

Vision Loss Resources Community Center Calendar May 2017

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in May will begin 7:00 AM on Monday, April 24th.

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.

Holiday Hours: VLR offices will be closed on Monday, May 29th for Memorial Day.

"Never yet was a springtime, when the buds
forgot to bloom."
-- Margaret Elizabeth Sangster (1838 – 1912)

MAY EVENTS:

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

5/1 (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.

5/2 (T): Beginning Tech 101: Reading and Replying to Emails

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 read and reply to emails. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

5/2 (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 **9th, 16th, 23rd, and 30th.**

5/3 (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. We donate many of our handmade items to local charities! This group also

meets on the **10th, 17th, 24th, and 31st.**

5/4 (TH): 500 Cards

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

Enjoy some coffee and cards. Also meets on the **25th.**

5/8 (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

5/8 (M): Hearts

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

Come in and enjoy some coffee and cards.

5/9 (T): Advanced Mobile Tech: Using Identifier Apps

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

In this more advanced tech class, we will focus on becoming more comfortable using identifier apps on your iPhone/iPad, such as Be My Eyes and Be Specular, to help you identify items in your life. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

5/9 (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 "We Bought a Zoo."

Based on a true story, a widowed father buys a dilapidated zoo in hopes of making a fresh start. Facing enormous odds, he and his children, along with a small but loyal staff, work to get the zoo re-opened.

5/10 (W): Reader's Choice Book Club

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

The setting is France in 1939. A woman says goodbye to her husband, who is headed off to war. Shortly afterward, the Nazis invade her quiet village and requisition her home. Despite no food or money or hope, she and her daughter must survive living with the enemy. This describes [The Nightingale](#) by Kristen Hannah. (DB081189)

5/10 (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.

5/11 (TH): Alumni Group

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

If you missed the April meeting's brainstorming session about the future of the group, no matter. Read the post-meeting notes and come to our May meeting. Bring food or drink to share if you can, but don't let that keep you from joining us. 12:10 Meditation, then lunch and then our meeting. After that, you're welcome to join us for Vision Speaks. Please RSVP to the hotline at 612-843-3439 or email rsvp@vlrw.org so we have an idea of how many to expect for food.

5/11 (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.

5/15 (M): Cribbage

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

Come in and enjoy some coffee and cards.

5/16 (T): Beginning Tech 101: Enjoying Podcasts

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 listen to new and favorite podcasts. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

5/16 (T): Lunch Bunch

11:30-1:30.

Please join us for a fun lunch at Harriet's Inn in Minneapolis. Harriet's offers nearly 60 choices for lunch or dinner, including a wide variety of signature Lucys, Specialty Burgers, Pub Pot Pies, Pub Tacos, and Jumbo

Tater Tots. If you are in the mood for something lighter and healthier, try their fresh salads, wraps or flatbreads.

Remember to check out their daily specials, including their Burger and Fries for \$6.99. Entrees start at \$12.99. 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: 4000 Lyndale Ave S, Minneapolis, MN 55409

5/17 (W): Continuing Education

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

Catherine Durivage, Library Program Director with State Library Services, will join us to present an overview of the Minnesota Braille and Talking Library. She will cover what services they offer, who is eligible & how to register and what formats and equipment are available. She will also discuss how to download books and magazines from Minnesota Braille and Audio Reading Download (MN BARD) and BARD Mobile. This is a free service to registered users that provides 24/7 access to thousands of special-format books, magazines, and music scores via the web or mobile apps.

5/18 (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.

5/18 (TH): Craft: Painted Flower Pots

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

It's finally Spring, so let's celebrate by painting flower pots and planting some spring flowers! We will paint and decorate terra cotta pots that we'll fill with some pretty spring flowers for you to take home and enjoy. Come ready to have some fun and get your creative juices flowing. Snacks will also be provided. No crafting experience necessary. Space is limited.

5/23 (T): Advanced Mobile Tech: Changing Voice and Ringtones

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

In this more advanced tech class, we will learn how to change the audible voices and ringtones on your phone. A great way to personalize your device to fit your needs! The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

5/24 (W): Garden Planting Party

10:00-12:00. In SP. No charge.

Come join us for a garden planting party! We will have a variety of flowers and plants to add to the front gardens of the St. Paul VLR office. It's a great way to get your hands in the dirt and help us beautify our surroundings for spring and summer. We will have beverages and snacks on hand. Please bring gardening gloves, if you have them. We will have all the other tools and equipment needed. If we need

to cancel due to weather, we will notify you the day before this activity.

5/25 (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!

5/26 (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.

5/31 (W): Outing: Twins Game

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

Here's another chance to have a fun day at Target Field where the Twins will take on the Houston Astros. 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, MN 55403

COMING ATTRACTIONS AT VLR:

Yarn Donations Wanted!

If you have extra yarn (whole or partial skeins ok), or would like to purchase yarn to donate to our 3F's knitting group, we would be very grateful! We in turn donate these handmade items to local charities, such as crisis nurseries, women's shelters, schools, and more! Contact Christina at 612-843-3419 or email christina@vlrw.org for more info.

NEW Caregiver Support Groups Starting at VLR

Do you care for someone with vision loss? Do you help around the home, provide transportation, or run errands? You may be a caregiver. VLR is starting a new support group—in both our locations—to connect caregivers, share resources, and provide education. The **Mpls** group will meet Wednesdays May 10, July 12, September 13, & November 8 at VLRW. The **St Paul** group will meet Tuesdays June 6, August 1, October 3, & December 5 at VLRE. All from 5:00-6:30pm. No reservation required. No charge. Please contact Community Services Specialist Megan Starr at 612-843-3416 for questions.

NOAH Game Day at Vision Loss Resources

NOAH members, come socialize with other members at a fun event. We will be playing board games, snacking, and just enjoying being with one another. All ages welcome! Bring your favorite game and a dish to pass for munching and early lunch. We will have other games available. VLR has donated a meeting space for no charge for our group!

When: Saturday, May 6th, 10:00-12:00

Where: Vision Loss Resources (Minneapolis Office) - 1936 Lyndale Ave S, Minneapolis, MN 55419. Parking is north of the building off of Lyndale.

RSVP by May 5th to Nancy Knoth at lightbendernancy@aol.com or 763-566-2085.

About NOAH: The National Organization for Albinism and Hyperpigmentation is a volunteer organization which provides people with albinism, their families, and those that work with them the opportunity to get information, ask questions, share their experiences, and connect with the albinism community.

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.

May Dates: May 4th, 11th, 18th and 25th 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:

14th Season of Beep Baseball -

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. Outdoors at Cretin High School in St. Paul every Saturday at 1pm starting in May. Please call Coach Dennis Stern at 651-452-5324 or email him at dennisstern@hotmail.com.

Adaptive Cycling in the Twin Cities

Are you looking for ways to get yourself or people you know outside this summer? The brand new Twin Cities Adaptive Cycling Program, located on the Greenway, has adaptive bikes and is looking for riders! TCAC is a drop-in non-profit organization working to increase participation and access to cycling among individuals with disabilities—including vision impairments--in the Twin Cities. Knowledgeable staff and volunteers will introduce you to the options you have for cycling, assist with identifying the most appropriate cycle and equipment for you, and provide training so you can get out and ride on the Greenway and other Twin Cities cycling trails. The program is located on the Minneapolis Greenway & the intersection of 5th Ave South. Have questions? Want to

sign up with TCAC for the upcoming season? Please visit the website www.tcacycling.org or call at 612-423-4681.

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