

# Virtual Activities & Training

## REC & LEISURE COFFEE CHAT

- Tuesday, January 26<sup>th</sup> (1:00pm-2:00pm)
- Topic: Valentine Art

## INDEPENDENT LIVING SKILLS CLASS

- Wednesday, January 27<sup>th</sup> (11:00am-12:30pm)
- All About Reading: talking books, newspapers, etc.
- Podcasts and Audio Description

## HISTORY CLUB

- Thursday, January 28<sup>th</sup> (11:00am-12:00ish)
- Title: Freedom in My Heart
- Author: Cynthia Jacobs Carter

## SUPPORT GROUP

- Wednesday's Zoom meeting (1:00pm-2:00ish)

## SPANISH SUPPORT GROUP

- Every first and third Monday of the month- via WhatsApp
- February 1<sup>st</sup> and February 15<sup>th</sup> (3:00pm-4:15pm)

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## **IOS CLASS**

- Thursday, February 4<sup>th</sup>
- Beginners class - 10:30am - 11:25am
- Topic: *All about SIRI and iPhone/ iPad accessibility features. The pros and cons of getting a phone without a home button.*
- Advanced class - 11:30am - 12:30pm
- Topic: *Sending and receiving audio text messages and exploring the back tap options in the accessibility settings.*

**GIVE WHERE YOU LIVE COLLIER** - From noon on February 10, 2021 until noon on February 11, 2021.

- The seventh annual Give Where You Live Collier is a Collier County-wide movement to celebrate and increase philanthropy.

<https://www.givewhereyoulivecollier.org/organizations/lighthouse-of-collier-inc>

## **BOOK CLUB**

- Thursday, February 11<sup>th</sup> (11:00am-12:00ish)
- Title: The Last Trial by Scott Turow

## **UNIQUE SKILLS IN VISION CLASS**

- Friday, February 19<sup>th</sup> (11:00am-12:00pm)
- Where: Via Zoom Chat Room
- Topic: Feeling left out of the conversation? Want to chat with friends about the latest Netflix series? Is your spouse tired of providing a running narration of your favorite shows? Or are you just looking for new rec and leisure options?

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- If this is you, please attend the next Unique Skills in Vision Class - "All About Audio Description." Be ready to share your latest accessible audio description "find." Entertainment can be accessible.

### **LET'S GET BALANCED!! WITH MARIE**

- Saturday, February 20<sup>th</sup> (11:00am-12:00pm)
- Let's get balanced and improve the communication between our brain and muscles by doing Balance Training. Mobility + Stability = Mostability.
- In this class we will be working to better the stability and mobility of our joints and muscles with movement performing exercises which will improve your agility and stability of gait and ability to prevent falls by focusing on the 3 main components of balance which include your Vision, the Vestibular system as well as the Sensory system while paying particular attention to lower extremity proprioception.

**For more information about Marie's classes feel free to check out this short video <https://youtu.be/pxsTgpztkuc>**

### **DINING IN THE DARK - March 24, 2021**

- Join us for the 2021 Virtual Dining in the Dark event on Wednesday, March 24<sup>th</sup> at 6pm and enjoy a unique dining experience in support of Lighthouse of Collier. Fresh three-course dinners will be delivered to the location or locations of your choice from Two Guys Kitchen & Catering. Dinners will be delivered the day before the event ready to heat and eat for you

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to enjoy during the program and include a blindfold to create a realistic sense of everyday life for those with vision loss. Dining in the Dark is a unique dining event meant to offer an immersive experience into a world of smell, taste, sound, and texture— all in total darkness. It creates a realistic sense of everyday life for those with vision loss.

<https://www.lighthouseofcollier.org/dining-in-the-dark/>

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