

Vision Loss Resources Community Center Calendar June 2017

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in June will begin 7:00 AM on Monday, May 29th.

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.

"It was June, and the world smelled of roses.
The sunshine was like powdered gold over the
grassy hillside.
--Maud Hart Lovelace, Betsy-Tacy and Tib, 1941

SPECIAL SUMMER EVENT! Save the date!
Summer Picnic at the Walker & Sculpture Garden!

Friday, July 14th
12:30pm-4pm

Please join us for a free picnic lunch and free tour of the Walker Art Center and newly renovated Minneapolis Sculpture Garden. Friends and family are welcome to join us for this fun afternoon!

We will gather in the Sculpture Garden for a picnic lunch, donated by one of our corporate partners, and then enjoy guided tours of both the Walker and the garden. Volunteers will be available to assist during the lunch and tours. Join us for this special summer event!

RSVPs accepted beginning now! More info/address to follow in July's Calendar. Call/email the RSVP hotline to reserve places for you and your friends and family.

JUNE EVENTS:

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

6/1 (TH): 500 Cards

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

Come in and enjoy some coffee and cards. Also meets on the **22nd**.

6/1 (TH): Beginning Yoga

10:00-11:00. In MPLS. Cost: \$1.00

Stretch out your limbs in an introduction to yoga class! This class will focus on proper body alignment, finding your balance in postures, and breathing techniques that will encourage you to be empowered in accessing the inner wisdom of your own body. This class is an hour long and all levels are welcomed. Please arrive 10 minutes early to discuss any needs or questions you may have.

6/5 (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.

6/6 (T): Beginning Tech 101: Using Siri

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

A perfect class for iPhone/iPad beginners! This class, we will focus on using Siri for phone calls, texting, reminders, and getting walking directions. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

6/6 (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 **13th**, **20th**, and **27th**.

6/7 (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 **14th, 21st, and 28th.**

6/7 (W): Supper Club

5:00-7:00.

Please join us for dinner at Christo's Greek Restaurant in Minneapolis. The original Christos, which opened in 1988, is a spacious, airy restaurant reminiscent of an island taverna. Plentiful live greenery and attractive ornamental articles from the homeland add to the warmth of the ambiance. Due to our group size, there will be a limited menu which will include the following items: Gyros, Greek Hash, Spanakopita (Spinach Pie), Chicken Ke Bab, Chicken Salad and Shrimp Mykonos. Please see their menu online for more details on these entrees. Entrees start at \$13.95. Due to the size of our group, gratuity will automatically be added to each bill. Please plan your pick-up rides for 7pm-7:15pm

Address: 2632 Nicollet Ave S, Minneapolis, MN 55408

6/8 (TH): Alumni Group

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

This group is for alumni graduates of the VLR Rehabilitation Program. 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 612-843-3419 or email rsvp@vlrw.org so we have an idea of how many to expect for food.

6/8 (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.

6/12 (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

6/12 (M): Hearts

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

Come in and enjoy some coffee and cards.

6/13 (T): Advanced Mobile Tech: Exploring the Apple News App

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

In this more advanced tech class, we will explore the Apple News App so you can find out what's happening in the world from the palm of your hand. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

6/13 (T): Movie Matinee

1:00-2:45. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie "Hope Springs." Featuring Meryl Streep and Tommy Lee Jones as a middle-aged couple who attend an intense, week-long counseling session to work on their relationship, after thirty years of marriage. As they shed their hang-ups, they find that the real challenge is reigniting the spark that originally brought them together.

6/14 (W): Reader's Choice Book Club

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

After the Japanese attack Pearl Harbor, four diverse women take shipyard jobs in Michigan to help the war effort. They all struggle with personal problems: Virginia tires of pampering her ungrateful husband; Helen loses her faith; Rosa adjusts to life with her new in-laws; and Jean yearns to go to college. This describes [A Woman's Place](#) by Lynn Austin (DB067644)

6/14 (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.

6/15 (TH): Calendar Assembly

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

Join the many helping hands that work together to assemble the Community Center Calendar mailing.

6/15 (TH): Craft: 3D and Abstract Paintings

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

Join us for a fun afternoon of creating unique 3D and abstract paintings using paints and a variety of materials. There will be various colors and items to add to canvases to create a three dimensional piece of art. Snacks will be served. Come for a fun, creative afternoon and no experience is necessary. Space is limited.

6/16 (F): Featured Event: Shopping Day

10:30-2:00.

Join us at Twin Cities Premium Outlets in Eagan for a fun day of shopping! We will have volunteers to assist you with finding gifts or items to get ready for summer. Lunch is on your own. Drop off and pick up at the bus drop across from the parking ramp by the Tommy Hilfiger Store. Please plan your pick-up ride for 2:00pm-2:15pm.

Address: Twin Cities Premium Outlets, Eagan Outlets Parkway, Eagan 55122

6/19 (M): Cribbage

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

Come in and enjoy some coffee and cards.

6/20 (T): Beginning Tech 101: Amazon Echo

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

A perfect class for iPhone/iPad beginners! This class, we will learn how to use the Amazon Echo and what's new with Alexa, the helpful voice behind the device! The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

6/21 (W): Continuing Education

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

Join us for our first Armchair Traveler session with Jen Roehl as she describes her adventures in China. She will provide the history of China, interesting facts and a description of her two visits to this amazing country, most recently in December of 2016. Jen will share stories about her travels in Beijing, Shanghai, and Xian, including her visits to the Great Wall and the Terra Cotta Warriors. She will also have some interesting items to pass around for attendees to feel and experience.

6/22 (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!

6/23 (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.

6/27 (T): Advanced Mobile Tech: Apple TV and Other Streaming Services

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

In this more advanced tech class, we will learn how to use the Apple TV and explore what other options you have for streaming services. The first 1.5 hour is instruction, and the last half hour is reserved for questions. Have your Apple password on hand!

6/28 (W): Featured Event: Let's Go Fishing!

10:00-12:45. No charge.

Join nine of your friends for catch and release fishing on Lake Riley in Eden Prairie. Everyone needs to get their own fishing license in advance if you want to fish (MN DNR 651-297-1230, online, or at local vendor). You can get a license for free with a current doctor's statement that you are legally blind. If you are over 90, you do not need a license. Everyone will need to sign a Liability & Photo Approval Release form before boarding the boat. Check the hotline for cancellations due to weather. Please plan your pick-up ride for 12:45pm-1pm.

Address: 9300 Riley Lake Road, Eden Prairie 55344

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.

Caregiver Support Groups at VLR

Do you help around the home, provide transportation, or run errands for someone with vision loss? You may be a caregiver. VLR has a new support group—in both our locations—to connect caregivers, share resources, and provide education. The **Mpls** group will meet Wednesdays 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.

VLR Low Vision Support Groups

VLR offers numerous low vision support groups in the Twin Cities for individuals to meet for support, comradery, and information. Want to get connected? Contact Camille at 612-224-7662. You may be asked to complete a free in-home assessment before attending so we can get to know you and match you to the right group!

Independent Living Skills Course at VLR-

Need some help learning how to manage your vision loss? Take our 4-week Independent Living Skills course, which 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.

June Dates: June 1st, 8th, 15th, and 22nd 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:

Beep Baseball

Outdoor beep baseball every Saturday at 10am, at Cretin High School! Interested? Call Dennis Stern at 651-452-5324 or email him at dennisstern@hotmail.com.

Adaptive Cycling in the Twin Cities

The brand new Twin Cities Adaptive Cycling Program, located on the Greenway, has adaptive bikes and is looking for riders! Please visit the website www.tcacycling.org or call at 612-423-4681 for more info.

The Blind Fellowship Outreach

Free monthly event for the visually-impaired. Enjoy a free meal, Bible study, friendship, and music. 2nd Saturdays from 12:00-2:00 at Faith Evangelical Lutheran Church,

3430 E 51st Street, Minneapolis. **Please RSVP about 2 weeks prior to an event by calling 612-729-5463.** Have questions? Please contact Carol Zemke at: 612-799-5782 or czemke@usa.net

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 pickups 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