

Vision Loss Resources Community Center Calendar May 2018

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in May will begin 7:00 AM on Monday, April 23rd.

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.

Remodeling: As a reminder, VLR's Minneapolis office is undergoing renovations in April and May. The Fitness room is closed (no Yoga, Fitness class, or drop-ins) until construction is complete. The Auditorium and Library remain available during this time. Thanks for your patience during this process!

“Spring breezes drift and tiny May birds chirp in morning's dawn-lit heart.” --Terri Guillemets

MAY EVENTS:

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

5/1 (T): Tech: Aira Demonstration

10:00-12:00. In SP. No charge.

Want to learn about Aira? Aira combines a pair of smart glasses connected remotely to a trained professional agent to "see what you see" in real time when you press a button on your smartphone. These agents can help customers with daily tasks and activities, such as navigating busy streets or grocery shopping by acting as a "visual interpreter" when needed. VLR client Randee Boerboom will demonstrate the service and explain all that it can do! We'll be in the Saint Paul office.

5/1 (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. Email Kimberly Williams to RSVP at kwilliams@dbsmn.org. Also meets on the **8th, 15th, 22nd, and 29th**.

5/2 (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 **9th, 16th, 23rd, and 30th.**

5/3 (TH): 500 Cards

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

Enjoy some coffee and cards. Also meets on the **24th.**

5/7 (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.

5/7 (M): Outing: Shopping Day at Rosedale Center

10:00-2:00.

Join us at Rosedale Center in Roseville for a fun morning and afternoon of shopping. We will have volunteers to assist you with finding whatever you may need or want. Lunch is on your own. We will meet inside the Southeast mall entrance next to Big Bowl. Please plan your pick-up rides for 2:00 pm-2:15 pm. Space limited.

Address: Rosedale Center, 10 Rosedale Mall Dr.,
Roseville, 55113

5/8 (T): Tech 101: Top 10 Apps

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

Want to know which apps make the Top 10 list? These are the current BEST apps for you! We'll be in the Saint Paul office. Please have your email/phone password on hand.

5/8 (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 Murder on the Orient Express (PG-13), a 2017 adaptation based on Agatha Christie's 1934 mystery novel. A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world's greatest detective--Hercule Poirot--arrives to interrogate all passengers and search for clues before the killer can strike again. Starring Kenneth Branagh, Judi Dench, Johnny Depp, Penélope Cruz, Daisy Ridley, and others for a star-studded film.

5/9 (W): Reader's Choice Book Club

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

For May we will be reading the autobiography of Al Franken. Titled Al Franken, Giant of the Senate (DB088080), it is a candid, personal memoir by the former comedy star of Saturday Night Live, who in 2008, waged a long-shot campaign in Minnesota for a seat in the U.S. Senate and won.

5/9 (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.

5/14 (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

5/14 (M): Hearts

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

Come in and enjoy some coffee and cards.

5/15 (T): Advanced Tech: Using Navigation Apps Outside

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

Need some assistance getting from place to place with the help of your smartphone? Come to this more advanced tech class at the Saint Paul office. Please dress for the weather, as we will be venturing outside to try out the navigation apps for ourselves! Please have your email/phone password on hand.

5/15 (T): Lunch Bunch

11:30-1:30.

JJ's Clubhouse is a real neighborhood restaurant that has been in the Golden Valley area for 26 years. They offer a full menu from salads, burgers, and sandwiches to entrees. They offer weekly menu specials and have a full bar. Due to the size of our group, gratuity will automatically be added to each bill. **Please note:** They do not open

before 11am. No early arrivals before then! Please plan your pick-up rides for 1:30 pm-1:45 pm.

Address: 6400 Wayzata Blvd, Golden Valley, MN 55426

5/16 (W): Continuing Education

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

Join us for a discussion on caregiving and caregivers. Community Services Specialist Megan will lead this discussion about how to support caregivers, issues when dealing with caregiving, and much more. Please come ready to share experiences and thoughts on this topic.

5/16 (W): Outing: Minnesota Twins Baseball Game

11:30-4:00. Cost: \$5.00

Join us for an afternoon of fun and fresh air and baseball! The Minnesota Twins are playing a long-time rival, the St. Louis Cardinals. ADA/minimal steps and shaded seats have been requested. First pitch is at 12:10. Listening devices will be available at guest services booths in the ballpark on a first-come, first-served basis. Food is on your own. We'll meet at Gate 14. Limited tickets available.

Please plan your ride for 4 pm to 4:15 pm

Address: Target Field, 326 North 7th St., Gate 14 (Hrbek gate), Minneapolis

5/17 (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.

5/17 (TH): Craft: Herb Gardens

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

We will be decorating containers and planting a variety of herbs. You may wish to keep the final planter(s) in your kitchen window or place outside. The fresh herbs can be used to enhance your meals or just look beautiful. We are hoping for Spring by that time! Snacks will be served and no gardening or crafting experience is necessary. Max: 6.

5/18 (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!

5/21 (M): Cribbage

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

Come in and enjoy some coffee and cards.

5/21 (M): Cooking Class and Supper

5:00-7:00. In SP. Cost: \$5.00

Geetha Rajesh will offer this second class in traditional South Indian Cuisine. For this class we will be making a vegetarian meal, a simple fare that is made on a regular basis by everyday families in India and is definitely comfort

food. The menu consists of Naan bread, Vegetable Kurma, rice as a side dish and rice pudding. For this class, Geetha won't need any volunteer help in the kitchen. She will explain what she is doing, how the meal is being prepared, what she is using for ingredients and spices. We will be eating by 6 pm this time. We'll have some light appetizers and beverages available at the time of your arrival. Please arrange your rides for 7 to 7:15 pm. Max: 12

5/22 (T): Tech 101: Sending and Receiving Texts

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

Want to learn how to send and receive text messages from friends and family on your device? We'll teach you! We're meeting in the Saint Paul office. Please have your email/phone password on hand.

5/25 (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:

VLR Fiber Artists Group

Calling those interested in carding wool, spinning yarn, or beaded scarfs! We will be meeting monthly at a variety of locations. Equipment, supplies, and patterns are available when needed. Save the future dates: Mondays May 21st, June 18th, July 23rd, and August 20th from 11:30-2:30.

Locations to be determined. To get on the information list, please email rsvp@vlrw.org or call the hotline, and we will get you connected with volunteer Denise who leads the group.

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.

May Dates: Thursdays May 3rd, 10th, 17th, and 24th from 10am to 3pm at our St. Paul location.

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

EVENTS IN THE COMMUNITY:

Disability Radio Show

Tune in to Disability and Progress, a radio show dedicated to bringing you insights into, ideas about, and discussions on disability topics. Listen Thursday night from 6 to 7 on KFAI 90.3 FM in Minneapolis, or 106.7 FM in Saint Paul. If you don't have time to catch us on Thursday night, hear us online at www.kfai.org/disabilityandprogress. You have the option of hearing the current show, or the previous show. You must have a Real Audio Player downloaded to your machine in order for this to work. Or, to carry us with you, download the app to your smart phone and hear us on demand.

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 third Saturday of the month at Hennepin Central Library, room 202N from 1:00-3:00 to discuss various technologies for the visually impaired. The room is open about 12:30. (No meeting in June or July.) On Saturday, May 19th, Debbie Bock will demonstrate audiobooks such as BARD, Overdrive, and RbDigital. Contact: Bill Herzog at 612 408-9415 or Bill.herzog@hennepin.us.

2018 Open Flow Forum

WHO: Visual Artists, Performers, Musicians and Poets with and without disabilities

WHEN: Thursday, April 5, 2018, 7:00-9:00 PM

WHAT: Join fellow artists at monthly gatherings to share our art in an informal, supportive setting: Visual Art, Writing, Music, Memoir, Poetry, Photography, a Play, Storytelling, or another art form. Treats welcomed.

WHERE: Walker Community Church at 3104 16th Ave. S. (between Bloomington and Cedar Avenues, one block south of Lake Street) in Minneapolis. Parking is on adjacent streets. Fully wheelchair-accessible.

Fragrance-free requested.

FUTURE: First Thursdays on April 5, May 3, June 7, no July/August meetings, Sept. 6, Oct. 4, Nov. 1, Dec. 6 (holiday party).

Questions? Please contact one of the co-facilitators:

Dan Reiva (dprw@yahoo.com)

Tara Innmon (tarainnmon@gmail.com, 612-376-7779)

Kip Shane (kipshane@gmail.com, 612-212-1703).

Jon Skaalen at VSA Minnesota: jon@vsamn.org or 612-332-3888 ext. 2; VSA Minnesota's [website](#).

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