordinator, Magee Rehabilitation Hospital and Erica Young, Director, Carousel House. Call 215-686-2798.

May 12:

- ★ **ADAPT Fundraiser Lunch** prepared by Glenda Speller-Erby, turkey wings, cabbage, and macaroni and cheese, soda and dessert for \$6.00. Proceeds help fund disability rights advocacy efforts at the local, state and national levels. To pre-pay an order, call Zach, Ext. 233.
- ★ **Consumer Advisory Group meeting**, Wade Blank Room (A), 5th Floor, 12:00-2:00 PM. Tell us how you think we're doing. Share your ideas about our advocacy agenda and attendant care issues. Lunch provided. Please register in advance. Call Linda, Ext. 227.

May 14: Friday Flicks, "Awakenings", Wade Blank Room (A), 5th Floor, 1:00-2:30 PM. Friday Flicks is a monthly (2nd Friday) showing of an Independent Living & Disability Rights DVD/video followed by facilitated discussion, free popcorn and beverages. Call Rodney, Ext. 299.

May 14 & 21: "Accessing Public Transportation" skills training class begins. To enroll, call Conor, Ext. 337

May 18: Primary Election Day, the grassroots election of candidates for State and Federal offices, including Governor and U.S. Senator. Polls are open 7:00 AM-8:00 PM.

May 21:

- ★ **Support Group for Disabled Women Over 50**, Skills Training Room, 10:00 AM-12:00 PM, Call Cecilia, Ext. 240.
- ★ **Consumer Connection meeting**, Wade Blank Room, 5th Floor, 1:00-3:00 PM. All Consumers and attendants welcome. Monthly agenda covers issues of concern to the disability community. Call Theresa, Ext. 266, Shawn, Ext. 245, or Jen, Ext. 242.

May 22: Adapted Recreation Day at Temple University, 15th and Norris Streets, 9:00 am-5:00 pm. Come and join the fun on the indoor basketball courts, outdoor tennis courts, the outdoor track, and (tentatively) the indoor swimming pool. Free parking. Call A.J. Nanayakkara at 215-587-3412.





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May 24: Visitability meeting, Bacal Room, First Floor, 2:30-4:00 PM. Visitability is a move to make all new constructed homes "visitabile" for disabled people. This would include one no-step entrance and a half bathroom big enough for a wheelchair. For more information on the next meeting, call Damon, Ext. 383.

May 25: "Preventing HIV/AIDS -- Network Training Workshops," Wade Blank Room, 5th Floor, 1:00-4:00 PM. An interactive presentation by Emilio Pacheco and Sharon Harper-Young of Visions for Equality. A follow-up session will be held August 24. If you participate in both sessions, you will receive Certificates of Completion and a \$5 voucher for a use at any McDonald's. Refreshments will be served. To register, call Ext. 626 and leave a message.

May 28:

- ★ **Support Group for Men Over 40**, Bacal Room, 1st floor, 1:00-3:00 PM. Topic: Adaptive Sports and Recreation". Call Damon, Ext. 383.
- ★ **Lost & Greif Support Group**, Ed Roberts Room, 3rd floor, 1:00-3:00 PM. For those who have lost a love one, job or who have recently become disabled. Call Debbie, Ext. 255.

May 31: Memorial Day Observance Office is Closed.

**SAVE THIS DATE Liberty Resources' ADA Picnic
July 26, 2010**



714 Market Street, Suite 100
Philadelphia, PA 19106

**FREE MATTER FOR THE BLIND
AND PHYSICALLY HANDICAPPED**

