

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

March is almost here and hopefully with its approach, some signs of spring. Remember spring? The Boulevard Brewery tour was amazing thanks to our host, Megan, but unfortunately, the crazy weather on February 23 caused our Snow Creek event to be canceled. We will shoot for sometime in January or February, 2020.

TWP is once again generously sponsoring 10 individuals to participate in CCVI's 2019 Trolley Run, Sunday, April 28, and CCVI needs to have registrations completed by March 1. Therefore, please let me know of your interest as soon as possible, so we can complete the registration process as close to on time as possible –there is still space available.

Beading is back! On Monday, March 18, we will be meeting in the community room to create artistic beaded squares to become parts of a giant quilted mural for Kansas City. There is already one of these beautiful murals proudly displayed at the San Francisco Lighthouse for the Blind, and when our creation is complete, Kansas Citians will also have the opportunity to see what people with disabilities are capable of creating!

On Saturday, March 30, 1–3 pm, please join the BLVE at the Nelson Atkins Museum as the NEW Art Beyond Sight tours officially launch. Designed for people who are blind or low vision, on five different tours, participants will touch objects, use tactile diagrams, and engage in other activities to bring the art alive. Please contact me with questions or to rsvp, light refreshments will be served.

Note, the Hike-Nic at Watkins Mill State Park has been postponed due to the March 30 kickoff of Art Beyond Sight. With two outdoor activities already scheduled for April, and the weather so inclement and unpredictable, this event will be rescheduled for a Saturday in May.

On 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.

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.
- **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. 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, 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, 3/11, 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.

- **Stretching Without Looking:** Monday – 3/18, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 3/18, from 5:00 – 7:00 pm in the Community Room at TWP.
- **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.
- **Tours Beyond Sight:** Saturday, 3/30, from 1:00 – 3:00 pm at the Nelson Atkins Museum of Art. Call or email with questions or to RSVP.
- **Stretching Without Looking:** Monday, 4/1, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **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.

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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