

The Whole Person's Blindness Low Vision Experience – June/July 2019

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!

The BLVE's next tandem ride in partnership with BikeWalkKC is scheduled for Saturday, June 15, and we will be trying a new venue, the trails at Longview Lake. Please email or call for more information or to RSVP, even if you have previously mentioned your interest.

If you wish to become more proficient using your smart phone, either Android or iPhone, remember, the BLVE will be hosting a new event, Tech-Info, to be held on the fourth Monday each month, from 5 to 6, following Stretching without Looking. The first Tech-Info is scheduled for June 24. Please call or email with questions or to RSVP.

Our first Hike-Nic at Watkins Mill State Park which was scheduled for May 18 ended up being one of the many storm casualties, with which we are all sadly too familiar. We are rescheduling for Saturday, July 6, at which time, there shouldn't be any thunder and lightning. It won't be too hot! It won't be too hot! Bring a picnic lunch and be prepared to traverse an approx. 3.75 mile paved trail around a beautiful lake culminating at the picnic tables. We will be meeting at TWP at 10 am and be back by 3. Please email or call to RSVP or for more information.

Who would like to enjoy "Cats" with audio description at Starlight? I have some tickets for Saturday, July 13, so please contact me for more information.

The Accessible Sports-Greater Kansas City Community Gaps Survey may be found at: AS-GKC.net/gapsurvey

This time-limited survey is the Regional Roundtable's primary way to get feedback from as many people as possible who are interested in – and concerned about – where and how to find adaptive and accessible sports opportunities for themselves or someone they know.

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.

June/July 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday, 6/3, 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!
- **Mind's Eye View:** Monday, 6/3, from 5:00 – 6:00 pm at TWP. A solution focused peer support group for people with vision loss – call or email with questions or to RSVP.
- **Getting Social:** Friday, 6/7, from 1:00 – 3:00 pm. Speak up! Let's chat about communication. RSVP to Shannon Springer, sspringer@thewholeperson.org.
- **Bowling Blind:** Monday, 6/10, 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.
- **Tandem Bike Riding with BikeWalkKC:** Saturday, 6/15 – call or email with questions or to RSVP.

- **Stretching Without Looking:** Monday, 6/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 6/17, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 6/19, 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:** Monday, 6/24, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 6/24, from 5:00 – 6:00 pm at TWP.
- **Stretching Without Looking:** Monday, 7/1, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 7/1, from 5:00 – 6:00 pm at TWP. A solution focused peer support group for people with vision loss – call or email with questions or to RSVP.
- **Hike-Nic at Watkins Mill State Park:** Saturday, 7/6 from 10 am to approx. 3 pm; Meet at TWP and call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 7/15, 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.
- **Cats with audio description at the Starlight Theater:** Saturday, 7/13; ShowTime 8:00 pm – call or email if interested.
- **Stretching Without Looking:** Monday, 7/15, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 7/15, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 7/17, 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.
- **Stretching Without Looking:** Monday, 7/22, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Tech-Info:** Monday, 7/22, from 5:00 – 6:00 pm at TWP.
- **Stretching Without Looking:** Monday, 7/29, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.

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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