

Vision Loss Resources Community Center Calendar January 2018

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in January will begin 7:00 AM on Tuesday, December 26th.

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.

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, January 1st for New Year's!

“Every man should be born again on the first of January. Start with a fresh page. Take up one hole more in the buckle, if necessary, or let down one, according to circumstances.”

-- Henry Ward Beecher, "A Completed Year," 1882

JANUARY EVENTS:

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

1/3 (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.**

1/4 (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 **18th.** Max: 5.

1/4 (TH): 500 Cards

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

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

1/8 (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

1/8 (M): Games Extravaganza

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

(Moved to 2nd Monday due to New Year's.) Come for lively fun with board and trivia games. There's plenty of time for games, laughter, conversation, and a light snack.

1/8 (M): Hearts

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

Come in and enjoy some coffee and cards.

1/9 (T): Tech 101: Getting Started with Your New iOS Device

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

Got a new iOS (Apple) product under your tree this year? Come learn some basics on how to get started using it. Please have your email/phone password on hand.

1/9 (T): Movie Matinee

12:30-2:45. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the 1940's movie "The Grapes of Wrath." Based on John Steinbeck's 1939 Pulitzer Prize-winning novel, the film tells the story of the Joads, an Oklahoma family, who, after losing their farm during the Great Depression in the 1930s, become migrant workers and end up in California. The film is widely considered as one of the greatest American films of all time. This movie is NOT audio-described, but it is a dialogue-heavy drama. You are welcome to read the novel beforehand, as an option.

1/10 (W): Reader's Choice Book Club

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

Our book selection for January is Andy and Don: The Making of a Friendship and a Classic American TV Show by Daniel de Visé (DB087442). A journalist provides a dual biography of actors Andy Griffith and Don Knotts, including stories of the making of The Andy Griffith Show.

1/10 (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.

1/11 (TH): Alumni Group

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

VLR Rehab Program graduates, mark your calendar for the first Alumni meeting of 2018. If you're a VLR alum, but

have never attended a reunion luncheon, this January meeting is a great time to start. We're featuring "Alumni Spotlight" - a few alums will share their successes and challenges since graduating from VLR. James will lead the short meditation at 12:10 (no experience required, no commitment expected!). Potluck luncheon follows at 12:30. We'll do highlights in the January calendar, then begin the "Spotlight." RSVP to the hotline: (612) 843-3439 or email rsvp@vlrw.org. Questions? Contact James or Mary Ellen.

1/11 (TH): Outing: Cocoa & Fig Visit and Discussion

1:00-2:30. No charge.

Join us for a fun visit and discussion at Cocoa & Fig in Edina which is a boutique bake shop and dessert catering company specializing in unique, elegant, and creative desserts. Offerings include cake lollipops, French macarons, cupcakes & mini cupcakes, layered dessert shooters, and more! We will meet with one of the owners, Joe, who loves what he does and he will share that passion with us. Then you can enjoy shopping for desserts in their retail shop. Please plan your pick-up rides for 2:30pm-2:45pm. Max: 10.

Address: 6807 York Ave S, Edina, 55435

1/15 (M): Cribbage

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

Come in and enjoy some coffee and cards.

1/16 (T): Advanced Tech: Using Smart Home Devices

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

Interested in learning more about the Amazon Echo, Google Home, and other smart home devices? Come to this class! Please have your email/phone password.

1/16 (T): Lunch Bunch

11:00-1:00. (Note: slight time change.)

Join us for brunch/lunch at The Egg & I Restaurant on University Avenue. The Egg & I Restaurant has been serving quality breakfast for more than 30 years. They have wonderful breakfast items, including omelets, skillet breakfasts and their Famous Kamikaze Cakes. They also offer burgers, sandwiches, soups and salads. Omelets start at \$7.75 and sandwiches start at \$7.50. Due to the size of our group, gratuity will automatically be added to each bill. NOTE the slight time change to 11am due to the restaurant closing in the early afternoon. Please plan your pick-up rides for 1pm-1:15pm.

Address: 2550 University Ave W, St Paul, MN 55103

1/17 (W): Continuing Education

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

Come to find out about new equipment and aids that can help you with your vision loss. Erick from the Low Vision Store will explain various tools and products that will make your life easier. Everyone is welcome!

1/18 (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.

1/18 (TH): Craft: Heart Paintings

12:00-2:00. In SP. Cost: \$5.00

(Please note the earlier start time for this class.) As the month of love approaches, we thought we'd create some fun paintings with hearts for Valentine's Day. We'll have tons of colors and cut-outs to use on these paintings to create one-of-kind pieces to decorate your home or give as a fun gift. Feel free to bring a lunch. Snacks will be served. No crafting experience is necessary. Space limited.

1/19 (F): NEW: Balance Class

1:00-2:00. In SP. Cost: \$5.00

Strength, balance, and physical endurance are sure to improve with this class. Each class will consist of strength training, cardiovascular and balance exercises all designed for the unique needs of seniors. Interested in preventing falls, building strength and improving flexibility, then come and see if it is a good fit for you. Our Trainer, Angela, is able to change-up the exercises to individual needs, and also important, she keeps it fun!

1/19 (F): Outings: Tour & Beer Tasting at 56 Brewing

1:00-2:00. No charge for tour. Beer is additional cost.

Join us at 56 Brewing in NE Minneapolis for a tour of their facility and to learn more about the beer making process.

Their goal at 56 Brewing is quality, consistency, and the ability to rotate their beer styles efficiently. They strive to use only locally sourced ingredients whenever possible. After a brief tour (no charge), they will describe their beers and you will be able to enjoy a flight of four beers for \$8. Then you can decide if you want to purchase cans or a growler to take home. Please plan your pick-up rides for 2pm-2:15pm. Max: 12.

Address: 3055 NE Columbia Ave, Suite 102, Minneapolis, MN 55418

1/23 (T): Tech 101: Messaging/Emails with Siri and Voiceover

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

Learn the basics of sending text messages and emails using Siri and VoiceOver on your Apple device. Please have your email/phone password on hand.

1/25 (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!

1/26 (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.

1/29 (M): Beginning Spinning

10:00-11:30. In MPLS.

Learn the basics of spinning yarn, such as with carding, spinning and plying fiber from instructor Denise. The electronic eel wheels, drum carder and lazy kate will be available to use. We must have at least 2 people to hold class. Max: 4

1/29 (M): Spinning/Scarf Troubleshoot

12:30-2:00. In MPLS.

Bring your beaded scarf or spinning project that may need a bit of troubleshooting. If you are new to the beaded scarf project, come to the class to learn about the beaded scarf and decide if it is a good project for you (materials not provided). If there are less than 2 people RSVPd, we will cancel. When you RSVP, please specify scarf or spinning so Denise knows which supplies to have available. (P.S. Bring your lunch if you are here for both the morning and afternoon class!)

1/30 (T): Advanced Tech: Staying Safe with Tech

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

Concerned about safety and privacy when using your mobile device? Learn some tips and good practices on keeping your information secure in this more advanced tech class. Please have your email/phone password.

COMING ATTRACTIONS AT VLR:

Vision Speaks will be starting again in February!

Thursday Meditation at VLR Minneapolis

Join us for a brief, free meditation session every Thursday at VLR from 12:10-about 12:30. Our practice features a brief guided meditation, followed by a short discussion. No experience required, no commitment expected! Just stop in if you are available. Please arrive early to avoid disrupting. Questions? Contact James (jamesa@vlrw.org) or Mary Ellen (marye@vlrw.org).

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.

January Dates: Thursdays January 4th, 11th, 18th, and 25th from 10am to 3pm at our St. Paul location.
To register: Call 651-224-7662. Ask about transportation options!

EVENTS IN THE COMMUNITY:

Snow Shoveling for Seniors

The Senior Linkage Line (1-800-333-2433) can connect Seniors to snow shoveling assistance. For more resources for Seniors who also have disabilities, you can call the Disability Linkage line at 1-866-333-2466.

Beep Baseball 2018

Come join the 15th 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 for more info!

The Blind Fellowship Outreach

Free monthly event for the visually-impaired of all denominations. 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 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 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

Jen Roehl—Volunteer Manager
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