

Vision Loss Resources Community Center Calendar March 2017

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in March will begin 7:00 AM on Monday, February 20th.

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.

VLR Severe Weather Hotline: 612-284-8107

“Poor March, it is the homeliest month of the year. Most of it is mud, every imaginable form of mud, and what isn't mud in March is ugly late-season snow falling onto the ground in filthy muddy heaps that look like piles of dirty laundry.” – Vivian Swift, 2008

MARCH EVENTS:

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

3/1 (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, 22nd, and 29th.**

3/2 (TH): 500 Cards

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

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

3/3 (F): Outing: Cathedral of Saint Paul

12:45-2:15. Cost: \$5.00, which will be given to the Cathedral as a free will donation.

Join us for a tour of the Cathedral of Saint Paul. Each year, this historical landmark welcomes over 200,000 guests and visitors, and it is recognized as one of the most prominent buildings in the city and as a center of spiritual worship.

This will be a guided tour with a Cathedral docent, so we will be seated and also be walking around to learn about the history of this beautiful structure. Please make sure to plan your pick-up ride for 2:15pm-2:30pm. Space limited.

Address: 239 Selby Ave, Saint Paul, MN 55102

3/6 (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.

3/7 (T): Tech: iPhone 101 - Making Calls and Using Siri

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

Need to learn some iPhone basics, such as making phone calls and using Siri? This is the beginner's class for you. The first hour is instruction, and the last hour is reserved for questions. Have your Apple password on hand!

3/7 (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, 21st, and 28th**.

3/8 (W): Reader's Choice Book Club

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

The Navajo code talkers of World War II are the subject of our two books for this month. Navajo Code Talkers by Nathan Auseng (DB036463) and Windtalkers by Max Collins (DB057132).

3/8 (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.

3/9 (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!

3/9 (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. 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.

3/13 (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

3/13 (M): Hearts

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

Come in and enjoy some coffee and cards.

3/14 (T): Movie Matinee

1:00-3:15. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie "Julie & Julia," starring Academy Award winner Meryl Streep and based on two true stories. Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book. "Julie & Julia" intertwines the lives of two women who, though separated by time and space, are both at loose ends until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

3/15 (W): Continuing Education

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

Dacia VanAlstine from the Department of Employment and Economic Development will join us to discuss the Connect 700 Program and the Supported Worker Program. These two programs were revamped, due to an executive order by Governor Dayton, to help increase state employment of individuals with disabilities. Dacia will explain both of these programs and how they may help individuals with vision loss secure jobs, job coaching and other supports.

3/16 (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.

3/16 (TH): Craft: St. Patrick's Day Pot of Gold

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

Join us for a fun and festive craft to celebrate St. Patrick's Day. We will be painting pots, decorating them for St. Patty's Day and filling them with some "gold" treats. Give them as a gift or keep them for yourself to celebrate this lucky holiday. St. Patty's Day snacks will also be provided. Join us for a fun and crafty afternoon. No crafting experience necessary. Space is limited.

3/20 (M): Cribbage

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

Come in and enjoy some coffee and cards.

3/21 (T): Lunch Bunch

11:30-1:30.

Please join us for a festive lunch, in honor of St. Patrick's Day, at O'Gara's Bar & Grill in St. Paul. If the O'Gara name isn't Irish enough, certainly the décor is with items from Ireland throughout the establishment. O'Gara's is known for serving excellent food and drink at a fair price, and it is the oldest family owned operation of its kind in Saint Paul still at the original location. Enjoy soups, salads, sandwiches and traditional Irish fare such as Shepard's Pie. Entrees and sandwiches start at \$10. Due to the size

of our group, gratuity will automatically be added to each bill. Please plan your pick-up ride for 1:30pm – 1:45pm.
Address: 164 N Snelling Avenue, Saint Paul 55104

3/23 (TH): Highlight Event: Wine Tasting at VLR

2:00-3:30. In MPLS. Cost: \$5.00

Our friends at Zipps Liquor will join us at our Minneapolis location to provide a fun wine tasting. We will sample a variety of wines and learn all about them and the wine making process. Some tasty snacks will also be available while we sip our wine. If you like any of the wines we taste, they will have order forms available for you to purchase bottles, and they will then deliver them back to VLR for you to pick-up, on a later date.

3/23 (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!

3/24 (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.

3/28 (T): Tech: iPhone 101 - Accessibility Features

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

This is a beginner's iPhone class for learning about the basic accessibility features on your device. The first hour is instruction, and the last hour is reserved for questions.

Have your Apple password on hand!

COMING ATTRACTIONS AT VLR:

Fitness Center at VLR – Did you know there is a fitness center at VLR Minneapolis? Treadmills, elliptical machines, a weight machine, hand-held weights and more are available for you to use during VLR business hours (8:00-4:30 M-F). Cost is \$1.00 per visit, paid to the front desk. Important: Before you begin using the Fitness Center, you must sign a liability waiver and have a brief tour of the equipment with a mobility instructor. To set up an appointment, please call the front desk at 612-843-3400.

Independent Living Skills Course at VLR-

Need some help learning how to manage your vision loss? Come 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 and meet others with vision loss.

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. Lunch is provided.

March Dates: March 2nd, 9th, 16th, and 23rd from 10am to 3pm at our St. Paul location.

To register: Call Kristin at 612-843-3415. Ask about transportation options!

EVENTS IN THE COMMUNITY:

Foundation Fighting Blindness Chapter Meeting – Get the latest info from representatives from Metro Mobility, MN Braille and Talking Book Library, SSB, the Low Vision Store, and VLR. Plus, get details on the 11th Annual Vision Walk! Free meeting open to the public.

When: Saturday, February 25. Registration at 9:30, Program 10:00-12:00

Location: VLR Minneapolis, 1936 Lyndale Ave S, Minneapolis.

RSVP to FFB (not VLR) by Wed, February 22 to AMooney@fightblindness.org or call 866-782-7330. (Apologies for the short notice.)

4th 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

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.

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