

The Whole Person's Blindness Low Vision Experience – April/May '18

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!

Marching along right into April, TWP's BLVE is all geared up for hiking, biking bowling and more! Speaking of bowling, I won \$27 in a raffle at the Rehab Bowl-a-Thon!

Consider Getting Social with TWP on Friday, April 6 from 1 –3 where you will be playing games, (including Bingo) discussing Spring Cleaning tips and briefly hearing from an inspirational guest speaker.

All 10 spaces are filled for the CCVI Trolley Run but we still have a couple spots available for tandem biking on April 7.

You are cordially invited TO ATTEND a one-man performance 'MR. GANTT, written and performed by Shelton Ponder, a visually impaired veteran, poet, playwright and historian. This performance which is free, though donations will be gratefully accepted, is scheduled for Sunday, April 15 at 3 pm in Liberty, with a reception at 2. Contact Shelton at 816-429-8130 or Sheltonponder@yahoo.com

On May 19 at 9 am, free eye screenings for service animals will be once again generously donated by Eye Care for Animals here at The Whole Person. Sponsored by American College of Veterinary Ophthalmologists (ACVO) and Stokes Pharmacies, this is an opportunity for state of the art eye exams and treatment for service animals you won't want to miss! Register online after April 1 at www.ACVOeyeexam.org

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 ssyron@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.

April /May 2018 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.**
- **Stretching Without Looking:** 4/2, 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!
- **Getting Social with TWP:** 4/6 – 1:00 – 3:00 pm – games and surprise speaker.
- **Riding Tandem Bikes with BikeWalkKC:** 4/7, from noon – 3:00 pm, (approx.). Call or email for more information and to RSVP.
- **Bowling Blind:** 4/11, 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.
- **Stretching Without Looking:** 4/16, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 4/16, from 5:00 – 7:30 pm in the Community Room at TWP.

- **Out and About with Canines and Canes:** 4/18, 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:** 4/23, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **CCVI Trolley Run:** 4/29, from 4:00 – 5:00 pm. Call or email for more information and to RSVP.
- **Stretching Without Looking:** 4/30, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** 5/7, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Bowling Blind:** 5/9, 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.
- **Hike and Picnic at Weston Bend State Park:** 5/12, 10:00 am to 3:00 pm (approx.). Call or email with questions or to RSVP.
- **Out and About with Canines and Canes:** 5/16, 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.
- Free Service Animal Eye Exams, Courtesy of Eye Care for Animals: 5/19, 9:00 – 11:00 am, TWP Community Room, 3710 Main, Kansas City, MO.
- **Stretching Without Looking:** 5/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** 5/21, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Stretching Without Looking is canceled on Memorial Day – 5/28**

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

Blindness Low Vision Specialist, 816-627-2217; sstyron@thewholeperson.org