

## Vision Loss Resources Community Center Calendar December 2017

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

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

RSVPing for events in December will begin 7:00 AM on Monday, November 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.

**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.

Holiday Hours – VLR offices will be closed on Monday, December 25<sup>th</sup>, and Monday, January 1st.

“One kind word can warm three winter months.”  
--Japanese Proverb

## **DECEMBER EVENTS:**

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

### **12/4 (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.

### **12/4 (M): Cookie Exchange & 4th Annual Bake-off**

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

We are bringing together two popular holiday VLR traditions! Feel free to partake in one or both activities (when RSVPing, please specify one or both activities!). For the Cookie Exchange, please bring two dozen cookies (24) to exchange and have two dozen assorted cookies to take home with you! If you would like to participate in the Bake-off, please bring your best dessert for judging. We will have judges on hand to determine the top three bakers and prizes will be awarded! We will also have entertainment provided by our very own Bruce Cottrell who will play the piano and lead us in some holiday carols. We hope we have a great turnout for this festive holiday gathering!

## **12/5 (T): Tech 101: Holiday Wish List Ideas**

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

Want to know which devices are worth adding to your Holiday Wish List? What are some cool or helpful products out there right now? We'll discuss what might be a best fit for you and what to ask for this year! Please have your email/phone password on hand.

## **12/5 (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 **12th**, **19th**, and **26th**.

## **12/6 (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 **13th**, **20th**, and **27th**. Special announcement: Keith from Crisis Nursery (one of the locations we donate our items to) is coming in on Wednesday, December 6th to 3Fs at 1pm to give a brief overview of their organization and talk about what their needs are for knitted items! Anyone is welcome!

## **12/6 (W): Supper Club**

5:00-7:00.

Join us for a festive evening at Cherokee Tavern in West

St. Paul. This West St. Paul landmark offers great food and quality service in a warm and cozy atmosphere decorated for the holidays. Sandwiches start at \$10 and Cherokee Classic Entrees start at \$16. 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: 886 Smith Ave S, West St Paul, 55118

### **12/7 (TH): 500 Cards**

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

Enjoy some coffee and cards. Also meets on the **28th**.

### **12/11 (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

### **12/11 (M): Hearts**

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

Come in and enjoy some coffee and cards.

### **12/12 (T): Tech 101: Best Holiday Shopping Apps**

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

What are the best apps for bringing on your holiday shopping trips? Learn which apps provide the best assistance as you select the perfect gifts. Please have your email/phone password on hand.

## **12/12 (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 "Dr. Seuss' How the Grinch Stole Christmas." In this live-action adaptation, the reclusive green Grinch, played by Jim Carrey, decides to ruin Christmas for the cheery citizens of Whoville.

Reluctantly joined by his hapless dog, Max, the Grinch comes down from his mountaintop home and sneaks into town to swipe everything holiday-related from the Whos. However, the bitter grump finds a hitch in his plans when he encounters the endearing Cindy Lou Who.

## **12/13 (W): Reader's Choice Book Club**

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

The trilogy, The Timepiece (DB043277), The Christmas Box (DB043556), and The Letter (DB044841), all written by Richard Paul Evans, center around the life of MaryAnne Parkins and her family. The Christmas Box Miracle: My Spiritual Journey of Destiny, Healing and Hope (DB053293), also by Evans, talks about the circumstances surrounding his writing of the trilogy and what he learned from it. The delightful poem, A Cup of Christmas Tea (DB040835), by Thomas Hegg will also be discussed at our December meeting. Please plan to join us!

## **12/13 (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.

**Please note:** no Vision Speaks in December.

**12/15 (F): Special Event: Holiday Luncheon**

11:00-1:30. In MPLS. Cost: \$8.00

Enjoy the holidays with friends at the VLR Holiday Luncheon in our Minneapolis facility. Enjoy a catered meal, play BINGO, and delight in holiday entertainment. The menu will be Asiago Chicken, Garlic Mashed Potatoes, a Veggie Medley, and rolls. Plus an assortment of cookies and bars for dessert, with punch, coffee, tea, or water to drink. Please call with any dietary restrictions in advance by December 7th, and we'll do our best to accommodate.

**12/18 (M): Cribbage**

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

Come in and enjoy some coffee and cards.

**12/19 (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. Feel free to stay for the whole time or drop-in. Both iPhone and Android questions can be asked. Please have your email/phone password on hand.

**12/20 (W): Peer Mentor Holiday Potluck**

11:00-1:00. In MPLS. No charge.

Peer Mentors, please join us for a Holiday Potluck! Bring a dish to share and enjoy spending time with the other

mentors and their invited guests. This event is closed to the Peer Mentor Group and their invited guests. Everyone else, please join us for our Holiday Luncheon on the 15th!

**Please note:** no Continuing Education in December.

### **12/21 (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.

### **12/21 (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. All levels are welcomed. Please arrive 10 minutes early to discuss any needs or questions you may have. (Only one Yoga class in Dec.) Max: 5.

### **12/21 (TH): Craft: Holiday Ornaments**

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

Join us for a fun holiday craft where we will make a variety of ornaments out of various materials. We will be tying, gluing, and painting lots of different things to create cute, festive ornaments that you can decorate your tree with or share with friends and family. Also, we will be celebrating winter, while we craft, with some festive snacks. No crafting experience necessary! Space limited.

**Please note:** no Fitness is Fun class in December.

**12/22 (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:**

**Caregiver Support Groups at VLR**

Please note: NO December meeting. Contact Megan at 612-843-3416 with questions about future meetings!

**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.



**December Dates:** Thursdays December 7th, 14th, 21st, and 28th from 10am to 3pm at our St. Paul location.

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

## **EVENTS IN THE COMMUNITY:**

### **Beep Baseball 2018**

Come join the 15<sup>th</sup> year of recreational beep ball! Practice starts in February 2018 at the Dome in West St. Paul. It's a wonderful place to play! No charge. For more information, call Coach Dennis Stern, 651-452-5324.

### **Blind and Low Vision Computer Users Group**

This group meets every month at various locations to discuss many relevant technology topics! Contact: Bill Herzog at 612 408-9415 or email [Bill.herzog@hennepin.us](mailto:Bill.herzog@hennepin.us) for more info!

**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)