

# Vision Loss Resources

## Community Center Calendar August 2018

### Register, Questions, and Cancellations:

#### Call or Email

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

RSVPing for events in August will begin at 7:00 AM on Monday, July 23.

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.

**Policy Update:** In an effort to remain fair, early RSVPs will no longer be accepted. Recently we've had some popular events that many people wanted to attend, and we want to give everyone that wishes to go an equal chance to do so. Therefore, early RSVPs that are submitted before 7 AM on Monday, July 23rd for August events will not be accepted. If

you want to attend any events you must submit your RSVP through the RSVP hotline or RSVP email. We will only be accepting RSVPs through the hotline or email from this point on.

**Punny for your thoughts:**

There was a joke about fishing I was going to tell you. Oh no, I forgot the line!

**AUGUST EVENTS:**

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

**8/1 (W): Yoga**

10:00-11:00. In MPLS. No charge.

Yoga is back! Now only once a month and on a new day. 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 welcome. Please arrive 10 minutes early to discuss any needs or questions you may have.

**8/1 (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 **8th, 15th, 22nd, and 29th.**

## **8/1 (W): Supper Club – The Neighborhood Cafe**

5:00-7:00.

They offer appetizers, including quesadillas, soups, specialty and classic sandwiches, burgers and salads, including a chicken or pork taco salad. You can also order off the breakfast menu, if you wish. They offer only beer and wine. However, they do have a weekly Mimosa on the menu! Due to the size of our group, gratuity will automatically be added to each bill. Please plan your pick-up rides for 7:00 to 7:15 pm.

Address: 1570 Selby Ave St. Paul 55104

## **8/2 (TH): 500 Cards**

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

Enjoy some coffee and cards. This group also meets on the 23rd.

## **8/3 (F): Outing – Walker Art Center and Sculpture Gardens**

12:45-2:45. Cost: \$5.00

Walker Art Center is an internationally recognized leading arts venue, presenting contemporary visual arts and design exhibitions. The Minneapolis Sculpture Garden and Wurtele Upper Garden are the crown jewels of the city park system. This includes the famous and iconic Spoonbridge and Cherry sculpture. We will be on special guided tours. Please arrive by 12:30. Space is limited. Plan your ride for 2:30 - 2:45 pm.

Address: 725 Vineland Place Minneapolis 55403

## **8/6 (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.

## **8/7 (T): Tech 101: Facebook**

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

Would you like help navigating the Facebook app? Or are there questions about it you're too afraid to ask? Well, look no further! At this class we will navigate the app together.

## **8/7 (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 **14th**, **21st**, and **28th**.

## **8/8 (W): Reader's Choice Book Club**

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

For August we will be reading [The Glass Castle: A Memoir](#) by Jeannette Walls (DB061540). In the book a reporter for MSNBC.com looks back on her unsettled life. She describes growing up in a dysfunctional family, which was always on the move. She recalls her father's dream of building a "glass castle" and relates how she and her siblings escaped to make lives of their own.

## **8/8 (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.

## **8/13 (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

## **8/13 (M): Hearts**

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

Come in and enjoy some coffee and cards.

## **8/14 (T): Advanced Tech: Navigation Apps**

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

Have you tried to use a navigation app and gave up before you even downloaded one? With so many navigation apps out there it's hard to know which one would be the best one to use. Which is why at this class, we will be looking at the different navigation apps that are out there.

## **8/14 (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 The Monuments Men (PG-13). During World War II, the Nazis steal countless pieces of art and hide them away. Some over-the-hill art scholars, historians, architects and other experts form a unit to retrieve as many of the stolen masterpieces as possible. The mission becomes even more urgent when the team learns about Hitler's "Nero Decree," which orders destruction of the artworks if the Third Reich falls. Caught in a race against time, the men risk their lives to protect some of mankind's greatest achievements. The movie stars George Clooney, Matt Damon, Cate Blanchett, Bill Murray, and John Goodman.

## **8/15 (W): Continuing Education**

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

Aliza from OrCam is coming to demonstrate this device, which is a portable device with a smart camera mounted on the frames of your eyeglasses to assist people who are visually impaired. It recognizes text, products, and faces, and speaks to you through a mini earpiece. For a lower price, try the read-mode only device. OrCam now has a rent-to-own program that will help with affordability. You will have a chance to try the device yourself!

## **8/15 (W): 4th Annual VLR Fantasy Football Draft 2018**

3:00-6:00. In SP. Cost: \$5.00

Are you a Vikings fan, or do you love football? Well, join us in Saint Paul for draft picks for our 4th season of Fantasy Football! Fantasy Football is a competition in which participants select teams from among the players in the NFL league and score points according to the performance of their players and team each week. Try something new and fun! New owners are always welcome every season and the more people who join us the better! Call Renee W. at 612-843-3403 with any questions.

## **8/16 (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.

## **8/16 (TH): Craft: Painting and Drawing with Emily Strawn**

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

Craft this month will be a drawing class with Emily Strawn. There's so much expression in a single line! Come learn, play and create as we explore music and objects through contour drawing. Please bring one object to class for a drawing exercise. No experience necessary. Space limited.

## **8/17 (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!

## **8/20 (M): Cribbage**

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

Come in and enjoy some coffee and cards.

## **8/20 (M): Cooking Class and Supper**

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

We are going to make homemade pasta and tomato sauce with freshly harvested tomatoes (from the local St. Paul Farmer's Market). Renee W. and Sharon K., from VLR; will be in charge of the sauce. Bruce C. and volunteer Angi N. will be in charge of the pasta. We will be adding a fresh salad, bread and beverages to round out the meal as well as some yummy dessert. We are looking for at least two people to help with preparations that are willing to come in half an hour earlier (4:30 pm).

Please Note: If you would like to bring any leftovers home with you, you will need to bring your own container with a lid. Make sure the container is safe to travel with and will have enough space for one meal.

## **8/21 (T): Tech 101: Best Podcasts**

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

Are you a fan of Podcasts? Or maybe you haven't heard of them before? Podcasts are like radio shows on the internet with different topics discussed in each one. Whether you're a fan of podcasts, or haven't heard of them before, this class is for you! We will be discussing which podcasts are the best ones to listen to.

## **8/24 (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.

## **8/27 (M): Outing: The Great Minnesota State Fair**

10:00-3:15. Cost: \$5.00

It's that very special time of year, the Minnesota State Fair! Join us for a day of fun, food (what's new-on-a-stick!) and entertainment. You will be paired with a volunteer and will be able to see what you want to see and eat what you want to eat. Be sure to RSVP so you can get a volunteer for the day. You are responsible for your own lunch, beverages, and other purchases. Please plan your ride for 3:15 pm to 3:30 pm. (Outdoor events may be cancelled if there is a high heat index. Please check the RSVP hotline for a cancellation message!)

Address: 1700 Como Ave, (Horseshoe, north side of Como Ave) St. Paul, 55414

## **8/28 (T): Advanced Tech: Xfinity X1 Remote**

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

Are you curious as to what Comcast is all about? Well, at this class we will be learning just that. We will talk about Comcast and the different features it has, as well as learn how to use the Xfinity X1 remote!

## **COMING ATTRACTIONS AT VLR:**

### **Sneak Peek At Fall Community Events**

VLR will be hosting flu shot clinics at both offices.

Also, there is an upcoming Twins game the last weekend in September!

### **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.

**August Dates:** Thursdays July 2nd, 9th, 16th and 23rd 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.herzog27@gmail.com](mailto:bill.herzog27@gmail.com).

## 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 pickups 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)