

## Vision Loss Resources Community Center Calendar April 2017

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

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

RSVPing for events in April will begin 7:00 AM on Monday, March 27th.

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.

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

“The sun was warm but the wind was chill. You know how it is with an April day.”

--Robert Frost, 1934

## **APRIL EVENTS:**

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

### **4/3 (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.

### **4/4 (T): Beginning Tech 101: Basic iPhone/iPad Text Messaging**

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

A perfect class for iPhone/iPad beginners! This class, we will focus on becoming more comfortable using your device to do text messaging with VoiceOver and gestures. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

### **4/4 (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.**

### **4/5 (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.**

### **4/5 (W): Balance Class**

2:00-3:00. In SP. Cost: \$3.00

This low-intensity, one-hour class is designed to improve your physical balance. Come and join us to increase your energy, fuel your personal health, and strengthen your balance. Work at your own pace. You will have a good time. Whether you are a beginner or not, the class is open to all levels. Also meets on the **19th.**

### **4/5 (W): Supper Club**

5:00-7:00.

Please join us for dinner at Obb's Bar & Grill in St. Paul. Obb's is known for their all-American, old time neighborhood atmosphere, and they've been on the east side of St. Paul since 1932. A proud family owned restaurant for over 50 years, their kitchen is 'world' renowned for their full dinner menu featuring prime rib, mouthwatering sirloin steaks and broasted chicken. Entrees start at \$10.95. Due to the size of our group, gratuity will automatically be added to each bill.

Address: 1347 Burns Ave., St. Paul, 55106

### **4/6 (TH): 500 Cards**

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

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

### **4/6 (TH): Outing: Twins Game**

11:30-4:00. Cost: \$5.00

Join us for a fun day at Target Field where the Twins will take on the Kansas City Royals. First pitch is at 12:10pm. ADA/minimal steps and shaded seats have been requested. Listening devices will be available at guest services booths in the ballpark on a first-come, first-served basis. We'll meet at Gate 14. Limited tickets available. Please plan your pick-up ride for 4pm-4:15pm.

Address: Gate 14 – 326 North 7th Street, Minneapolis, 55403

### **4/10 (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! Space limited.

Address: Door 13, Southdale Mall, Edina

### **4/10 (M): Hearts**

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

Come in and enjoy some coffee and cards.

### **4/11 (T): Advanced Mobile Tech: Video Apps**

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

Mobile video communication has become popular. This class will cover the basic requirements for getting started with free video calling services on your iPhone/iPad that you can enjoy with friends and family members. The

primary emphasis will be on the most popular apps such as Skype, Facetime, and Viber that are used on mobile devices. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

### **4/11 (T): Movie Matinee**

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

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie “My Big Fat Greek Wedding 2”. This movie is the long-awaited follow-up to the highest-grossing romantic comedy of all time. The entire returning cast of favorites is back. The film reveals a Portokalos family secret that will bring the beloved characters back together for an even bigger and Greeker wedding.

### **4/12 (W): Reader's Choice Book Club**

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

For this month, we will take a cursory look at the field of Freemasonry and some of its symbolism and rituals. We will be reading Angels and Demons by Dan Brown. (DB051799).

### **4/12 (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.

### **4/13 (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! We'll continue the tradition begun last month of time for "Plus and Minus"--the good things and challenges in the past month. No need to speak, but good to listen.

### **4/13 (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.

### **4/17 (M): Cribbage**

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

Come in and enjoy some coffee and cards.

## **4/18 (T): Beginning Tech 101: Settings and Apple App Basics**

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

Another perfect class for iPhone beginners! We will review the Settings and Apple Apps in your device and optimize them while using VoiceOver. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

## **4/18 (T): Outing: Landmark Center**

12:45-2:15. Cost: \$5.00

We will be exploring the beautiful Landmark Center in downtown St. Paul. Join us for this interesting tour that will focus on the building's history, architecture, restoration, preservation, and famous and infamous personages. We will tour the beautifully restored courtrooms and Cortile and check out the gift shop at the end of the tour. Please plan your pick-up ride for 2:15pm-2:30pm.

Address: 75 West 5th Street, St. Paul, 55102

## **4/19 (W): Continuing Education**

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

Dr. Chris Palmer will join us to explain how he helps people enhance their remaining vision. He is a Low Vision Optometrist and a Fellow of the International Academy of Low Vision Specialists. Dr. Palmer helps to get people **DOING** by enhancing their remaining vision. He specializes in magnification, specifically hands-free devices. He works with patients to customize devices to

the individual's needs and to their individual glasses prescription versus being a one-size-fits-all.

**4/20 (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.

**4/20 (TH): Craft: Pipe Cleaner Tulips & Daffodils**

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

Join us for a fun afternoon of creating unique spring flower arrangements using colored pipe cleaners. These sweet flowers in small pots will brighten any room and are great springtime gifts for friends and family. Snacks will be served. Come for a fun, creative afternoon. No experience is necessary. Space is limited.

**4/25 (T): Advanced Tech: Understanding Facebook**

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

This class will include Understanding Facebook, Privacy Settings, Exploring the Facebook Homepage, and Profile Page. This class is for people who want to set up a Facebook account or review beginning Facebook. To set up a Facebook account you will need to have an email account and know the password. If you already have a Facebook account, please bring your password with you. The first 1.5 hour is instruction, and the last half hour is reserved for questions.

### **4/25 (T): OrCam Presentation**

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

A representative is coming to demonstrate the OrCam device and all it can do. The OrCam is a portable device with a smart camera mounted on the frames of your eyeglasses to assist people who are visually impaired. OrCam recognizes text, products, and faces, and speaks to you through a mini earpiece. For a lower price, try the read-mode only device. OrCam now has a rent-to-own program that will help with affordability. You will have a chance to try the device yourself!

### **4/27 (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!

### **4/28 (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.

## **COMING ATTRACTIONS AT VLR:**

**Save the Date! 104<sup>th</sup> Woman's Club VIP Luncheon –**  
Ladies, you're invited to the Woman's Club of Minneapolis

for the annual luncheon on Thursday, May 4<sup>th</sup>. Official invites will be sent at the end of March. Stay tuned!

### **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.

**April Dates:** April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> 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:**

#### **Announcing the 14th Season Opening of Beep Baseball for the sight-impaired -**

We welcome those who would like some exercise, fun, companionship, and a little competition to join us this season. Play a fun, adapted version of baseball with a noise-making ball; being visually-impaired doesn't mean you have to give up on sports! We have players from age

12 to 77. We will start outdoors at Cretin High School in Saint Paul when it gets warm and dry. Please call Coach Dennis Stern at 651-452-5324 or email him at [dennisstern@hotmail.com](mailto:dennisstern@hotmail.com).

## **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)