

# Vision Loss Resources

## Community Center Calendar July 2018

### Register, Questions, and Cancellations:

#### Call or Email

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

RSVPing for events in July will begin 7:00 AM on Monday, June 25th.

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.

**Announcement:** The remodel of VLR's Minneapolis office is complete! The fitness center is open and welcoming walk-ins. The cost for each use of the center is \$1.00. Fitness and Yoga are cancelled for July.

**Holiday Hours:** VLR offices will be closed on Wednesday, July 4<sup>th</sup> for Independence Day! Happy Summer!

## **Punny for your thoughts:**

What did the ocean say to the sailboat?

Nothing, it just waved.

--Anonymous

## **JULY EVENTS:**

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

### **7/2 (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.

### **7/5 (TH): 500 Cards**

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

Enjoy some coffee and cards. Also meets on the **26<sup>th</sup>**.

### **7/7 (SA): Outing – West Side Story**

10:30-4:30. Cost: \$15.00

Free Guthrie-guided sensory tour starts at 10:30 am. We will not have VLR volunteers or staff available to assist for the tour or subsequent lunch time. The performance is from 1 pm - 4 pm (2 hours, 45 minutes). You need to arrive by 12:30 pm to get the AD equipment, and be seated by 12:45 pm, which is when the Audio description begins. We are only accepting payments of cash or a check made out to VLR for this event, and they must be submitted by Tuesday July 3rd for all those that are attending. We encourage you

to invite a sighted guest, since our volunteer availability will be limited. Your guest must also pay us in advance. The play is based on the conception by Jerome Robbins, music by Leonard Bernstein, lyrics by Steven Sondheim, an iconic American musical. It is 1957 and two rival gangs are battling for control of the streets in Manhattan's West Side. When one gang member falls in love with the sister of a rival gang member, a fight is being planned to decide who is in control. This is the tragic story of the two star-crossed lovers, Tony and Maria. Please plan your pick-up rides for 4:30 pm - 4:45 pm.

Address: Guthrie Theatre: 818 2nd St. South Minneapolis, MN 55415

### **7/9 (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. No charge.

Address: Door 13, Southdale Mall, Edina

### **7/9 (M): Hearts**

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

Come in and enjoy some coffee and cards.

### **7/10 (T): Tech 101: Getting New Apps**

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

Do you want to know more about apps, or want someone to explain how to search for more? How about how to

download apps? Well, at this class we will do just that! Join us to learn how to look for new apps and download them to your device.

### **7/10 (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 audio-described movie P.S. I Love You (PG-13). When Gerry, the husband of Holly Kennedy, dies from an illness, she loses the love of her life. Knowing how hard Holly will take his death, Gerry plans ahead. Beginning on her 30th birthday, she receives the first in a series of letters written by him, designed to ease her grief and encourage her to move forward to a new life. Starring Gerard Butler, Hilary Swank, Lisa Kudrow, Harry Connick Jr., Kathy Bates, and Jeffery Dean Morgan.

### **7/10 (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). This group also meets on the **17th**, **24<sup>th</sup>**, and **31<sup>st</sup>**.

### **7/11 (W): Outing – St. Paul Saints Baseball Game**

12:15-5:00. Cost: \$5.00

This event needs to be pre-paid using cash or a check made out to VLR, only by Monday, July 9<sup>th</sup>. Join us for another afternoon of fun, fresh air, and baseball! The St.

Paul Saints are playing the Cleburne Railroaders from Texas. Minimal steps and shady seats have been requested. CHS Field/ St. Paul Saints do NOT provide AD devices; however, all Saints games are broadcast on Twin Cities Alternative Radio, 93.3. Be sure to bring your own phone or radio and headphones. Food will be on your own. We'll meet at the gate/entry at 360 Broadway St. Limited tickets are available. Please plan your ride for 5 pm to 5:15 pm.

Address: CHS Field: 360 Broadway St. St. Paul, MN 55101

### **7/11 (W): Reader's Choice Book Club**

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

For July we will be reading The Monuments Men: Allied Heroes, Nazi Theives, and the Greatest Treasure Hunt in History (DB074650), it portrays the WWII special army unit – composed of architects, museum directors, curators and archivists - formed in 1943 to recover cultural treasures that had been plundered by the Nazis.

### **7/11 (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 **18th**, and **25th**.

## **7/11 (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.

## **7/12 (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!). RSVPs appreciated!

## **7/12 (TH): Vision Speaks Communication & Speaking Group**

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

Stop by and check out this group at Vision Loss Resources. Vision Speaks is a speaking group similar to Toastmasters. This will be 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 and no previous speaking experience is necessary.

## **7/16 (M): Cribbage**

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

Come in and enjoy some coffee and cards.

## **7/17 (T): Advanced Tech: Traveling**

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

Who wants to be able to plan an adventure from the comfort

of their couch? At this class we will learn how to do just that using your mobile device. With your phone we will make travel plans, and even use apps to go on adventures!

### **7/17 (T): Lunch Bunch-Augustine's Bar and Bakery**

11:30-1:30. No Charge.

This is a relatively new, locally owned restaurant, bakery, and bar. The restaurant is named after St. Augustine, patron saint of brewers. The food has a Mediterranean flair that includes flatbreads, soups, salads, sandwiches, burgers, and entrees. The appetizer list includes tacos. They have a full bar. Due to the size of our group, gratuity will automatically be added to each bill. Please plan your pick-up rides for 1:30 pm-1:45 pm.

Address: 1668 Selby Ave. St. Paul, MN 55104

### **Please note:**

No Peer Mentoring or Continuing Education in July. See you in August!

### **7/19 (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.

### **Please Note:**

No Crafts in July. See you in August!

## **7/20 (F): Pottery**

10:00-12:00. In SP. Cost: \$5.00

Please note the change to the 3<sup>rd</sup> Friday of this month. Join us as we work on hand-built clay projects. Come make plates, cups, or create whatever comes to the imagination. No experience necessary.

## **7/20 (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!

## **7/24 (T): Tech 101: Seeing AI**

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

Have you heard about this new app for smart devices called "Seeing AI"? Do you want to experience what it's like when you use it? Join us for this class as we do just that!

## **7/31 (T): Advanced Tech: Best Devices Within the Community**

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

Do you want to know what devices would benefit you most where you live? Well, look no further! We will be talking about what gadgets work best for people in our community.



## **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 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 July 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:**

### **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 July.) 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

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](#).

## **The Blind Fellowship Outreach**

Free monthly event for the visually-impaired of all denominations. Enjoy a free meal, Bible study, friendship, and music. 2<sup>nd</sup> Saturdays from 12:00-2:00 at Faith Evangelical Lutheran Church, 3430 E 51<sup>st</sup> 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](mailto: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](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)