

The Whole Person's Blindness Low Vision Experience – Apr./May 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!

April Fools re: the Hawaii trip. But read on, the BLVE has some fun stuff in the works.

Spring has actually sprung. The birds are once again singing, and those who can see green are reveling in the view. It is so nice to walk outside in the fresh air and be able to lengthen my stride without fear of taking a tumble on a patch of ice.

The Art Beyond Sight tour kickoff event was a big success, all sold out, and the BLVE will be planning museum experiences beginning this summer. You are also free to attend on your own, but there must be three individuals who are blind or low vision to schedule a docent guided tour.

Join TWP for the next Getting Social: Go GREEN! Here's the dirt: Save the earth! Friday, April 5, 1- 3 pm at TWP. We will enjoy fresh smoothies while learning about nutrition and saving the earth, then plant something special that will be yours to take home. Limited Transportation is provided, and please call TWP and ask for Shannon to RSVP by Wednesday.

This Saturday, April 6, the BLVE will once again partner with BikeWalkKC for our first 2019 tandem bike ride. We need both captains and stokers, so please email or call for more information and to RSVP.

The 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.

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.

March/April 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday, 4/1, 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, 4/1, 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.
- **Go Green! Friday:** Friday, 4/5, from 1:00 – 3:00 pm, TWP Community Room, 3710 Main, Kansas City, MO. Here's the dirt: Save the earth!
- **Tandem Bike Riding with BikeWalkKC:** Saturday, 4/6. Call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 4/8, 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, 4/15, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.

- **Creating Squares for KC Beaded Quilt Mural:** Monday, 4/15, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 4/17, from 11:00 am – 2:00 pm (approx.).
- **Stretching Without Looking:** Monday, 4/22, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **CCVI Trolley Run:** Sunday, 4/28. Call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday, 4/29, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **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.
- **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, 5/27, 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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