

## Vision Loss Resources Community Center Calendar October 2017

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

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

RSVPing for events in October will begin 7:00 AM on Monday, September 25th.

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.

“October, ruddy-cheeked, comes o'er the plains,  
And as with rustling step it speeds along,  
Its feet beat music to the harvest song...”

~Albert Laighton (1829–1887), "October," c.1859

## **OCTOBER EVENTS:**

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

### **10/2 (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.

### **10/3 (T): Tech: The Latest Apps**

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

The LATEST Apps for low vision and blind users for both iPhone and Android mobile device users. New releases will be discussed. Please have your email/phone password on hand. This class meets in the Saint Paul location.

### **10/3 (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 **10th, 17th, 24th, and 31st.**

### **10/4 (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 **11th, 18th, and 25th.**

## **10/4 (W): Supper Club**

5:00-7:00.

Please join us for dinner at Red Lobster. Fresh is in their food: Each day, you'll find an updated selection of fresh fish, not to mention live Maine lobster, freshly baked Cheddar Bay Biscuits, crisp salads and a host of fresh seafood recipes waiting to be explored. Entrees start at \$13.99. 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: 1951 American Blvd W, Bloomington, 55431

## **10/5 (TH): 500 Cards**

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

Enjoy some coffee and cards. Also meets on the **26th**.

## **10/5 (TH): Yoga**

10:00-11:00. In MPLS. No charge.

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. Also meets on the **19th**. Max: 6.

## **10/9 (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

### **10/9 (M): Hearts**

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

Come in and enjoy some coffee and cards.

### **10/10 (T): Tech: The Greatest Apps**

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

The GREATEST Apps for low vision and blind users for both iPhone and Android mobile devices. What are the all-time best apps? Be prepared to share your favorites.

Please have your email/phone password on hand. This class is in the Minneapolis location.

### **10/10 (T): Movie Matinee**

12:30-2:30. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie "The Second Best Exotic Marigold Hotel." In this sequel to "The Best Exotic Marigold Hotel," which we watched in February this year, Sonny (Dev Patel) prepares to expand the Best Exotic Marigold Hotel for the Elderly and Beautiful while planning his impending wedding to Sunaina (Tena Desae) As the contented residents of the hotel begin settling into their new lives, Sonny strives to balance the demands of planning his wedding with the responsibilities of purchasing a new

property. An all-star cast returns to this sequel including Maggie Smith, Judi Dench and Richard Gere.

**10/11 (W): Reader's Choice Book Club**

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

Life aboard a Navy destroyer, or “tin can,” in the Korean War is difficult for young Alex Poulos. After an ill-fated attack, he becomes an unlikely and unwilling Navy hero. In an effort to move on with his life, he uncovers a family secret that enables him to start rebuilding his life. This is the setting for the largely autobiographical novel Dark Blues by local author Peter Georgas.

**10/11 (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.

**10/12 (TH): Alumni Group**

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

Mark your calendar for our next VLR Alumni Luncheon on Thursday, October 12! This group is for alumni graduates of the VLR Rehabilitation Program. Meditation at noon, if you are interested (remember, no experience needed). Potluck Lunch follows. Palavi (Vi) is leading the meeting – it's bound to be great. Remember to RSVP to the hotline: (612) 843-3439 or email [rsvp@vlrw.org](mailto:rsvp@vlrw.org). You're invited to stay for Vision Speak group after the meeting. Any questions, contact James or Mary Ellen at VLR.

## **10/12 (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! 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. We meet every other month!

## **10/13 (F): Special Speaker - Local Author Peter Georgas**

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

Peter Georgas lives in the Linden Hills neighborhood of Minneapolis. He has written five novels, all of which are available from the MBTBL in Faribault. The books are:

- Dark Blues – his first novel, largely autobiographical, about life aboard a Navy destroyer during the Korean War
- The Empty Canoe – a suspenseful tale of murder, kidnapping, and a missing person set in the Lake Harriet area of Minneapolis.
- The Fifth Slug – art critic/journalist Bill Kouros is sent to his hometown to cover a murder, where he encounters romance, his former mentor, and small-town life gone terribly wrong.
- The Curse of the Big Water – a routine assignment to write a history of a reclusive family living on Lake Minnetonka turns deadly when evidence of scandal and a cover-up are uncovered.

- Theophanes' Virgin – Marcus Gannon travels to the village of Kremasti, Greece and there untangles a complex web of betrayal and deceit centered around a rare icon of the Virgin Mary painted by the Byzantine master, Theophanes the Greek.

Please consider reading one or more of these books and then joining us for this “talk with the author.”

### **10/16 (M): Cribbage**

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

Come in and enjoy some coffee and cards.

### **10/17 (T): Tech: Open Q&A**

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

We will have a completely open class for participants to bring ANY questions concerning their mobile devices. Both iPhone and Android questions can be asked. This class is in the Minneapolis location. Please have your email/phone password on hand.

### **10/17 (T): Special Event - Massage & Spa Event**

11:00-12:30. In MPLS. No charge.

Join us for a relaxing spa event at VLR. We will have massage therapists from HealthSource Chiropractic & Progressive Wellness providing 10 minute chair massages. While you wait, we will also have other relaxing activities, music and healthy snacks for you to enjoy. Come join us for a relaxing time at VLR. Max: 12.

### **10/18 (W): Continuing Education**

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

Join us for another Armchair Traveler session where VLR Staff Member Mary Ellen Briel will describe her many adventures in India and Thailand. She will talk about her work with people who are blind and visually impaired in these distant lands. Mary Ellen will share many stories and answer questions about her work and travels.

### **10/19 (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.

### **10/19 (TH): Craft: Pumpkins, Spiders & Ghosts Garland**

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

Join us for a fun afternoon of creating a festive Halloween and Fall garland. We will use yarn to create cute pumpkins, as well as spiders and ghosts, if you want to make your garland a spooky one. Snacks will be served and no crafting experience is necessary. Space limited.

### **10/20 (F): Outing – Tour of the MN State Capitol**

12:45-2:00. No charge. (\$5 suggested donation per person to the Capitol.)

Join us for a 45-minute walking tour of the newly restored Minnesota State Capitol. Highlights include stories about the Capitol's history, art and architecture, and a visit to the chambers where government decisions are made. Please plan your pick-up ride from 2pm-2:15pm. Drop off/pick up

on Cedar St. (East of Capitol); Entrance under the front steps. Max: 15.

Address: 75 Rev. Dr. Martin Luther King, Jr. Blvd, St. Paul, MN 55155

### **10/24 (T): Tech: Apple Changes**

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

Apple is doing a lot of NEW things with devices in the month of October. We will cover any changes to the iOS software and discuss the new iPhone and how this affect low vision and blind users. This class is in Minneapolis.

### **10/26 (TH): Fitness is Fun!**

5:30-6:30. In MPLS. No charge.

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!

### **10/27 (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.

### **10/31 (T): Tech: Mobile Android 101**

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

Mobile Android users, this class is for you! Accessibility basics will be covered. This class is in the Saint Paul location. Please have your email/phone password on hand.

## **COMING ATTRACTIONS AT VLR:**

### **VLR Craft Fair - Fall 2018**

Based on the response, we will wait until Fall 2018 for our next VLR Holiday Craft Fair. Plenty of time to build your stock of handmade creations!

### **Caregiver Support Groups at VLR**

Connect with other caregivers and get resources to support yourself and those you care for! September's meeting will be in Saint Paul on Tuesday, October 3rd from 5:00-6:30pm. No reservation required, though it's helpful to know how many we may be expecting for snacks! No charge. Contact Megan at 612-843-3416 with 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 us at 651-224-7662. 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.

**November Dates:** Thursdays November 2nd, 9<sup>th</sup>, 16<sup>th</sup>, and 30th from 10am to 3pm at our St. Paul location.

**To register:** Call 651-224-7662. Ask about transportation options!

## **EVENTS IN THE COMMUNITY:**

### **Metro Mobility Fall 2017 Community Conversation**

**Date:** Friday, Oct. 6, 2017

**Time:** 10am to noon

**Location:** Creekside Community Center, MN Valley Room, 9801 Penn Avenue S., Bloomington

<https://www.bloomingtonmn.gov/ccc/creekside-community-center>

Make the most of your Metro Mobility Experience

- Learn about policy updates
- Meet new staff
- Provide feedback on service

Metro Transit Bus Routes #538 and #539.

**VSA Minnesota** has a list of audio-described, ASL-interpreted, and sensory-friendly plays, concerts, exhibits, tours, and special events in the Twin Cities.

Contact them at 612-332-3888 or email [access@vsamn.org](mailto:access@vsamn.org) for more information. The calendar is online at <http://vsamn.org/community/calendar>.

## **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 a VLR activity, your image may be recorded for use by VLR and/or our community partners. 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—Volunteer Manager  
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.

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

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