

# Vision Loss Resources

## Community Center Calendar June 2018

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

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

RSVPing for events in June will begin 7:00 AM on Monday, May 28th.

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.

**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!

**Class Cancellation:** Due to scheduling conflicts, Game Day will be cancelled for the month of June and pick-up again in July on Monday, July 2nd from 10am-12pm as usual.

**Punny for your thoughts:**

A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game.

--Anonymous

**JUNE EVENTS:**

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

**6/5 (T): Tech 101: Streaming Music Apps**

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

Want to know the best apps to use with Voiceover or how to use them? Join us as we explore streaming music apps like: Spotify, Apple Music, Pandora, and more! Also meets on the **19th**.

**6/5 (T): Outing – Cocoa & Fig Visit & Discussion**

1:00-2:30. No charge.

Join us for a fun visit at Cocoa & Fig in Edina. Cocoa & Fig is a boutique bakeshop and dessert catering company that specializes in unique, elegant and creative desserts. They offer a variety of desserts, including: cake lollipops, cupcakes, layered dessert shooters, French macaroons and more! We will be meeting with one of the owners, Joe, so he

can share his passion with us. Afterwards please enjoy shopping for desserts in their retail shop. Please plan your pick-up rides for 2:30 pm-2:45 pm.

Address: 6807 York Ave S, Edina, MN 55435

### **6/5 (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. Email Kimberly Williams to RSVP at [kwilliams@dbsmn.org](mailto:kwilliams@dbsmn.org). Also meets on the **12th**, **19th**, and **26th**.

### **6/6 (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**.

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

5:00-7:00.

At the recommendations and requests of some of our participants we will be meeting at The Tailgate Sport Café. The Tailgate has been in business since 2001. They offer soups, salads, sandwiches, burgers, pizzas, hoagies, entrees and more! We'll be there for part of their happy hour. They have a full bar. Due to the size of our group,

gratuuity will automatically be added to each bill. Please plan your pick-up rides for 7:00 pm-7:15 pm.

Address: 6050 Nicollet Ave. Minneapolis, MN 55419

### **6/7 (TH): 500 Cards**

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

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

### **6/11 (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

### **6/11 (M): Hearts**

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

Come in and enjoy some coffee and cards.

### **6/12 (T): Advanced Tech: Using the Contacts Feature**

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

Do you want to know more about the contacts feature on your phone? Join us as we learn how to enter contacts into your phone, edit them, and more! Also meets on the **26th**.

## **6/12 (T): Movie Matinee**

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

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie Lincoln (PG-13). With the nation embroiled in still another year with the high death count of Civil War, President Abraham Lincoln (Daniel Day-Lewis) brings the full measure of his passion, humanity and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment. Having great courage, acumen and moral fortitude, Lincoln pushes forward to compel the nation, and those in government who oppose him, to aim toward a greater good for all mankind. The film stars Daniel Day-Lewis, Sally Field, Tommy Lee Jones, Gloria Reuben, Steven Spinella, and others for this thrilling drama.

## **6/13 (W): Reader's Choice Book Club**

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

For June we will be reading East of Eden by John Steinbeck (DB049676), it is the saga of two California families spanning from the post-Civil War era to the end of World War I. The Trasks a mixture of gentleness and brutality, contrast with the Hamiltons, the author's own forebears, a well-adjusted, and more tranquil family.

## **6/13 (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.

## **6/15 (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!

## **6/18 (M): Cribbage**

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

Come in and enjoy some coffee and cards.

## **6/19 (T): Tech 101: Grocery Delivery**

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

Are you hungry and want a better way to get your groceries? Well, look no further. We will explore which grocery delivery option works best with Voiceover, and whether it's better to use a grocery store delivery service or a weekly subscription service.

## **6/20 (W): Continuing Education**

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

Join us for a presentation by two researchers from the University of Minnesota who are working on projects involving vision loss. They will explain their projects that

involve visual field "remapping" and dual sensory loss of vision and hearing. Also, they will discuss opportunities to potentially be a participant in one of these studies.

### **6/21 (TH): Calendar Assembly**

9:00-11:00. In MPLS. No charge.

Join the many helping hands that work together to assemble the Community Center Calendar mailing. Treats served.

### **6/21 (TH): Craft: Card Making**

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

With the guidance of an experienced card maker, Sharon D., we will be making our very own cards. Each card will have an envelope supplied with it for personal correspondence. Sharon has hundreds of stamps to choose from for everything you may desire: birthdays to get well wishes to any special occasions, or even just a whimsical way to say "hello." Snacks will be served and no crafting experience is necessary. Space limited.

### **6/22 (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.

### **6/26 (T): Advanced Tech: Alexa**

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

Have you ever wondered if you could connect your smartphone to Alexa? Well, come join us as we learn how to connect our smart devices to Alexa.

## **6/27 (W): Outing – Fishing**

12:45-3:30.

Join nine of your friends for some catch and release fishing on Lake Riley in Eden Prairie. Everyone needs to get their own fishing license in advance if you want to fish. You can get a license for free with a current doctor's statement saying that you are legally blind. If you are over 90, you don't need a license. Everyone will need to sign a Liability & Photo Approval Release form before boarding the boat. Make sure to check the hotline for cancellations due to weather. Please plan your pick-up rides for 3:45 pm-4:00 pm.

Address: 9300 Riley Lake Road, Eden Prairie, MN 55344

## **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 June 18<sup>th</sup>, July 23<sup>rd</sup>, and August 20<sup>th</sup> from 11:30-2:30. Locations to be determined. To get on the information list, please email [rsvp@vlrw.org](mailto: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.

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

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

## **April Continuing Education Information**

For those individuals that attended our April Continuing Education Session on Financial Fraud Prevention, or anyone else who is interested in this topic, here is the contact information to report fraud to:

Minnesota Department of Commerce Consumer Services  
651-539-1600 or 1-800-657-3602

## **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](http://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 15<sup>th</sup> 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 19<sup>th</sup>, Debbie Bock will demonstrate audiobooks such as BARD, Overdrive, and RbDigital. Contact: Bill Herzog at 612 408-9415 or [Bill.herzog@hennepin.us](mailto:Bill.herzog@hennepin.us).

## **2018 Open Flow Forum**

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

WHEN: Thursday, June 7, 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 16<sup>th</sup> 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: No July/August meetings. First Thursdays on Sept. 6, Oct. 4, Nov. 1, Dec. 6 (holiday party).

Questions? Please contact one of the co-facilitators:

Dan Reiva ([dprw@yahoo.com](mailto:dprw@yahoo.com))

Tara Innmon ([tarainnmon@gmail.com](mailto:tarainnmon@gmail.com), 612-376-7779)

Kip Shane ([kipshane@gmail.com](mailto:kipshane@gmail.com), 612-212-1703)

Jon Skaalen at VSA Minnesota: [jon@vsamn.org](mailto: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](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:**

Sharon Karas—Community Center Specialist  
612-843-3429, [sharonk@vlrw.org](mailto:sharonk@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)