

Vision Loss Resources

Community Center Calendar November 2016

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in November will begin 7:00 AM on Monday, October 24.

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.

Thanksgiving Holiday – VLR offices will be closed on Thursday, November 24 and Friday, November 25. Have a wonderful holiday!

NOVEMBER EVENTS:

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

11/1 (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.**

11/2 (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. This group also meets on the **9th, 16th, and 30th.** (Please note: no 3Fs on the 23rd. Happy Thanksgiving!)

11/3 (TH): 500 Cards

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

Come in and enjoy some coffee and cards. Also meets on the **17th.** (Note: 2nd meeting moved to 3rd Thursday due to Thanksgiving Holiday)

11/3 (TH): Beginning Spinning

10:00-11:30. In MPLS. Cost: \$5.00

We continue our spinning instruction at your pace and skill level. Equipment available for carding and plying. Wool available. New students are welcome. Inform when you RSVP if you are new so that Denise can bring enough materials to get you started. We need at least 2 people

signed up for the class. Max: 4

11/3 (TH): Beaded Scarf/Fiber Spinning Troubleshoot

12:00-1:30. In MPLS. No charge.

Bring your own beaded scarf or spinning project that you've already started that may need a bit of troubleshooting. You are welcome to stop by between 12:00-1:30 for all or part of the time. We need at least 2 people signed up to hold class. When you RSVP, please specify scarf or spinning so Denise knows which supplies to have available.

11/4 (F): Outing - James J. Hill House Sensory Tour

12:45-2:45. No charge.

We'll be the first group ever to experience a sensory tour for individuals with vision loss at the James J. Hill House on Summit Avenue in St. Paul! Rugged stone, massive scale, and ingenious mechanical systems recall the powerful presence of James J. Hill, builder of the Great Northern Railway. Guide-led 75-minute tour. Hear the house organ, taste food from the kitchens, feel unique wallpaper samples, and guess the uses of some unusual silverware.

Address: 240 Summit Avenue, St. Paul 55102

11/7 (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. New people are always welcome!

11/7 (M): Metro Mobility Focus Group

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

Metro Mobility will be facilitating a focus group at VLR and they want your feedback. This will be a conversation and question and answer session on how to improve communications between Metro Mobility and its consumers. Each participant that attends will receive a \$20 Target gift card. You will need to review and sign an informed consent form at the beginning of the session.

Max: 12 participants

11/8 (T): Tech: iPhone 101– Exploring the Best Travel Apps

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

Group lesson exploring the best travel apps on your iPhone for low vision and blind users (Kayak, Transportation, Airbnb). Please have your Apple password on hand. One-on-one help is available from 11:00-12:00.

11/8 (T): Movie Matinee - "The 33"

1:00-3:30. In MPLS. Cost: \$1.00

Enjoy the audio-described movie "The 33" and fresh popcorn. Based on a true story, disaster strikes on Aug. 5, 2010, as a copper and gold mine collapses in Chile, trapping 33 men underground. With more than 2,000 feet of rock in their way, a rescue team works tirelessly as the world watches for 69 days to save the seemingly doomed men. Beneath the rubble, the miners begin an epic quest

to survive, contending with suffocating heat and need for food and water.

11/9 (W): Reader's Choice Book Club

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

For November, we will be reading The Kitchen House (DB075504) by Kathleen Grissom.

11/9 (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.

11/10 (TH): Highlight Event: VLR Craft Sale

9:00-3:30. In MPLS.

Come and shop some of your favorite vendors with a splendor of handmade items. Purchase birthday and holiday gifts for your loved ones. If you are a VLR participant and are interested in having a table, the cost is \$20.00. Vendors set up at 8:30 AM. RSVP required only if you want a table.

11/10 (TH): Alumni Group

12:30-2:00. In MPLS. No charge.

Recent VLR Rehabilitation Program Alumni - bring a dish to pass and join us for a potluck lunch! Share around topics of blindness, advocacy, education, employment, and living the life you want!

11/10 (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. Everyone is welcome and no previous speaking experience is necessary.

11/10 (TH): Guide Dog Support Group

4:00-5:30. In MPLS. No charge.

Come and meet with other individuals to support one another on various topics ranging from canine issues, canine care, canine handling, and independent travel, etc. Open forum discussion for those who already have guide dogs or those interested in becoming a dog guide handler may learn about the process for obtaining a dog and what handling a dog is all about.

11/14 (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!

Address: Door 13, Southdale Mall, Edina

11/14 (M): Hearts

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

Come in and enjoy some coffee and cards.

11/15 (T): Lunch Bunch

11:30-1:30.

Please join us for a festive lunch at Teresa's Mexican Restaurant in Golden Valley! Your experience at Teresa's begins with fresh homemade salsa and house-made chips. They have many specials including your choice of chicken, beef, pork, or shrimp with veggies in an amazing cheese sauce. Combo platters start at \$9. Due to the size of our group, gratuity will automatically be added to each bill.

Address: Teresa's Mexican Restaurant, 5621 Duluth Street, Golden Valley, 55422

11/16 (W): Continuing Education

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

A representative with the Minnesota Drug Card will speak with us about this free statewide discount prescription assistance program Minnesota Drug Card works with various partners to help reach the uninsured and underinsured in our state to afford their prescription medications. Savings with this drug card can be up to 25-75% off retail price for most brand & generic FDA-approved medications. The card is free for everyone.

11/16 (W): 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!

11/17 (TH): Calendar Assembly

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

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

11/17 (TH): Craft: Wire & Bead Ornaments

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

Join us for a fun afternoon making Wire & Beaded Ornaments for the holidays. We will string beads onto wire and then wrap them around balloons to create some beautiful, unique ornaments that can hang on trees or anywhere else you can think of in your home. We will also enjoy some festive snacks and drinks while we craft. No crafting experience necessary!

11/18 (F): Pottery

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

(Please note: moved to 3rd Friday due to Thanksgiving Holiday.) Join us as we work on hand-built clay projects. Come make plates, cups, or create whatever comes to the imagination. No experience necessary.

11/18 (F): Outing: Shopping Day

10:00-2:00. No charge.

Join us at Eden Prairie Center for a fun afternoon of shopping so you're all ready for the holidays! We will have volunteers to assist you with finding the perfect gifts. Lunch is on your own. We will meet at the south entrance, south of Target, with the Old Navy sign above the door.

Address: Eden Prairie Center - South Entrance, 8251 Flying Cloud Dr, Eden Prairie 55344

11/21 (M): Cribbage

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

Come in and enjoy some coffee and cards.

11/22 (T): Tech: iPhone 101– Best Holiday Shopping Apps

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

Group lesson exploring the best shopping apps for low vision and blind users (Amazon, Etsy, department stores, Groupon, Craig's List). Please have your Apple password on hand. One-on-one help is available from 11:00-12:00.

CURRENT & COMING ATTRACTIONS AT VLR:

Holiday Party on Friday, December 16 –

Mark your calendars for VLR's Holiday Party in December! Enjoy lunch, conversation, and holiday festivities with your friends! More details in the next calendar.

EVENTS IN THE COMMUNITY:

Minnesota State Academy for the Blind: 150 Years Strong

Help us Celebrate our Anniversary!

Fall Music Program “Weaving Our Past into Our Future”

November 17, 1pm

November 18, 10:30am

Please join us as our students celebrate the history of our school through art, drama, song and dance. We look forward to the premier of Dan Kallman’s choral piece, commissioned for this special occasion, joined by singers from Faribault High School. Contact the MSAB office at 800-657-3634 for more information.

Invitation to Screen Reader Users to Participate in a Website Usability Study

We’re looking for people with visual impairment and who use a screen reader to take part in a web site usability study in Minneapolis on **October 25th and October 26th 2016**. The study is being run by The Paciello Group (TPG), a specialist digital accessibility consultancy, on behalf of one of our clients. The purpose is to identify areas where we can make the web site easier to use. Participants will be asked to carry out a series of tasks using the web site, using either a laptop or smartphone.

- The study will last no more than an hour. Each participant in the study will receive a \$150 gift card as compensation for their time.

- If you're interested, and would like to be considered for inclusion in the study, please visit this short online survey to register your interest:

<https://www.surveymonkey.co.uk/r/tpgwebstudyMN>

If you have any questions about the study, please contact David Sloan dsloan@paciellogroup.com

The Blind Fellowship Outreach

Join a new Twin-Cities based ministry serving people with visual impairments. Be served a delicious meal, hear a Bible study message, meet new friends, and enjoy music or a featured program activity--all free of charge. You will be paired with Volunteers of all denominations who will assist and get to know you. Resource materials and a special gift will also be provided. **Location:** Faith

Evangelical Lutheran Church, 3430 E 51st Street,

Minneapolis **Upcoming Event Dates:**

Saturdays - October 15, Nov 19, Dec 17 from 12:00-2:00

After that, every 2nd Saturday of the month

Transportation: Faith Evangelical Lutheran Church. South Minneapolis directly on Metro Transit Bus Route #7, at the 51st Street East stop. Volunteers will meet you at the bus stop to escort you to the church. If bus transportation or Metro Mobility shuttle services are unavailable to you, please contact us for alternative transportation.

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 pick-ups 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 5:30 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 Ave).

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