

Vision Loss Resources Community Center Calendar August 2017

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in August will begin 7:00 AM on Monday, July 24th.

To listen to an audio version of the calendar, call the Activity Line at 612-253-5155.

The Calendar is also available on our website and as a printable large-print PDF document for those who wish to print their own or additional copies. Please visit www.visionlossresources.com/programs/community-center and follow the link on the page.

Please RSVP for all activities every month. We ask that you RSVP at least 3 working days prior to event to ensure that we have enough registered participants, supplies, and volunteers.

"Whilst August yet wears her golden crown,
Ripening fields lush – bright with promise;
Summer waxes long, then wanes,
quietly passing Her fading green glory
on to riotous Autumn."
-- Michelle L. Thieme, *August's Crown*

AUGUST EVENTS:

***Abbreviations: MPLS=Minneapolis, SP=St Paul**

8/1 (T): Advanced Mobile Tech: "On the Road"

10:00-12:00. In MPLS. Cost: \$10.00

In this more advanced tech class, we will learn about helpful travel and navigation apps and online resources to help you figure out where to go. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your app store password on hand.

8/1 (T): DeafBlind Beading

4:00-7:00. In SP. Cost is \$5 for the month, plus your kit.

This is an arts and crafts group for DeafBlind consumers. Support staff (SSPs) are provided. Also meets on the **8th, 15th, 22nd, and 29th.**

8/2 (W): 3Fs: Fabric, Fiber, and Friends

1:00-3:30. In MPLS. No charge.

Do you enjoy knitting, crocheting, quilting, or creative hobbies? Then come in and bring your own project to work on as you enjoy the company of others. We donate many of our handmade items to local charities! This group also meets on the **9th, 16th, and 23rd, and 30th.**

8/2 (W): Supper Club

5:00-7:00.

Please join us for dinner at Green Mill in St. Paul, just off Grand Avenue. They have a menu ready to cater to any of your cravings in an atmosphere that is uniquely comfortable and family friendly. Choose from calzones, pastas, salads,

burgers, sandwiches and signature dishes. Sandwiches start at \$10.99. Due to the size of our group, gratuity will automatically be added to each bill. Please plan your pick-up rides for 7pm-7:15pm.

Address: 57 Hamline Ave South, St. Paul MN, 55105

8/3 (TH): Yoga

10:00-11:00. In MPLS. No charge.

Stretch out your limbs in an introduction to yoga class! This class will focus on proper body alignment, finding your balance in postures, and breathing techniques that will encourage you to be empowered in accessing the inner wisdom of your own body. This class is an hour long and all levels are welcomed. Please arrive 10 minutes early to discuss any needs or questions you may have. Also meets on the **17th**. Max: 5.

8/3 (TH): 500 Cards

10:00-12:00. In MPLS. Cost: \$1.00

Come in and enjoy some coffee and cards. Also meets on the **24th**.

8/7 (M): Games Extravaganza

10:00-12:00. In MPLS. Cost: \$1.00

Come for lively fun with board and trivia games. There's plenty of time for games, laughter, conversation, and a light snack.

8/8 (T): Tech 101 - Entertaining Apps

10:00-12:00. In SP. Cost: \$10.00

A perfect class for mobile device beginners! Tech 101 is in

Saint Paul this month. This class we will explore and share fun apps for entertainment and having a good time. Please have your app store password on hand.

8/8 (T): Movie Matinee

12:30-2:30. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie “Florence Foster Jenkins.” This film tells the inspirational true story of a New York heiress, Florence, who obsessively pursued her dream of becoming a great singer. The voice she heard in her head was divine, but to the rest of the world it was hilariously awful. At private recitals, her devoted husband and manager, St Clair Bayfield, managed to protect Florence from the truth. But when Florence decided to give her first public concert at New York's Carnegie Hall, St Clair realized he had perhaps bitten off more than he could chew.

8/9 (W): Reader's Choice Book Club

1:00-2:30. In MPLS. No charge.

For August we are reading The Empty Canoe, an intriguing mystery by Peter Georgas. A Minneapolis firefighter spots an empty, blood-stained canoe bouncing on the shores of Lake Harriet one morning while on his daily jog. What starts out as a simple ID turns into a full-blown investigation involving a beautiful woman, a kidnapped son, and a less-than-honest character (MDB02370).

8/9 (W): BINGO

5:00-7:00. In MPLS. Cost: \$1.00

Everyone loves BINGO! Bring your friends and family for a night that is sure to be fun.

8/10 (TH): Special Speaker - Representative from MN Disability Law Center

12:30-1:30. In MPLS. No charge.

A representative from the MN Disability Law Center will be at VLR to talk about disability laws. He will focus part of the presentation on housing laws and he will cover general aspects of ADA and take questions in other areas as well.

8/10 (TH): Vision Speaks Communication & Speaking Group

2:00-3:30. In MPLS. No charge.

Improve your speaking and communication skills in a fun, supportive group setting! We will be seeking out opportunities in the community to speak about VLR and educate individuals about vision loss. If you attended last month's meeting, please remember to come prepared with your completed assignment from the month before. New people are always welcome, and no previous speaking experience is necessary. We are now meeting every other month!

8/14 (M): Walking Group

9:00-11:30. No charge.

Come join your friends as we walk for an hour, break for coffee and conversation, then walk for another hour at your

own pace, paired with your own volunteer. It's a fun, easy way to get up and moving! Space limited.

Address: Door 13, Southdale Mall, Edina

8/14 (M): Hearts

12:00-2:00. In MPLS. Cost: \$1.00

Come in and enjoy some coffee and cards.

8/15 (T): Advanced Mobile Tech: iPad

10:00-12:00. In MPLS. Cost: \$10.00

In this more advanced tech class, we will be focusing only on iPads and getting the most from your tablet. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand.

8/16 (W): Continuing Education

11:15-12:30. In MPLS. No charge.

LeAnne Fakir, Nurse Educator with Vanda Pharmaceuticals, will join us to discuss Non-24 Hour Disorder (Non-24). She will share current knowledge on the nature of this condition, symptoms, diagnosis, and state of research. People who have this disorder lack the light sensitivity necessary to reset the "body clock." As a result, these individuals suffer from insomnia and sleep deprivation which may lead to difficulties with concentration and memory, as well as an increased risk of errors and accidents.

8/16 (W): 3rd Annual VLR Fantasy Football Draft 2017

3:00-6:00. In SP. Cost: \$1.00

Join us in Saint Paul for a pizza party and draft picks for our 3rd season of Fantasy Football! Fantasy Football is a

competition in which participants select imaginary teams from among the players in a league and score points according to the actual performance of their players each week. Try something new and fun! The more who join us the better! Call Renee W. at 612-843-3403 with any questions.

8/17 (TH): Calendar Assembly

9:00-11:00. In MPLS. No charge.

Join the many helping hands that work together to assemble the Community Center Calendar mailing. Treats served.

8/17 (TH): Craft: Colorful Paper Bowls

1:00-3:00. In SP. Cost: \$5.00

Join us for a fun afternoon of creating original bowls made out of paper. We will have a variety of colors and patterns of paper for you to tear apart and then glue onto a plastic mold. Once it is dry, you will peel it off the mold and you will have a decorative bowl to display items in or give as a gift. Snacks will be served and no crafting experience is necessary. Space is limited.

8/21 (M): Cribbage

12:00-2:00. In MPLS. Cost: \$1.00

Come in and enjoy some coffee and cards.

8/22 (T): Tech 101 - Bluetooth Accessories

10:00-12:00. In SP. Cost: \$10.00

A perfect class for mobile device beginners! Tech 101 is in Saint Paul this month. This class we will focus using Bluetooth accessories with your device, such as portable

speakers, headphones, keyboards, and Braille readers. Please have your app store password on hand.

8/23 (W): Outing - Tour of Izzy's Ice Cream

1:00-2:00. No charge, but bring money to purchase ice cream if you'd like!

Join us for a sneak peek tour at Izzy's Ice Cream in Minneapolis. General Manager Shannon will take us on a brief tour of the Minneapolis shop and she will chat about how they make their fantastic ice cream and how their kitchen works. Afterwards, you can purchase some of their ice cream to enjoy there and/or take home with you. Please plan your pick-up ride for 2pm-2:15pm. Max: 10
Address: 1100 Second St S, Minneapolis 55415

8/24 (TH): Fitness is Fun!

5:30-6:30. In MPLS. Cost: \$1.00

Get your body moving in our fitness center and stay on track with your fitness goals. Work on the various equipment and get guided instruction and ideas on how to improve your health through exercise. All levels of experience are welcome!

8/25 (F): Pottery

10:00-12:00. In SP. Cost: \$5.00

Join us as we work on hand-built clay projects. Come make plates, cups, or create whatever comes to the imagination. No experience necessary.

8/28 (M): Outing: Minnesota State Fair

10:00-3:00. Cost: \$5.00

Be one of the thousands that gather to try the new food-on-a-stick at the Minnesota State Fair. You will be paired with a volunteer and will see what you want to see and eat what you want to eat. Be sure to RSVP so you can get a volunteer for the day. You are responsible for your own lunch, beverages, and other purchases. Max: 15 (Outdoor events may be cancelled if there is a high heat index.

Please check the RSVP hotline for a cancelation message!)

Address: 1700 Como Ave, Loop Gate 9, Falcon Heights
55414

COMING ATTRACTIONS AT VLR:

Meet a Local Author at VLR!

In our August Reader's Choice Book Club (see the Calendar description on 8/9) we're reading the intriguing mystery The Empty Canoe by Peter Georgas, a local author who is retired and lives in Minneapolis. Following a decade in advertising, Georgas became a publicist for the Walker Art Center. He has donated copies of his 5 books to be narrated by SSB. Please read his books! We look forward to having him come speak to us at VLR in the near future.

More info in the coming months!

Alumni Group

Please note that the VLR Rehab Alumni Group will now be meeting quarterly on the 2nd Thursday. Our next meeting will be in October!

Caregiver Support Groups at VLR

Connect with other caregivers and get resources to support yourself and those you care for! August's meeting will be in Saint Paul on Tuesday, August 1 from 5:00-6:30pm. No reservation required, though it's helpful to know how many we may be expecting for snacks! No charge. Contact Megan at 612-843-3416 with questions.

VLR Low Vision Support Groups

VLR offers numerous low vision support groups in the Twin Cities for individuals to meet for support, comradery, and information. Want to get connected? Contact us at 651-224-7662. You may be asked to complete a free in-home assessment before attending so we can get to know you and match you to the right group!

Independent Living Skills Course at VLR-

Need some help learning how to manage your vision loss? Take our 4-week Independent Living Skills course, which covers the Emotional Impact of Vision Loss, Orientation and Mobility, Technology and Communication, Organization & Labeling, Writing, Ways to Enhance Remaining Vision, Food Prep Techniques, and Money Management. Lunch is provided.

August Dates: August 3rd, 10th, 17th, and 24th from 10am to 3pm at our St. Paul location.

To register: Call 651-224-7662. Ask about transportation options!

EVENTS IN THE COMMUNITY:

Mankato Area Adaptive Water Ski Program

is recruiting skiers with physical or cognitive disabilities who want to learn to water ski. They provide the instructors, volunteers and equipment. Information in alternative formats or scholarships is available on request. Skiers must pre-register prior to skiing. Location: Lake Washington. Dates: Tuesdays July 11 - August 29. Time: 4:00-7:00pm. Cost: \$10 per lesson. For registration and information: contact Michelle at 507-207-3036 or msoren1@isd77.k12.mn.us.

Beep Baseball

Outdoor beep baseball every Saturday at 10am, at Cretin High School! Interested? Call Dennis Stern at 651-452-5324 or email him at dennisstern@hotmail.com.

Adaptive Cycling in the Twin Cities

The brand new Twin Cities Adaptive Cycling Program, located on the Greenway, has adaptive bikes and is looking for riders! Please visit the website www.tcacycling.org or call at 612-423-4681 for more info.

The Blind Fellowship Outreach

Free monthly event for the visually-impaired. Enjoy a free meal, Bible study, friendship, and music. 2nd Saturdays from 12:00-2:00 at Faith Evangelical Lutheran Church, 3430 E 51st Street, Minneapolis. **Please RSVP about 2 weeks prior to an event by calling 612-729-5463.** Have questions? Please contact Carol Zemke at: 612-799-5782 or czemke@usa.net

COMMUNITY CENTER POLICIES:

RSVP and Cancellation Policy: You must RSVP for all activities. We ask that you RSVP at least 3 working days prior to event to ensure that we have enough registered participants, supplies, and volunteers. Registrants will be notified when classes are canceled due to low enrollment or weather conditions.

RSVP line: 612-843-3439 or rsvp@vlrw.org

VLR Hours: Please schedule your Metro pickups as close to the activity end time as possible. VLR's hours are 8:00am-4:30pm Monday-Friday (except when there are evening classes and activities). Please schedule your pickups before the building closes. Thank you!

Severe Weather Days: Please call the VLR Weather Hotline at 612-284-8107 to see if VLR offices and activities are open for that day. The hotline will be updated by 6:00 AM if VLR is closing for severe weather. Participants who have RSVPd for a class will also be notified.

Refund Policy: All events that need to be pre-paid are marked on the calendar. To hold your spot for these events, we must receive your money. If you need to cancel when a ticket is purchased in advance, you will be charged for the ticket unless someone on the waiting list can take your place. If you need to cancel please call the RSVP line at 612-843-3439 or email rsvp@vlrw.org.

Scholarships: No one is denied participation due to inability to pay. Full and partial scholarships are available. Please leave your scholarship request on the RSVP line.

Visitor Sign-in: Please sign-in and sign-out at the front desk in MPLS.

Photo Policy: When you attend an event at VLR, your image may be recorded for use by VLR. This use may include printed media, social media, or online uses. If you have any questions about this Policy, please contact Iris at VLR: 612-843-3425.

VLR CONTACT INFORMATION:

Christina Tucker--Program Coordinator, Community Services, 612-843-3419, christina@vlrw.org

Jen Roehl--Community Center & Volunteer Specialist
612-843-3421, jen@vlrw.org

Minneapolis Office: 1936 Lyndale Ave S. 55403

Main Line: 612-871-2222

St. Paul Office: 216 S Wabasha St., 55107

Phone: 651-224-7662

Please note: For those being dropped off, parking, or needing an accessible ramp at the Saint Paul office, please use the back entrance (215 Starkey St).

Activity Line: 612-253-5155 to listen to an audio version of the calendar.

RSVP: 612-843-3439 or rsvp@vlrw.org

Website: www.visionlossresources.org