

The Whole Person's Blindness Low Vision Experience – May/June 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 enjoyed two great outdoor activities in April, which were all the more enjoyable because winter is truly gone! Our first tandem bike ride of the season was perfect, perfect weather and perfect captain stoker partnerships. The captains are the people who ride in front, and I guess you can guess who the stokers are.

CCVI's 31st annual trolley run was an exhilarating experience for all who participated, and we had more participants on The Whole Person team than the 10 they so generously sponsored. Tina Jinkens was our brightest star, having just recently completed the Boston Marathon. Go Tina!

Our first Hike-Nic at Watkins Mill State Park is scheduled for May 18. 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.

I often hear from people who want to get better at using their smart phones, both Androids and iPhones. Therefore, 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, as the fourth Monday in May is a holiday. Please call or email with questions or to RSVP.

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 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Getting Social:** Friday, 5/3, from 1:00 – 3:00 pm. Eat well, be well; Commit to be fit; Sweat. Smile. Repeat. RSVP to Shannon Springer, sspringer@thewholeperson.org.
- **Stretching Without Looking:** Monday, 5/6, 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!
- **Mind's Eye View:** Monday, 5/6, 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, 5/13, 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, 5/15, from 11:00 am – 2:00 pm (approx.).
- **Hike-Nic at Watkins Mill State Park:** Saturday, 5/18 from 10 am to approx. 3 pm; Meet at TWP and call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday, 5/20, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.

- **Creating Squares for KC Beaded Quilt Mural:** Monday, 5/20, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Stretching Without Looking:** Monday, 6/3, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **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.).
- **Stretching Without Looking:** Monday, 6/24, 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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