

The Whole Person's Blindness Low Vision Experience – Feb./Mar. 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!

Since the BLVE's newsletter was so late for January, I am pleased to be getting it out a little earlier this time around. As I sit here writing on January 30, the thermometer is registering barely above zero, and spring feels very far away.

Due to January's great snow storm, our Boulevard Brewery tour needed to be rescheduled for this Saturday, February 2. A couple folks cannot make the new time, so please let me know right away if you would like to participate. We will be provided a private tasting in lieu of walking the brewery, where the company's history will be discussed, along with a short technical explanation of Boulevard's brewing processes, then enjoy a tasting.

Winter activities are in full swing at Snow Creek in Weston, so please let me know if you are interested in downhill skiing, snowboarding or tubing on Saturday afternoon, February 23. Please call or email, and be aware that this activity comes with a price tag of \$75. There are forms to be filled out, and to be sure you are included, I need to know of your participation as soon as possible.

On Saturday, March 30, TWP's BLVE will hold its first hike-nic, that is to say, hike and picnic at Watkins Mill State Park. The hike is a little less than four miles around a beautiful lake, and we will follow hiking by enjoying our picnic lunches under the trees and out in the fresh air where everything tastes the best!

This announcement may feel a bit early – however, TWP is once again generously sponsoring 10 individuals to participate in CCVI's 2019 Trolley Run, Sunday, April 28, and CCVI likes to have registrations completed by the beginning of March. Therefore, please let me know of your interest as soon as possible, so we can complete the registration process on time.

February/March 2019 TWP BLV Experiences

- **Getting Social:** Friday, 2/1, from 1:00 – 3:00 pm. The Kindness Project; Help raise awareness for 'Random Acts of Kindness' Month! RSVP to Meg Ward, mward@thewholeperson.org.
- **Boulevard Brewery Tour:** Saturday – 2/2 – 10:00 am -- approx. 1:00 pm – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday – 2/4, 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, 2/4, 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.
- **Bowling Blind:** Monday, 2/11, 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.
- **Out and About with Canines and Canes:** Wednesday, 2/20, 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.

- **Downhill Skiing, Snowboarding and Tubing at Snow Creek:** Saturday, 2/23, from approx. 10:30 am to 4:30 pm – call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday – 2/25, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Getting Social:** Friday, 3/1, from 1:00 – 3:00 pm. Eat well, be well; You are what you eat. . . so, learn how to make good decisions about the foods you consume! RSVP to Shannon Springer, sspringer@thewholeperson.org.
- **Stretching Without Looking:** Monday – 3/4, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 3/4, 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.
- **Bowling Blind:** Monday, 3/10, 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:** Monday – 3/18, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Out and About with Canines and Canes:** Wednesday, 3/20, 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 – 3/25, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Hike-Nic at Watkins Mill State Park:** Saturday, 3/30 from approx. 10:00 am to 3:00 pm – call or email with questions or to RSVP.

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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