

The Whole Person's Blindness Low Vision Experience – July/August 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 last tandem ride in partnership with BikeWalkKC was awesome at Longview Lake. We are scheduled to ride again in October but it might be sooner.

An enthusiastic group interested in becoming more proficient using smart phones successfully kicked off the BLVE's first Tech-Info event on the fourth Monday in June. The next Tech-Info session is scheduled for July 29, and please call or email with questions or to RSVP.

The BLVE's Hike-Nic at Watkins Mill State Park is coming right up on Saturday, July 6, so please confirm or reconfirm your participation. 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 let me know if you want to meet up there if you won't be traveling with the group.

There are still a couple tickets for "Cats" with audio description at Starlight Saturday, July 13, so please contact me if interested.

We have finally done it! All the beaded squares are just about complete for the giant mural project featuring the collaboration and talent of people with disabilities, which has been years in its creation. Our last beading circle in July will consist of some final beading and a small celebration of our accomplishment showcasing what people with disabilities can do. Heartfelt thanks to GK Callahan and Laura White for their support and leadership, and stay tuned for details on the public showing coming soon!

Please carefully read the schedule below, as many activities will be canceled in August, but something really fun will be happening in early September. I can't tell you what it is just quite yet, but you might get wet!

July/August 2019 TWP BLV Experiences

- **Stretching Without Looking:** Monday, 7/1, 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!
- **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.
- **Getting Social:** Friday, 8/2, from 1:00 – 3:00 pm at TWP; I've got 99 problems, but Advocacy ain't one of them! Learning how to use your voice for yourself and for others.
- **Stretching Without Looking:** Monday, 8/5, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 8/5, 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, 8/12, 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.

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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