

Vision Loss Resources

Community Center Calendar March 2019

Register, Questions, and Cancellations: Call or Email

612-843-3439 rsvp@vlrw.org

RSVPing for events in March will begin 7:00 AM on Monday, February 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 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 introduced 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.

Spread the Positivity: Talk to someone new this month.

Punny For Your Thoughts:

What kind of bow can't be tied?

A rain-bow.

MARCH EVENTS:

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

3/1 (F): Fall Prevention Series

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

Are you interested in learning about causes of falls and how to prevent them? Then be sure to join us for our second 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! We will meet every other week continuing Friday, March 15th. Space is limited.

3/3 (Sun): Outing – The Government Inspector

1:30-4:00. Cost: \$20.00

Join us as we attend another audio described performance. We need you to RSVP for this event by Wednesday, February 27th in order to attend. We would appreciate it if you would pay in advance. We encourage you to invite a

sighted guest, since our volunteer availability will be limited. Your guest needs to pay to attend as well. The Government Inspector is a satirical play by Russian writer, Nicolai Gogol, adapted by Jeffrey Hatcher. When the crooked citizens of a small village learn that the government is sending an undercover inspector to root out corruption, they prepare for his visit with a web of bribery and lies. But the case of mistaken identity sends the whole town into a state of panic. This is a hilarious reminder of the timelessness of bureaucracy and buffoonery. Plan your pick-up rides for 4:30 to 4:45 pm, to make sure you can be present for the whole play and have time to get to your ride home. Space is Limited.

Address: Theatre In the Round Players: 245 Cedar Ave. S. Minneapolis, MN 55454

3/4 (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.

3/5 (T): Tech 101: Scams

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

Are you interested in learning about the different scams that could happen to your technology? Join us to find out! Please bring headphones or earbuds when you come to class.

3/6 (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. This group also meets on the **13th, 20th, and 27th.**

3/7 (TH): 500 Cards

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

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

3/11 (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 is limited.

Address: Door 13, Southdale Mall, Edina

3/11 (M): Hearts

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

Come in and enjoy some coffee and cards.

3/12 (T): Ad. Tech: Music Apps

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

Do you like to listen to music, but can't find the right app? Come to this class where we will discuss the different apps and which ones work best with voiceover. Please bring headphones or earbuds when you come to class.

3/12 (T): Movie Matinee

12:30-2:00. In MPLS. Cost: \$1.00

Join us for a fun movie matinee, with popcorn. We will be playing the audio-described movie Notes on Blindness (TV-PG). This is a British documentary from 2016. In 1983, just days before the birth of his son, theologian and writer, John Hull went blind. In order to make sense of the upheaval in his life, he began to keep a recorded diary. These recordings were published in 1990. With exclusive access to the recordings, Notes on Blindness encompasses dreams, memory and imaginative life, “excavating the interior world of blindness”. Schedule rides for 2:15 to 2:20 pm.

3/13 (W): Reader's Choice Book Club

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

For March we will be reading the book Soliah: The Sara Jane Olson Story (DB055448) by Sharon Hendry.

3/13 (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.

3/15 (F): Fall Prevention Series

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

Are you interested in learning about causes of falls and how to prevent them? Then be sure to join us for the last class in this series. 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! Space is limited.

3/15 (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!

3/18 (M): Cribbage

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

Come in and enjoy some coffee and cards.

3/19 (T): Tech 101: Using the Alexa App

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

Come to this class where we will be using your Alexa app and skills to get the most out of your Alexa Device. Please bring headphones or earbuds when you come to class.

3/19 (T): Lunch Bunch: Los Ocampo Mexican Restaurant and Bar

11:30-1:30.

Los Ocampo has been a fixture in the Twin Cities since 2003 and this specific restaurant has been here since 2011. They offer freshly prepared, authentic and flavorful Mexican fare. Their happy hour begins at 3 and goes to 6 pm. They offer delicious appetizers, including Queso Blanco and mini taquitos, sandwiches/tortas, soups/sopas salads/ensaladas, side dishes, meats and vegetables and the traditional items of quesadillas, tacos (fish or shrimp), tostados, enchiladas, flautas and fajitas. 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. Check out their menu at:

<https://www.losocampo.com/>.

Address: 1751 Suburban Ave. St. Paul 55106

3/20 (W): Continuing Education

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

Kelly McCrary, who heads up VLR's Rehab Program, will join us to discuss the differences between using a white cane and a guide dog. He will cover the differences and explain the pros and cons to both. He will be available to ask questions about mobility and orientation. This will be an educational session, so please join us!

3/21 (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.

3/21 (TH): Craft: Memory Chest

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

Join us as we paint and decorate a small treasure chest. There will be a variety of colors to paint with and different tactile items to personalize your chest. Space is limited.

3/22 (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.

3/26 (T): Ad. Tech: Grocery Delivery

10:00-11:00. In MPLS. Cost: \$10.00

Want to get groceries without ever leaving your couch? Join us while we discuss the different apps and learn which one is the best to use! Please bring headphones or earbuds when you come to class.

3/29 (F): Outing – Wine and Cheese Tasting at Lunds & Byerlys

2:00-4:00. Cost: \$10.00

Lunds & Byerlys is offering an afternoon of wine and cheese tasting, which will include a mini wine seminar with samples of wine and small plate food pairings. They are offering VLR clients a special discount as well as a \$10 gift card to spend on wine. This will be a great end-of-winter treat. Come and join us for an interesting learning experience, good wine and food and fun. Please plan your pick-up rides for 4 pm. Space is Limited.

Address: Lunds and Byerlys (Community Room): 3777 Park Center Blvd. St. Louis Park 55416

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.

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.

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

To register: Call 651-224-7662.

EVENTS IN THE COMMUNITY:

Mama Mia in Audio Description

Where: Go to the Chanhassen Dinner Theaters (501 W. 78th St. Chanhassen 55317) for a live show on Wednesday, July 24th. Lunch is at 11 am and the show starts at 1 pm. Call 952-934-1525 to reserve your AD device, don't forget to mention the \$15 off discount!

Roe Live

Where: Mixed Blood Theatre (1501 S. 4th St. Minneapolis 55454).

When: Saturday, March 16th at 7:30 pm (tactile tour, live audio-description and ASL interpretation), or on Saturday, March 23rd at 2pm for a Deafblind only.

Cost: Tickets are \$35 for general admission, but, contact boxoffice@mixedblood.com to learn about free admission.

Blind and Low Vision Computer Users Group

We meet 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 opens 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