

# Vision Loss Resources Community Center Calendar February 2017

## Register, Questions, and Cancellations: Call or Email

612-843-3439    [rsvp@vlrw.org](mailto:rsvp@vlrw.org)

RSVPing for events in February will begin 7:00 AM on Monday, January 23rd.

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](http://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.

**Announcement:** VLR Offices will be closed on Monday, February 20th for President's Day.

**VLR Severe Weather Hotline:** 612-284-8107

“Without Valentine’s Day, February would be...  
well, January.”

--Jim Gaffigan

## **FEBRUARY EVENTS:**

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

### **2/1 (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 **8th, 15th, and 22nd.**

### **2/1 (W): Supper Club**

5:00-7:00.

Please join us for dinner at Wok in the Park Restaurant in St. Louis Park. This modern Fresh Asian Bistro offers simple handcrafted recipes that put a fresh and unique twist on classic Asian cuisine. Enjoy cultural infusions from Japan, Vietnam, China, Thailand, and France. Entrees start at \$10. Due to the size of our group, gratuity will automatically be added to each bill.

Address: 3005 Utah Ave S, Saint Louis Park 55426

### **2/2 (TH): 500 Cards**

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

Enjoy some coffee and cards. Also meets on the **23rd.**

### **2/6 (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.

## **2/7 (T): Tech 101: Music on Your iPhone**

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

All about accessing music on your iPhone. What music apps are the best for low vision/blind users and how do you use them to access your favorite tunes? The first hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

## **2/7 (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 **14th, 21th, and 28th.**

## **2/8 (W): Reader's Choice Book Club**

1:00-2:30. In MPLS.

For February we will read another book by local author Louise Erdrich. This one is titled A Plague of Doves, and it won the Pulitzer Prize in 2009. DB066886.

## **2/8 (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.

## **2/9 (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! Please RSVP.

### **2/9 (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.

### **2/13 (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

### **2/13 (M): Hearts**

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

Come in and enjoy some coffee and cards.

### **2/14 (T): Movie Matinee**

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

Join us on Valentine's Day for a fun movie matinee, with popcorn. We will be playing the audio-described movie "The Best Exotic Marigold Hotel" starring Judi Dench, Bill Nighy, and Maggie Smith. A group of retirees decide to

"outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life--and love--can begin again when you let go of the past.

### **2/15 (W): Continuing Education**

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

Taylor Putz from Prepare & Prosper will join us to discuss this nonprofit organization that helps taxpayers claim the money they are eligible for at tax time. She will share information about free tax preparation, the money moment of tax time, and a few important tax credits. She will explain ways to get a great refund so you can use it to pay down debt or pay bills, make important purchase, and save. A tax refund can account for more than 30% of one's annual income.

### **2/16 (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.

### **2/16 (TH): Craft: Abstract Paintings**

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

Join us for a fun afternoon of painting abstract designs using tape and cut out shapes. We will tape designs and

other shapes to the canvases to create unique, one-of-kind masterpieces. Snacks will be served. Come for a fun, creative afternoon and no experience is necessary. Space is limited.

### **2/17 (F): VLR Valentine Luncheon**

11:00-1:30. In MPLS. Cost: \$8.00. (You can bring payment to the event or pay ahead.)

Join us for a re-do of the cancelled holiday lunch and celebrate Valentine's Day with us at VLR in Minneapolis! We plan to show our love for our participants with a catered meal of chicken, garlic mashed potatoes, veggie medley and rolls, as well as a variety of bars and cookies for dessert. We will also be playing Valentine BINGO and have live entertainment. Please call with any dietary restrictions in advance by February 8th, and we'll do our best to accommodate.

### **2/21 (T): Outing: True Stone Coffee Roasters**

10:00-11:00. No charge.

Have you ever wondered where your coffee comes from? Join us as we visit True Stone Coffee Roasters and learn more about the entire process, from sourcing to roasting to delivery. True Stone is a full-scale roasting facility, bottling line and training lab. These experts will educate us about coffee in their new cupping room and provide a variety of sensory experiences. This will be a fun and educational experience for anyone interested in coffee. Max: 10.  
Address: 755 Prior Ave N, Ste. 113, St. Paul 55104

## **2/21 (T): Tech 101: Amazon Echo**

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

How to use the Amazon Echo, a hands-free speaker you control with your voice. Echo connects to the Alexa Voice Service to play music, provide information, news, sports scores, weather, and more—instantly. This device is quickly becoming a favorite device for many VLR staff and clients. This class is all instruction and information--no open forum today!

## **2/23 (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!

## **2/24 (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.

## **2/27 (M): Cribbage**

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

(Moved to 4<sup>th</sup> Monday due to Presidents' Day.) Come in and enjoy some coffee and cards.

## **COMING ATTRACTIONS AT VLR:**

### **February Independent Living Skills Course at VLR-**

Come join us to learn a wide variety of low vision skills and adaptive techniques taught by experienced and encouraging instructors. Meet new people who, just like you, are looking to remain independent. Exchange ideas, tips and new product discoveries with your fellow classmates on how to most easily accomplish daily tasks. The classes will meet every Thursday in February from 10am to 3pm at our St. Paul location. Lunch is provided

This course 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. By the end of the course, you'll think of new ways to accomplish daily activities and remain independent.

To register, call Kristin at 612-843-3415. Class size is limited, so please call soon. Also talk with us about transportation.

## **EVENTS IN THE COMMUNITY:**

### **Attention Students and Families - Join us at the February 25 Opportunities Fair at SSB**

Learn about internships, assistive technology, summer programs, and more! State Services for the Blind is hosting an Opportunities Fair for high school and college students



on Saturday, February 25 at Fairview Community Center, 1910 County Road B West, Roseville, MN 55113 from 12:00-4:00. To sign up, or for more information, email Sheila Koenig at SSB - [sheila.koenig@state.mn.us](mailto:sheila.koenig@state.mn.us).

## **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. **Please RSVP about 2 weeks prior to an event by calling 612-729-5463.**

**Address:** Faith Evangelical Lutheran Church, 3430 E 51<sup>st</sup> Street, Minneapolis

**Dates:** 2<sup>nd</sup> Saturdays – Jan 14, Feb 11, March 11, etc.  
from 12:00-2:00

**Transportation:** South Minneapolis directly on Metro Transit Bus Route #7, at the 51<sup>st</sup> Street East stop.

Volunteers will meet you at the bus stop to escort you to the church. Contact us for alternative transportation if bus/Metro are unavailable to you.

**Have questions?** Please contact Carol Zemke at: 612-799-5782 or [czemke@usa.net](mailto:czemke@usa.net)

## **4<sup>th</sup> Player needed for Nickel Poker**

Meets every other Friday. Contact Tom Heintl for more information! 651-489-8609

## **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](mailto: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 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](mailto: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](mailto:christina@vlrw.org)

Jen Roehl-- Community Center & Volunteer Specialist  
612-843-3421, [jen@vlrw.org](mailto: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.

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Website: [www.visionlossresources.org](http://www.visionlossresources.org)