

KANDU Connection



April 30, 2017

Take Your Legislator To Work



On April 25th, Wisconsin State Representative Don Vruwink visited KANDU's Barberry location as part of Take Your Legislator To Work Day. Vruwink, a former Milton teacher and coach, met with KANDU staff and clients and even assisted with some production work. Take Your Legislator To Work Day is a statewide campaign allowing constituents with disabilities to introduce local representatives to their place of employment and demonstrate their contribution to the community. For more information, [click here](#).

THANK YOU TO OUR WONDERFUL 1ST QUARTER DONORS!

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Client Wellness Program

KANDU 5K Run, Walk & Roll - A Race Without Limits



Everyone's
Welcome

On April 1st, KANDU clients began a 6-week wellness program that will conclude with a celebratory victory lap during the May 13th KANDU 5K Run, Walk & Roll event. Each week, clients receive a “Healthy Choices Journal”, allowing participants to document their daily health goals, including fruit and vegetable consumption, water intake, exercise and acts of kindness. Healthy snacks, bottled water and wellness-themed activities have been available at both locations, encouraging clients to meet their goals.

Registration is still available for the KANDU 5K Run, Walk & Roll: A Race Without Limits. This run/walk/roll event is for everyone with varying speeds and distances based on preference and ability. All runners will be timed and top performers entered into a prize raffle. Races begin in KANDU’s parking lot and registration opens at 8am. Race options include: a 5K run/walk/roll for \$25; a 1 mile run/walk/roll for \$15; and the free client wellness victory lap. Participation in the 5K race for a family of 4 is only \$80, with \$10 for each additional family member. T-shirts will also be available to purchase for \$10 each. Call (608) 755-4123 x308 to learn about becoming a T-shirt Sponsor for \$250. [Click here](#) to register today!

AT THE ARMORY

OUR TOWN

by

Thornton

Wilder



May 19-28



facebook.com/AtTheArmory
JanesvilleArmory.com

[CLICK HERE TO PURCHASE TICKETS ONLINE!](#)

Mother's Day Brunch at The Armory

Mother's Day Brunch



THE ARMORY • SUNDAY, MAY 14

Treat the special mom(s) in your life to a delicious Mother's Day Brunch at The Armory! On Sunday, May 14th, this annual event features a wide variety of breakfast and lunch options prepared by Best Events, including New York strip, roasted five spice pork loin, baked cod, chef carved turkey breast, traditional breakfast items and much more. Reservations are available for

three separate seatings: 9:00am-10:45am, 11:00am-12:45pm and 1:00pm-2:45pm. Admission is \$26.95 for adults, \$12.95 for kids ages 4-10 and children 3 and under eat free! [Click here](#) for the complete menu and to purchase reservations online.



wishes to thank

***Rock County Specialized Transit
and Janesville Transit System***

*for consistently going above and
beyond when coordinating the
transportation needs of our clients.*

MORE UPCOMING EVENTS

15th Annual 60Plus Expo

May 11th, 8AM-2PM

Holiday Inn Express Janesville Conference Center - 3100 Wellington Pl, Janesville

Stop by KANDU's Day Services/Memory Care booth during this free event for active seniors featuring seminars, health screenings, entertainment and more! [Click here](#) for more information.

Our Town at The Armory

May 19th-28th

The Armory - 10 S High Street, Janesville

Enjoy a live performance by Bower City Theatre Company of this popular classic, along with dinner (or brunch) by Best Events. Several price options available. Tickets can be purchased online [here](#).

KANDU Client Bowling Party

May 24th, 3:15-5PM

RiversEdge Bowl - 215 S River St, Janesville

KANDU clients, staff and board members are invited to participate in an after work bowling party!