

Vision Loss Resources

Community Center Calendar January 2019

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in January will begin 7:00 AM on Monday, December 24th.

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.

Holiday Hours: VLR offices will be closed on Tuesday, January 1st! Happy New Year!

New Year, New Life Outlook: Try to find one positive thing that's happened to you this month and encourage others to share a positive moment with you.

Punny For Your Thoughts:

Those who play poker in a snowstorm
must shovel their decks carefully.

JANUARY EVENTS:

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

1/2 (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**.

1/3 (TH): 500 Cards

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

Enjoy some coffee and cards. This group also meets on the **24th**.

1/7 (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.

1/8 (T): Tech 101: New iPhone Users

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

Did you recently upgrade to an iPhone? Would you like some help setting it up, or exploring what it can do? Come to this class so we can learn together!

1/8 (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 Same Kind of Different As Me (PG-13). Ron Hall's wife introduces him to a homeless man, named Denver Moore. In spite of their differences, they become lifelong friends. Denver is from Louisiana originally, where he was a sharecropper. After he moved to Texas, he became homeless. Ron Hall had been a modest salesman before becoming a wealthy art dealer. His wife Debbie becomes involved with charities which is where she meets Denver. Starring Greg Kinnear, Renee Zellweger and Djimon Hounsou. Schedule rides for 2:40 to 2:50.

1/9 (W): Reader's Choice Book Club

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

For January we will be reading Glen Sheen's Daughter: The Marjorie Congdon Story, there is no DB number for this book. If you want to download and to listen the book you will need to contact SSB's communication center for help.

1/9 (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.

1/10 (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!

1/11 (F): Outing: Tour of MPR (Minnesota Public Radio)

2:00-3:00. Cost: \$3.00

Minnesota Public Radio has been around for over 50 years and is one of the premier public radio stations in the country. MPR serves 1 million listeners daily and provides a 46 stations network for nearly all of Minnesota and parts of the surrounding states. We are going to get a guided tour of the state-of-the-art building in downtown St. Paul. Plan your rides for 3:10 to 3:20 pm. Space is Limited.

Address: Metro Mobility drop-off is 52 E. 9th St. (in the back of the building) St. Paul 55101

1/14 (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

1/14 (M): Hearts

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

Come in and enjoy some coffee and cards.

1/15 (T): Advanced Tech: More Voiceover

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

Do you feel that there is more you want to know about Voiceover? Well, so do we! At this class we will explore what else Voiceover can do.

1/15 (T): Lunch Bunch: Crave

11:30-1:30.

Crave is part of a small national group of restaurants. The last time our group went to one was in 2017. They specialize in Sushi but offer many other delicious menu options including appetizers, soups and salads, flatbreads, bowls (build your own), sandwiches including burgers, chicken and walleye and other entrees. They have an extensive wine list and offer signature cocktails and other alcoholic beverages. Due to the size of our group, a gratuity will be automatically added to each bill. Please plan your rides for 1:30-1:45 pm. Space is limited.

Please note: The restaurant doesn't open until 11am!

Address: Metro Mobility drop off is 1603 16th St. West St. Louis Park, 55416

1/16 (W): Continuing Education

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

Mike Hanson, a VLR client and lawyer, will join us for a discussion about what a lawyer can do for you. He will discuss topics such as estate planning which is something people should think about because it gives you more control over your healthcare and what happens to you and your property at particular times in your life. Mike will be able to discuss other important topics and answer questions you may have regarding legal issues. This will be an educational session, so please join us!

1/17 (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.

1/17 (TH): Craft: Dream Catchers

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

Are you sick of those pesky nightmares keeping you up? Then, join us as we make our very own dream catchers. We will supply the yarn, beads, hoops, and feathers all you need to bring is your creativity! Space is limited.

1/18 (F): Pottery

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

Please note the change to the third Friday 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.

1/18 (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!

1/21 (M): Cribbage

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

Come in and enjoy some coffee and cards.

1/22 (T): Tech 101: Exploring Digital Home Assistants

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

Do you wish that you could try out Alexa before buying one? Then, attend this class where we will try out Alexa together!

1/24 (TH): Special Events: Artist Reception & Open House

6:00-7:30. In MPLS. No charge.

Join us to meet and learn more about the unique photography on display at our Minneapolis location by artist Yueh-Hsun (Walter) Wu. Walter is a second-year graduate student at the Low-Vision Lab at the University of Minnesota. He has Retinitis Pigmentosa and has very limited vision. Walter takes beautiful photos of everyday

subjects in unique ways as a hobby. There will be beverages and snacks to enjoy and Walter will be available to answer questions and provide insight into his art on display.

1/29 (T): Advanced Tech: More Apple Watch

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

Is there something you would like to learn about the Apple watch? Well, come and learn what the Apple watch can do!

1/31 (TH): Outing: Science Museum of Minnesota

1:00-3:30. Cost: \$3.00 (\$2.00 extra to see the movie)

This is one of our best state museums. Join us for an afternoon of exploring the Science Museum of Minnesota with Audio-description devices and help from our volunteers. The Omni Fest begins earlier in January. This is a special event where you can go to five different movies. However, if you choose to go to the Omni Théâtre when we visit, we request that you let us know in advance when you RSVP. The available show is National Parks Adventure and will start at 2pm. The show runs for 45 minutes to 1 hour. Space is Limited. Please plan your pick-up rides for 3:30 to 3:45 pm.

Address: Metro Mobility drop-off is out front 120 Kellogg Blvd. St. Paul, 55102

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.

January Dates: Thursdays February 10th, 17th, 24th and 31st from 10am to 3pm at our St. Paul location.

To register: Call 651-224-7662.

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 Thursdays from 6pm to 7pm on KFAI 90.3 FM in Minneapolis, or 106.7 FM in Saint Paul. If

you can't catch us on Thursday night, hear us online at www.kfai.org/disabilityandprogress. You can hear the current show, or the previous one. You must have a Real Audio Player downloaded to your machine for this to work. Or, download the app to your smart phone and hear us on demand.

Blind Bowlers

Blind Bowling will start on Saturday, September 8th at 9am at Memory Lanes (2520 26th Ave S, Minneapolis, MN 55406). It will run for 28 weeks and it costs \$10 per week to participate. For more information, please contact Janice Erkill at 612-722-3041.

Fourth Poker Player Needed

A group of VLR clients that meets every other Friday to play nickel poker are looking for a fourth player. For more information, or to join call Tom Heint at 651-489-8609.

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. Contact: Bill Herzog at 612 408-9415 or bill.herzog27@gmail.com.

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.** Have questions? Please 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

No Early RSVPs: RSVPs that are submitted before 7 AM on the listed date they begin will not be accepted. If you want to attend any events you must submit your RSVP through the RSVP hotline or RSVP email.

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!

No-Show Policy: For activities identified as "Space is limited", if you accumulate three no-shows in six months, you will be unable to sign-up for activities for one month. Our intention is to continue to make our activities available to everyone who wishes to attend, so please make sure to cancel if you are unable to join us for any reason.

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 RSVP'd 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

Jen Roehl Wittek—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 (216 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