

The Whole Person's Blindness Low Vision Experience – February/March

Greetings from The Whole Person's Blindness Low Vision Experience, where individuals enjoy opportunities to achieve greater independence and access to the community through physical and outdoor activities, art and cultural events and any other experiences we can arrange – the sky's the limit!

With January behind us, the days are growing longer, and before we know it, we will be back to hiking and biking! However, before spring takes over, you are invited to consider joining TWP's BLVE for Eyes Skating at Crown Center at noon on Thursday, February 23. Apologies to those who can't make it on a week day, but the weekend crowds didn't seem like a good fit for our group. For this event to be successful, we need equal numbers of sighted and non-sighted participants, and you know you will have fun if you sign up.

The KC Chapter of the Missouri Rehabilitation Association has invited our Bowling Blind team to participate in its annual Bowl-A-Thon fundraiser on March 25, 9:30 AM – 2 PM at PREMIER BOWLING & RECREATION CENTER in Raytown. TWP can provide transportation for blind bowlers, so please let me know at your earliest convenience if you are interested.

Which brings me to a friendly reminder that Bowling Blind, usually the second Wednesday each month, is scheduled for the third Wednesday just this once, February 15. I will be away from my desk attending Ski for Light in Colorado, but definitely back in time for Bowling Blind on the 15th.

TWP is once again sponsoring 10 people for CCVI's Trolley Run on April 30, and it is never too early to start signing up. You can walk or run – the more the merrier!

If you would like to join in an afternoon paddling experience down the Missouri River, please contact me so planning can get underway. Just picture this! Two people in a canoe, a gentle breeze and the sun on your face. This activity will require some ability to balance, upper arm strength and fairly constant paddling over two to three hours, so may or may not be for you. I loved it! Oh, and there is a fabulous view for those who will be stern steering!

If you are interested in signing up for events, would like to volunteer or have questions and ideas for The Whole Person's Blindness Low Vision Experience, please contact Sheila Styron at 816-627-2217 or ssstyron@thewholeperson.org. Please carefully read the events listings below, as times and locations for familiar activities may change, and it is important to let me know if you need to cancel.

February/March TWP BLV Experiences

- **Stretching Without Looking does not occur on the second Monday of each month, as TWP board meetings are held in the Community Room at this time**
- *There will be no TWP BLV experiences scheduled during the week of 2/6, and in February, please note that Bowling Blind will be on the third Wednesday.*

- **Bowling Blind:** 2/15, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Here's your chance to socialize and soak up some of that amazing alley atmosphere. Come experience accessible bowling, guaranteed to reduce the frequency of gutter balls! Cost: \$3.50 per game.
- **Out and About with Canines and Canes:** 2/16, from 11:00 am – 2:00 pm (approx.). All aboard RideKC! You choose where to explore, which bus route to practice. Times and dates for scheduling this event are flexible.
- **Stretching Without Looking:** 2/20: Cancelled in honor of President's Day.
- **Stretching Without Looking:** 2/27, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO. Improve your flexibility and strength with detailed description and hands-on help. Bring an exercise mat or beach towel if you like, and you don't have to see it to do it!
- **Stretching Without Looking:** 3/6, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Bowling Blind:** 3/8, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Out and About with Canines and Canes:** 2/16, from 11:00 am – 2:00 pm (approx.).
- **Stretching Without Looking:** 3/20, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **MRA Bowl-A-Thon annual fundraiser:** 3/25, from 9:30 am – 2:00 pm, PREMIER BOWLING & RECREATION CENTER in Raytown.
- **Stretching Without Looking:** 3/27, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.

Every effort will be made to contact participants if events must be canceled due to weather or any other circumstances beyond our control.

If you are interested in signing up for events, would like to volunteer or have questions and ideas for The Whole Person's Blindness Low Vision Experience, please contact Sheila Styron using the contact information below.

The Whole Person thanks you for your interest in The Blindness Low Vision Experience. Please feel free to contact me with your questions and great ideas! You can always contact The Whole Person at 816-561-0304 or visit our website at www.thewholeperson.org for information on all programs and services.

Sheila Styron, ADAC

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