

Vision Loss Resources

Community Center Calendar October 2016

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in October will begin 7:00 AM on September 26th.

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.

OCTOBER EVENTS:

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

10/3 (M): Games Extravaganza

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

Come for lively fun with board and trivia games. Enjoy games, laughter, conversation, and a light snack.

10/3 (M): Continuing Education

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

(Moved to 1st Monday for October only.) Join us for a discussion with a representative from the City of Minneapolis Clerk Department about voting and accessibility related to the upcoming election in November. Demonstration of the AutoMark machine. Get help with registration and absentee ballot voting.

(Please note: Peer Mentoring meeting will occur at regular time on the 3rd Wednesday.)

10/4 (T): Outing: Minnesota Honey Company

10:00-11:30. No charge.

Learn about the diverse types, flavors and use of honey with a demonstration, free samples, recipes and tips! Honey ice cream, beauty products, candles, décor and gifts will be available for sale. Receive a 20% discount on any product purchases made during this event. Space limited.

Address: 4956 Xerxes Ave S, Minneapolis, MN 55410

10/4 (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 **11th**, **18th**, and **25th**.

10/5 (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 **12th, 19th, and 26th.**

10/5 (W): Supper Club

5:00-7:00.

Join us for dinner at Granite City attached to the Rosedale Shopping Center in Roseville. Polished casual American restaurant featuring fresh, high-quality, made-from-scratch recipes, including Signature Meatloaf, Big Show Burger, Maple Bacon Flatbread, Mahi Tacos as well as burgers, sandwiches, salads and steaks. Sandwiches start at \$9.95 and entrees start at \$13.95. Due to the size of our group, gratuity will automatically be added to each bill.

Address: 851 Rosedale Center, Roseville, 55113

10/6 (TH): 500 Cards

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

Enjoy some coffee and cards. Also meets on the **27th.**

10/10 (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

10/10 (M): Hearts

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

Come in and enjoy some coffee and cards.

10/11 (T): Tech: iPhone 101– Navigating the Notification Center

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

Group lesson to learn about navigating the "Notification Center" in your iPhone. Please have your Apple password on hand. One-on-one help is available from 11:00-12:00.

10/12 (W): Reader's Choice Book Club

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

Larry Millet's book, Once There Were Castles: Lost Mansions and Estates of the Twin Cities, offers a richly illustrated look at another world of ghosts in our midst—the lost mansions and estates of the Twin Cities. MDB02371 (No download links through BARD).

10/12 (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.

10/13 (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! Listen to other VLR rehab alumni and share around topics of blindness, advocacy, education, employment, and living the life you want!

10/13 (TH): Vision Speaks: Communication & Speaking

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.

10/17 (M): Cribbage

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

Come in and enjoy some coffee and cards.

10/20 (TH): Calendar Assembly

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

Join the many helping hands that help assemble the Community Center Calendar mailing. Treats served.

10/20 (TH): Craft: Scrap Fabric Wreaths

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

Join us for a fun craft class making fall-inspired wreaths with scrap fabrics. We will tie the fabrics around a wooden frame to make a great decoration for your door or wall and celebrate fall and Halloween with a Candy Corn Punch and festive snacks. No crafting experience necessary.

10/21 (F): Outing - Oktoberfest Beer Tasting

1:00-2:00. Cost: \$5.00

Let's celebrate Oktoberfest with a fun beer tasting at a great local brewery, Lake Monster Brewing. Learn about the beer making process from these experts. This brewery is housed in an old warehouse and has a great, open feel. Come for a fun afternoon and sample some tasty beers.
Address: 550 Vandalia St #160, St Paul, MN 55114

10/25 (T): Tech: iPhone 101– Searching Settings Menu

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

Group lesson to learn about searching in the "Settings" menu on your iPhone. Please have your Apple password on hand. One-on-one help is available from 11:00-12:00.

(Please note: Crochet and Knit has been cancelled until further notice.)

10/27 (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!

10/28 (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.

CURRENT & COMING ATTRACTIONS AT VLR:

Ball Caps and Bright Lights Fundraiser for VLR

Join Vision Loss Resources for an evening of fun and fundraising to support low-vision care in our community!

Come dressed for fun games, visit our hands-on information stations, and enjoy the beautiful view of the city

and the ballpark, plus a live auction to support the expansion of our Low Vision Clinic.

When: Saturday, October 29, 2016

Where: Securian Club at CHS Field, 360 Broadway Street
Saint Paul, Minnesota,

Agenda: Cocktail Hour, 6:00 P.M.

Games and gourmet ballpark buffet, 7:00 P.M.

Program and live auction, 8:00 P.M.

Cost: Special price for Community Services participants: \$75 (includes a ticket for a Sighted Guide volunteer, friend, or family member). Regular event single ticket cost: \$100. Please share this invitation with your friends, family, and colleagues. Questions? Need tickets? Please contact Iris at iris@vlrw.org or 612-843-3425.

EVENTS IN THE COMMUNITY:

2016 Open Flow Forum for Visual Artists, Writers, Performers, Photographers, Musicians and Poets

When: First Thursdays: Oct. 6, Nov. 3, Dec. 1 2016,
7:00-9:00 PM.

(Introductions at 7:00, Art-sharing begins at 7:15).

What: Open Flow is a monthly opportunity for artists with and without disabilities to share samples of art. Share each other's contributions (and treats) in an informal, supportive setting. Wheelchair-accessible building, elevator & restrooms. Fragrance-free policy so everyone can participate. **Where:** Walker Community Church at 3104 16th Ave. S. Minneapolis. **Questions?** Please contact one of the co-facilitators: Dan Reiva (dprw@yahoo.com), or

Tara Innmon (tarainnmon@gmail.com, 612-376-7779), or Kip Shane (kipshane@gmail.com, 612-212-1703).

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

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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

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Website: www.visionlossresources.org