

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

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!

I am compiling this newsletter in anticipation of the 2017 Trolley run, scheduled for this Sunday, when it is supposed to be raining cats and/or dogs. This event happens, rain or shine, and I will report to you next month on how wet we did or didn't get.

If you signed up in April for the May 6 free eye screenings for service animals, appointments begin at 11AM, here at The Whole Person, 3710 Main.

Missouri River Paddling cannot be scheduled until September 9, as this is the one and only time in 2017, this experience is being offered. I will be receiving more details in July and providing updates when available, and please feel free to continue to contact me with your interest, questions or change of heart.

Our next tandem ride of the season will take place on Saturday afternoon, June 17, 1 – 3 pm, thanks to our awesome partnership with BikeWalkKC. Cliff Drive, in George E. Kessler Park in historic Northeast Kansas City. BikeWalkKC volunteers provide their special vehicle to transport the tandems and show up on a Saturday afternoon to safely captain our bikes, generously giving of their time and resources to provide outstanding tandem experiences for our group. We couldn't be more grateful! So be sure to let me know if you want to peddle with us, as rsvp's and following through with commitments to attend are essential for this event's ongoing success.

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.

May/June 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:** 5/1, 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!
- **Free Annual National Service Animal Eye Exam:** 5/6, beginning at 11:00 am by appointment only in the Community Room at The Whole Person.

- **Bowling Blind:** 5/10, 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:** 5/15, 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:** 5/17, 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.
- **Hiking at Watkins Mill:** 5/20, 10:00 am – 4:00 pm (approx.) Meet at The Whole Person, wear comfortable shoes for walking, and bring water and a sack lunch.
- **Stretching Without Looking:** 5/22, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **There will be no Stretching Without Looking on May 29, Memorial Day**
- **Stretching Without Looking:** 6/5, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO – bring a mat or towel.
- **Bowling Blind:** 6/14, from 6:30 – 9:30 pm (approx.), Ward Parkway Lanes, 1523 W. 89th. Cost: \$3.50 per game.
- **Tandem Bike Riding:** 6/17, from 12 noon – 4:00 pm (approx.). Meet at The Whole Person.
- **Stretching Without Looking:** 6/19, 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:** 6/21, 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:** 6/26, 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

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