

The Whole Person's Blindness Low Vision Experience – Dec. 2018/Jan. 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!

I am taking this opportunity at the end of the year to wish all of you a happy and healthy holiday season. The BLVE calendar slows down a little over the winter months. However, there is a Boulevard brewery tour for \$5 including tasting, scheduled for 11 am on January 12, some of you over 21 will not want to miss.

Ice skating at Crown Center was a blast with 9 participants and a 55 degrees day which truly made everything perfect. I am still trying to track down group photos.

"As a reminder, Mind's Eye View," the BLVE's solution focused peer support group for people with vision loss will be meeting this Monday, at 5:00/6:00 pm one half hour earlier than previously. Talking through disability related issues with peers to identify how to achieve emotional and physical wellbeing can be an extremely valuable experience.

The Whole Person's annual Holiday Open House Shindig with Christmas sweets and caroling is coming right up on Thursday, December 6 from 4 – 7 pm here at TWP. We will also be celebrating our 40th anniversary, and I hope to see many of you there! The decorations are already in place, and they are awesome!

The Stone Soup Singers will be caroling on Saturday, December 15, and TWP is graciously once again providing transportation. Echo Ray, who created and nurtured this beloved annual tradition for so long, recently passed away, making this year's gathering especially meaningful.

On January 12, we will be touring the Boulevard Brewery, an event specially arranged for us on a Saturday. 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 and then enjoy a tasting led by an experienced tour guide.

December 2018/January 2019 TWP BLV Experiences

- **Stretching Without Looking** does not occur on the second Monday of each month or holidays.
- **Stretching Without Looking:** Monday – 12/3, 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, 12/3, 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.
- **The Whole Person's Holiday Open House Shindig:** Thursday, 12/6, from 4:00 – 7:00 pm, TWP, 3710 Main, Kansas City, MO.
- **Bowling Blind:** Monday, 12/10, 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.
- **Caroling with the Stone Soup Singers:** Saturday, 12/15 – all day and into the night – call or email with questions or to RSVP.

- **Stretching Without Looking:** Monday – 12/17, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 12/17, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Out and About with Canines and Canes:** Wednesday, 11/21, 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 – 1/7, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Mind's Eye View:** Monday, 1/7, 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.
- **Boulevard Brewery Tour:** Saturday – 1/12 – 10:00 am -- approx. 1:00 pm – call or email with questions or to RSVP.
- **Bowling Blind:** Monday, 1/14, 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. Cost: \$3.50 per game.
- **Out and About with Canines and Canes:** Wednesday, 1/16, from 11:00 am – 2:00 pm (approx.). All aboard RideKC!
- **Stretching Without Looking:** Monday – 1/21, from 4:00 – 5:00 pm, TWP Community Room, 3710 Main, Kansas City, MO.
- **Creating Squares for KC Beaded Quilt Mural:** Monday, 1/21, from 5:00 – 7:00 pm in the Community Room at TWP.
- **Stretching Without Looking:** Monday – 1/28, 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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