

Vision Loss Resources

Community Center Calendar February 2019

Register, Questions, and Cancellations:

Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in February will begin 7:00 AM on Monday, January 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 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 Handbook: In February, we will be introducing a Community Center Participation Handbook. This handbook has been developed to help you understand VLR policies, practices, and eligibility requirements. Copies of this handbook will be available in both the St. Paul & Minneapolis locations. All participants attending

Community Center activities will need to sign the one-page summary and Community Center Participation Agreement Form. As a VLR participant, you have the ability to personally help VLR maintain a warm, safe and enjoyable environment for fellow participants, volunteers and staff.

Holiday Hours: VLR offices will be closed on Monday, February 18th! Happy Presidents Day!

Spread the Positivity: Compliment at least one person this month.

Punny For Your Thoughts:

Why shouldn't you fall in love with a pastry chef?
They'll dessert you.

FEBRUARY EVENTS:

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

2/4 (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. Space is limited.

2/5 (T): Tech 101: Using Siri

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

Do you wish that you and Siri had a better relationship? Then join us at this class where we will use Siri to make phone calls, text, set reminders, and even give us directions when we're walking.

2/6 (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.**

2/6 (W): Supper Club: The Loop West End Bar and Restaurant

5:00-7:00.

This spacious and comfortable restaurant offers a varied menu which includes short ribs, walleye, chicken coconut curry, fish and chips, fish tacos, burgers and other sandwiches, soups, salads and desserts. Happy hour is from 2 to 6 pm with a full-service bar. Plan your rides for 7 pm to 7:15 pm. Space is limited.

Address: 5331 West 16th St. St. Louis Park, 55416

(Located at the Shops at West End at the SW corner of 394 and 100)

2/7 (TH): 500 Cards

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

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

2/11 (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

2/11 (M): Hearts

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

Come in and enjoy some coffee and cards.

2/12 (T): Advanced Tech: iPhone Rotor Feature

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

Do you wish Voiceover was more specific when it helps you? Come to this class where we will use the iPhone rotor feature to use advanced gestures to assist with making your voiceover choices more specific.

2/12 (T): Movie Matinee

12:30-2:15. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie Leap Year (PG). This 2010 movie is a charming love story, just in time for Valentine's Day. Anna Brady is planning an unplanned trip to Dublin, Ireland to surprise her long-time boyfriend, Jeremy who is there for a medical conference. According to Irish legend, a man who receives a marriage proposal on

Leap Year Day, February 29th, must accept the marriage proposal. A lot of mishaps occur on the way to Dublin with the help (and hindrance) of local tavern owner, Declan. Starring Amy Adams, Matthew Goode, Adam Scott and John Lithgow. Please schedule rides for 2:30.

2/13 (W): Reader's Choice Book Club

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

For September we will be reading the book Presumed Innocent (DB 026965) (BR018936) by Scott Turow.

2/13 (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.

2/14 (TH): Special Events: Escape Room

1:00-3:00. In SP. Cost: \$1.00

Join us for a fun, interactive group activity! Where you will work together to look around the room for clues and puzzles to solve to complete the given mission. The goal is to find the answer to escape the room. We have adapted the traditional escape room to be accessible for the blind and visually impaired. Tactile maps of the layout of the room will be provided. Space is limited.

2/15 (F): Fall Prevention Series

11:30-12:30. In SP. Cost: \$5.00 per class

Are you interested in learning about causes of falls and how to prevent them? Then be sure to join us for our first of three sessions that runs for only 6 weeks. Our trainer, Angela, will use educational and physical components to teach us how to fall; getting back up; and exercises to improve balance, strength, and flexibility! Please be ready to pay for all three classes when you come. We will meet every other week starting on Friday, February 15th, and continuing on Friday, March 1st and, Friday, March 15th. Space is limited.

2/15 (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! Space is limited.

2/19 (T): Tech 101: Talking Books and BARD App

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

Would you like to compare the talking books player to the BARD app, but you aren't sure how? At this class we will be using both the talking books player and the BARD app to learn about them together.

2/20 (W): Continuing Education

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

Please join us for a discussion with Cindy Tarshish, the ADA MN Project Coordinator at Metropolitan Center for Independent Living. She will share information about various ADA topics and be available to answer your questions during this informative session.

2/21 (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.

2/21 (TH): Craft: Relaxation Crafts

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

This month we will be doing a few crafts that you can use at home to help you relax. The options are stress balls, rainmakers, and meditation (mala) bracelets. We will have paints and other supplies for you to decorate your masterpiece. So, join us to create one or all of these! Space is limited.

2/22 (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. Space is limited.

2/25 (M): Cribbage

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

Come in and enjoy some coffee and cards.

2/25 (M): Special Events: Music Appreciation

12:30-2:30. In SP. Cost: \$1.00

Calling all music lovers! Are you a musician, song writer, music lover, or concert goer? Then we've got the class for you! Come to this group where we will share our love for the art. We will have a jam session, spin records, do some music trivia, and even write some songs. If you have a love for music, then this group is for you. Space is limited.

2/25 (M): Cooking Class and Supper - Breakfast for Supper

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

About this time of year, we are getting tired of winter. Comfort food is so important for our mental health and our appetites. We will be planning a menu which will include pancakes/French toast, scrambled eggs, bacon/sausage, hot cocoa, tea and juice and, of course, something for dessert. We are looking for at least four people to help with preparations and willing to come in at 4 pm. Plan for your

return rides from 7:15 –7:30 pm. Space is Limited.

PLEASE NOTE: If we have any and you would like to bring leftovers home, please bring your own container or two. Something that is safe to travel and holds enough for one meal.

2/26 (T): Advanced Tech: Recording Your Own Podcast

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

Have you heard about those crazy podcasts? Do you wish that you could make your own? Then come to this class where you will learn how to do just that!

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!

VLR Online Low Vision Support Group

VLR has started an online support group for people with vision loss. If you are interested in being connected please email Sarah Mayberry at sarahm@vlrw.org or Renee Waclaw at rwaclaw@vlrw.org.

Chess Interest

Do you know how to play chess and want people to play with, interested in helping others learn how, or want to learn how yourself? Call to let us know at: 651-224-7662!

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.

February Dates: Thursdays February 7th, 14th, 21st and 28th 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. Or hear us online at www.kfai.org/disabilityandprogress. You must have a Real Audio Player downloaded to your machine. Or, download the app and hear us on demand.

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.** Let us know if you need help arranging transportation! Have questions? Please contact Carol Zemke at: 612-799-5782 or Beth Pursley at: 952-221-4717.

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