

Vision Loss Resources Community Center Calendar April 2018

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in April will begin 7:00 AM on Monday, March 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.

“No winter lasts forever; no spring skips its turn.”
--Hal Borland

APRIL EVENTS:

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

4/2 (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.

4/3 (T): Tech 101: New iPhone Basics

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

Do you have a new iPhone, but you're not sure how to use it? Come to the Saint Paul office for this class and learn some basics on how to get started using your new device! Please have your email/phone password on hand.

4/4 (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.**

4/4 (W): Supper Club

5:00-7:00.

Crooked Pint Ale House is a perfect spot for a night out with friends. With a menu of over 60 items to choose from,

there is no shortage of options. These range from Lucys to burgers, Pub pot pies, soups, salads, sandwiches, tacos and signature dish entrees. They offer a full bar, known for their extensive local craft beers on tap and Bourbons, scotch and whiskey. Due to the size of our group, gratuity will automatically be added to each bill. Please plan your pick-up rides for 7:00 pm-7:15 pm.

Address: 1734 Adolphus St. (near intersection of 35E north and Larpenteur Ave.) Maplewood 55117

4/5 (TH): 500 Cards

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

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

4/5 (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: 5.

4/5 (TH): Fitness is Fun!

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

Reminder: this is a new day of the month! Get your body moving in our fitness center and stay on track with your fitness goals. Work on various equipment and get

guided instruction and ideas on how to improve your health through exercise. All levels of experience are welcome!

4/6 (F): Outing – Pavek Museum of Broadcasting

1:00-2:00. Cost: \$8.00

Join us for this listening and touch tour of the only museum for broadcasting in the Twin Cities. The Pavek Museum preserves and presents the electronic communication and provides a learning environment for those interested in the science of electromagnetism and sound. They have over 12,000 square feet of antique radios, TV's and telecommunication devices. Our tour will include the Minnesota Broadcasting Hall of Fame. To those of us of a certain age, this includes Casey Jones (Roger Awsumb), Charlie Boone (one half of WCCO's Boone and Erickson), Mary Davies (Carmen the Nurse from Axel and His Dog), Herb Carneal (MN Twins play-by-play broadcaster) and others. Plan your pick-up rides for 2:15 pm-2:30 pm.
Address: 3517 Raleigh Ave. St. Louis Park

4/9 (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

4/9 (M): Hearts

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

Come in and enjoy some coffee and cards.

4/10 (T): Advanced Tech: Fitness Technology

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

Want to get fit? There are lots of ways technology can help you improve your physical health. This more advanced class is at the Minneapolis office. We'll meet in the Fitness Room this time! Please have your email/phone password on hand.

4/10 (T): Movie Matinee

12:30-3:00. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the movie The Martian (PG-13). When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon), presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet. Meanwhile, back on Earth, members of NASA and a team of international scientists work tirelessly to bring him home, while his crew mates hatch their own plan for a daring rescue mission.

4/11 (W): Reader's Choice Book Club

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

Our selection for April is The Girl in the Green Sweater: A Life in Holocaust's Shadow (DB075481) by Krystyna Chigger. A memoir of the author's childhood spent hiding

from Nazi, Soviet, and Ukrainian persecution in Poland before, during, and after World War II. It describes her family's final wartime hiding place in the sewer system until liberation in July, 1944.

4/11 (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.

4/12 (TH): Alumni Group

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

VLR Rehab Program graduates, join us for a potluck lunch and conversations about life after graduating from the VLR Rehab Program. Short meditation at 12:10 (no experience required, no commitment expected!). A guest speaker from TC Adaptive Cycling will be coming to talk about the upcoming cycling/biking season and will be bringing bikes for us to check out. RSVPs appreciated!

4/12 (TH): Vision Speaks Communication & Speaking Group

2:00-3:30. In MPLS. No charge.

Vision Speaks is a speaking group similar to Toastmasters. This is a fun group to help you improve your speaking and communication skills. We will be seeking out opportunities in the community to speak about VLR and educate individuals about vision loss. Everyone is welcome. No previous speaking experience is necessary.

4/16 (M): Cribbage

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

Come in and enjoy some coffee and cards.

4/17 (T): Tech 101: How to Use VoiceOver

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

Want to add learn how to use the VoiceOver feature on your iPhone? Learn how at this class in Minneapolis!

Please have your email/phone password on hand.

4/18 (W): Continuing Education

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

Join us for a discussion on financial fraud prevention for older adults and learn to identify the red flags of fraud. We know that everyday across Minnesota, older adults are targeted by fraudsters and scam artists. It can happen to anyone, whoever they may be and wherever they may live. The best line of defense is prevention through education, because knowledge is power. We will discuss the red flags and ways to protect yourself, friends and family members from financial fraud.

4/19 (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.

4/19 (TH): Craft: Spring/Summer Swags or Wreaths

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

We are planning to make something special for your door

or wherever you would like it to hang. We will be making a wreath or swag for the spring and summer, with greens, flowers, ribbons, whatever you fancy. When we are done, they will be ready to hang. Snacks will be served and no crafting experience is necessary. Space limited.

4/20 (F): 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!

4/24 (T): Advanced Tech: Streaming Services Explained

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

Having trouble figuring out which streaming service is right for you? Learn all about Netflix, Amazon Prime, Sling TV, and Hulu during this more advanced tech class in Saint Paul. Please have your email/phone password on hand.

4/27 (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.

4/27 (F): Songs and Smiles Songwriting Workshop with Father Ronald Johnson

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

This is a program, led by Father Ron, aimed at sharing memories and the creation of new ones. Everyone has a story to tell and this workshop gives a voice to those stories. For this workshop we will share memories of mothers, grandmothers, special women in our lives in honor of Mother's Day. But we may decide to add memories and stories of spring and summer. Whatever people desire. As the creative process unfolds, the sharing of these many experiences reminds us of the multi-faceted nature of the human family. We may end up with a shared poem or a shared song or just shared memories. You can go online at <http://www.songsnsmile.com> for more information. Father Ron is an ordained Catholic priest, classically trained in music. He has been blind since birth.

COMING ATTRACTIONS AT VLR:

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.

April Dates: Thursdays April 5th, 12th, 19th, and 26th.
from 10am to 3pm at our St. Paul location.

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

EVENTS IN THE COMMUNITY:

News from the National Association for Amateur Radio
ARRL (American Radio Relay League) is a national organization representing Ham Radio operators from across the country. They have two local events coming up in April that may be of interest. The first is the Aurora Conference, an annual gathering of the Northern Lights Radio Society. That takes place on April 21, 2018 in White Bear Lake. The contact person is Paul Husby. Website information for details is <http://www.NLRS.org>. The second event is the Hamfest and Convention on April 28, 2018 in Plymouth, MN. That contact person is Michael Miller. For more details go to <http://tcfmc.org>

Beep Baseball 2018

Come join the 15th year of recreational beep ball (a baseball-like game adapted for the visually-impaired)! 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 Bill.herzog@hennepin.us.

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.** 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:

Sharon Karas—Community Center Specialist
612-843-3429, sharonk@vlrw.org

Christina Tucker—Community Services Program
Coordinator, 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