

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!

Spring has sprung, I guess, unless winter comes back to confuse us about the weather again. I am wearing big furry winter boots today, and what a mistake that was!

As I assemble TWP's BLVE March Madness edition, it is almost time to bowl with the **KC Chapter of the Missouri Rehabilitation Association in its annual Bowl-A-Thon fundraiser on March 25, and we are still recruiting for a blind bowler or two. TWP can provide transportation, so please let me know at your earliest convenience if you are interested or willing to be on standby.**

Our first tandem ride of the season will take place on Saturday afternoon, April 8, thanks to our fabulous partnership with BikeWalkKC. Details will be shared with confirmed event participants, so be sure to let me know if you want to peddle with us.

There is still time to sign up for a spot on our team for CCVI's April 30 Trolley Run, so don't forget to let me know if you will be joining us for that one. You can walk or run – the more the merrier!

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.

March/April 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.*
- **Stretching Without Looking:** 3/6, 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!
- **Bowling Blind:** 3/8, 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:** 3/15, 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:** 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.
- **Stretching Without Looking:** 4/3, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Tandem Bike Riding:** 4/8, from 12:00 – 4:00 pm, (approx.), meet at The Whole Person.
- **Bowling Blind:** 4/12, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** 4/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Out and About with Canines and Canes:** 4/19, from 11:00 am – 2:00 pm (approx.).
- **Stretching Without Looking:** 4/24, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **CCVI Trolley Run:** 4/30, 7:00 – 10:00 am (approx.), more details to come

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

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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

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