

The Whole Person's Blindness Low Vision Experience

Happy New Year 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!

It is hard to believe that we have been exploring and playing together through TWP's BLV Experience for over a year, and that we are actually into our second January. To change things up just a bit, I am going to throw out some ideas and ask for those of you who may wish to participate to please get back to me with your interest and availability. This way, you will have more to say about when some activities which may interest you will be taking place. Some activities such as Bowling Blind and Stretching Without Looking will remain at their usual times, so not to worry.

Here are some activities you may wish to weigh in on, and if you are among those interested in participating or volunteering, you will receive more detailed information. First, who wants to go Eyes Skating at Crown Center Ice Terrace? Some of us who can't see are pretty good at holding up those who can steer. Additionally, there are opportunities through Midwestern Adaptive Sports for snow tubing and downhill skiing with trained volunteers. Finally, there will be an opportunity for a Macy's Makeover, including advice on which products may be best for you.

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 have changed, and it is important to let me know if you need to cancel.

January/February 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**
- **TWP Holiday Open House:** 12/7, from 3:00 – 7:00 pm, Jingle and Mingle – RSVP required.
- **Bowling Blind:** 1/11, 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:** 1/16: Cancelled in celebration of Martin Luther King Day.
- **Out and About with Canines and Canes:** 1/18, from 11:00 am – 2:00 pm (approx.). You choose where to explore, which bus route to practice – Times and dates are flexible.
- **Stretching Without Looking:** 1/23, 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:** 1/30, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- ***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. Cost: \$3.50 per game.
- **Stretching Without Looking:** 2/20: Cancelled in honor of President's Day.
- **Out and About with Canines and Canes:** 2/22, from 11:00 am – 2:00 pm (approx.). – All aboard RideKC! You choose where to explore, which bus route to practice – Times and dates are flexible.
- **Stretching Without Looking:** 2/27, 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

Blindness Low Vision Specialist

816-627-2217; ssstyron@thewholeperson.org