

The Whole Person's Blindness Low Vision Experience – July/August

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!

Too bad the Royals had to lose the night we went, but the weather was great, and we had our very own excellent commentator, Mark McNally, one of our volunteers who made the game really come to life for those sitting near him.

Riding tandems on Cliff Drive with BikeWalkKC was a blast, and next time we visit that venue, probably not until October, nobody will get lost as we will all know the way. *smile*

On July 7 3 – 4 pm, space is still available to tour The Roasterie, where they go to great lengths to create the best coffee in the world. And nobody does it like they do. The BLVE will enjoy a complimentary tour and learn all about their cupping, roasting and blending processes. You'll learn about the history of the company, get a behind the scenes look at the factory and experience a manual coffee brewing demonstration along with a Q&A, coffee and baked items.

The BLVE's first beading circle was so successful that we will be doing it again July 17 in case you missed it and want to give it a try next time. The blind and deaf/blind communities are working together throughout the greater Kansas City area to create a magnificent beaded quilted mural which upon completion will be proudly displayed in public venues for all to see.

Coming up in August, Go Ape in Swope Park: An experience for those who wish they could truly fly through the trees! We will be equipped with harnesses, pulleys, and carabiners and then receive a 30-minute, hands-on safety training before proceeding to the forest canopy, where we will be swinging through the trees. Of course, instructors and volunteers will be around to assist. The course is made up of five individual sections, with each section taking you higher into the forest canopy and finishing with a zip line – each more exciting than the last! There are 40 crossings/obstacles which include rope ladders, net bridges, Tarzan swings and 5 zip lines. I am still working out logistics including price, and please give me a call if you would like to discuss, even if you are not ready to sign up. I have experienced challenge courses and can highly recommend if adventure is your thing.

On Friday evening, August 18, as more than one of you have requested, you are invited to a BLVE Summer Swim Soiree at Suzi's, which will take place at the home of Suzi Kilbride, who has generously agreed to host our eclectic group. Details will be provided when you RSVP.

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.

July/August 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:** 7/3, 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:** 7/12, 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.
- **Roasterie Tour:** 7/7, meet at TWP at 2:00 pm for transportation to the 3:00 pm tour.
- **Bowling Blind:** 7/12, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Stretching Without Looking:** 7/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Creating Squares for KC Beaded Quilt Mural:** 7/17, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** 7/19, 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:** 7/24, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Stretching Without Looking:** 7/31, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.

Stretching Without Looking is canceled for the first two Mondays in August: 8/7 and 8/14

- **Bowling Blind:** 8/9, 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:** 8/16, 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.
- **Go Ape in Swope Park:** 8/18. Details will be provided following your RSVP.
- **Stretching Without Looking:** 8/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Stretching Without Looking:** 7/31, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Creating Squares for KC Beaded Quilt Mural:** 8/21, from 5:00 – 7:30 pm in the Community Room at TWP.
- **Summer Swim Soiree at Suzi's:** 8/25. Details will be provided following your RSVP.
- **Stretching Without Looking:** 8/28, 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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