

Vision Loss Resources

Community Center Calendar April 2019

Register, Questions, and Cancellations:

Call or Email

612-843-3439 rsvp@vlrw.org

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

Random Acts of Kindness: Do three nice things for someone else this month.

Punny For Your Thoughts:

Why doesn't the Easter bunny work with a partner?
He likes the egg-stream challenge.

APRIL EVENTS:

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

4/1 (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.

4/2 (T): Tech 101: iPhone Magnification

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

Did you know that the iPhone has a built-in magnification feature? Well, come to this class to practice using it. Please bring headphones or earbuds with you.

4/3 (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 **10th, 17th, and 24th.**

4/3 (W): Supper Club: Babanis 2 Kurdish Restaurant

5:00-7:00.

Babanis is the first Kurdish restaurant to open in the US. It opened in the Twin Cities in 1997. Kurdish fare is from the Kurdish region of Iraq, referred to as "Southern Kurdish". They offer soups and salads, about 10 entrees that are vegetarian, chicken or beef. You can ask for spicy or not. Their Chicken Tawa is great! They have a wine and beer

selection and other non-alcoholic beverages, including their delicious Kurdish tea with cardamom. Due to the size of our group, gratuity will be automatically added to each bill. Please plan your rides for 7 to 7:15 pm. Space is limited. Address: 32 Filmore Ave. E. St. Paul 55107 (corner of Wabasha and Filmore, just North of VLRE)

4/4 (TH): 500 Cards

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

Enjoy some coffee and cards. Also meets on the **25th**.

4/8 (M): Walking Group

9:00-11:30.

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. No charge.

Address: Door 13, Southdale Mall, Edina

4/8 (M): Hearts

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

Come in and enjoy some coffee and cards.

4/9 (T): Ad. Tech: Rideshare

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

Want to learn about ridesharing apps like Uber and Lyft, but need help doing so? Join us to use them together! Please bring headphones or earbuds with you.

4/9 (T): Movie Matinee: Leap Year

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

Join us for a fun movie matinee, with popcorn. We are going to try this again. We will be playing the movie Leap Year (PG-13). We had to cancel the February movie matinee due to weather. This 2010 movie is a charming love story. 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.

4/10 (W): Reader's Choice Book Club

1:00-2:30. In MPLS.

For April we will be reading the book Killing England: The Brutal Struggle for American Independence (DB089045) by Bill O'Reilly.

4/10 (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.

4/11 (TH): Outing: Science Museum of Minnesota

1:00-3:30. Cost: \$3.00

Another activity we've had to reschedule due to foul weather, we are trying this again! The Science Museum is one of our best state museums. Join us for an afternoon of exploring the Science Museum of Minnesota with guided help from our volunteers. The documentary film showing during our time is the National Parks Adventure and will start at 2pm. The show runs for 45 minutes to 1 hour. Audio-description devices are available for the film. If you choose to go to the OmniTheatre when we visit, we request that you let us know in advance when you RSVP. Space is Limited. Please plan your pick-up rides for 3:30 to 3:45 pm. Please note: If you chose to attend the movie the cost for the event is \$5.

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

4/12 (F): NEW Flexibility Class

11:15-12:15. In SP. Cost: \$5.00

Improve your flexibility and stability with gentle muscular stretches and myofascial self-release. Join us twice a month and learn exercises that you can practice at home. Range of motion, stabilizing, and muscle firming exercises will be practiced. Floor work is not required but highly encouraged. If you are able to, bring a fitness mat, a rolling pin, and a tennis ball to receive the most beneficial workout. Space is limited. Meets again on the **19th**.

4/15 (M): Cribbage

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

Come in and enjoy some coffee and cards.

4/16 (T): Tech 101: Transit Apps

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

Want to know which transit app is the best? Then, come to this class! Please bring headphones or earbuds with you.

4/17 (W): Continuing Education

11:15-12:30. In MPLS.

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

4/18 (TH): Calendar

9:00-11:00. In MPLS. No charge.

Join the many helping hands that work together assembling the Community Center Calendar mailing. Treats served.

4/18 (TH): Craft: Tropical Escape

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

Join us for a tropical escape craft just in time to get your house ready for summer! We will be creating beach themed center pieces and picture holders. Please bring a picture or favorite seashell that you may want to be a part of this. Space limited.

4/19 (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!

4/23 (T): Ad. Tech: Nearby Explorer App

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

Wish there was a GPS built for the blind, well there is! Come and learn about the Nearby Explorer App. Please bring headphones or earbuds when you come to class.

4/26 (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.

4/26 (F): Outing – Weisman Art Museum

12:45-3:10. Cost: \$10.00

The Weisman Art Museum is the culmination of a dream of the University of Minnesota President back in 1934. Its current home was built in 1993. The museum presents and interprets works of art, offering exhibitions that place art within relevant cultural, social and historical contexts. In its

70-year history, the museum has worked with more than fifty departments, presenting the ideas of a great university in multi-disciplinary and widely collaborative projects. We will have one-to-one volunteers available and the Museum will provide tour guides. There will be art-related objects for you to touch. Visit their website at: <https://wam.umn.edu/>.

Plan your rides for 3:10 to 3:20 pm. Space is Limited.

Address: 333 E. River Rd. Minneapolis 55455

4/27 (SAT): Soup On Saturday

12:00-2:15. In SP. Cost: \$5.00

At the request of some of you, we are planning to bring back Soup Saturday. We hope to be able to do this a couple times this year, at least. Come and enjoy a fun day with the company of others, good homemade soup, bread, and dessert. As with our cooking classes, if we have leftovers, we'll send them home with you so please bring container. Please schedule your rides for 2:15 to 2:20 pm.

COMING ATTRACTIONS AT VLR:

Women's Club VIP Luncheon

Ladies...watch for your invitation to the 106th annual VIP Luncheon at the Minneapolis Woman's Club. This year's lunch will be on Thursday, May 2nd. RSVP's will be due on April 12th.

Hiking Trip

Plans are currently being made for a three-day hiking trip to Superior Hiking Trail in mid-June. The trip is being coordinated with VLR's Rehab Services and Wilderness

Inquiry, a nonprofit organization. The trip will begin in Tofte, MN and you'll be staying in the lodge. Space is very limited. You will need adequate outdoor clothing, including raingear, hiking shoes, warm and cold weather gear, and more. Our staff will determine if you have the physical capability and stamina for the hike. This is not for the faint-of-heart. There will be staff and volunteers to assist and it's intended for our clients with vision loss, but you must be in good shape to participate.

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.

April Dates: Thursdays March 4th, 11th, 18th and 25th from 10am to 3pm at our St. Paul location.

To register: Call 651-224-7662.

EVENTS IN THE COMMUNITY:

Mama Mia in Audio Description

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!

Metro Mobility 2019 Spring Conversation

Join us for the Metro Mobility Spring Conversation Wednesday, April 24th, 10 a.m. to noon at Creekside Community Center, (9801 Penn Avenue South, Bloomington). The goal of the event is to hear feedback and suggestions from Metro Mobility users on how to improve service. Space is limited! For more information, or to RSVP, please contact public.info@metc.state.mn.us or call 651.602-1500. Accommodations will be made with advance notice (one week preferred).

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