

Client Activities Bulletin

March 2021 | Volume 11, Issue 3.1

This bulletin features activities for both our Lehigh Valley and Monroe County clients. All activities that are not designated for specific groups are open to all clients. **Please note** that all in-person programs are subject to change in accordance with regulations by the Pennsylvania Department of Health.

Large-Print Pullout Calendar

► Pages 6-7

Designed to be pulled apart and displayed

Lehigh Valley Campus

845 West Wyoming St., Allentown, PA 18103

610.433.6018

Monroe Campus

4215 Manor Drive, Stroudsburg, PA 18360

570.992.7787

► Our Current Protocols

- Until further notice, **all entries to our facilities, including our stores, will be by appointment only** and all entrants must wear masks.
- Our **transport service is available with additional safety protocols in place** for all medical appointments, grocery deliveries, and pharmacy deliveries. We **cannot provide transport for COVID-19 testing**.
- When we call to confirm a ride, **we will ask you** if you have any COVID-19-related symptoms. If you have symptoms, then we cannot provide transport.
- **All clients and companions must wear masks** and must sit in the vehicle's middle or back row. Our **vehicles are cleaned thoroughly** after each transport.
- All **drivers must wear masks** and **may not work if they have** COVID-19 symptoms.
- **Failure to comply with these protocols** will result in cancellation of your ride.
- To **schedule a transport ride**, call 610.433.6018, Ext. 226, in the Lehigh Valley, and 570.992.7787, Ext. 224, in Monroe County.
- To **schedule a store visit**, call 610.433.6018, Ext. 224, in the Lehigh Valley, and 570.992.7787, Ext. 229, in Monroe County.

► Life Skills Education

Advanced Braille Class

These classes are facilitated by Dianne Michels.
Consistent attendance is required.

- Format: **Virtual**
- Dates and Times: **To Be Announced**

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Tech Talk Sessions

- Format: **Virtual**
- Dates and Times: **Thursdays, March 4, 11, 18, and 25; 12:30-2 p.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

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Spotlight On Independence

An agency client shares his or her story of seizing their independence; facilitated by Dianne Michels.

- Format: **Virtual**
- Date and Time: **Tuesday, March 2; 11 a.m.-12:30 p.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

► Life Skills Education - Continued

Exploration of Low Vision Devices

Explore our Lehigh Valley vision aids store with Jennifer Pandolfo and Kim Williams and discover how these devices can help you gain greater independence.

- Format: **Virtual**
- Date and Time: **Friday, March 12; 11 a.m.-12:30 p.m.**
- Virtual Link: **<https://zoom.us/j/93228231963>**
- Call-in Information: **929.205.6099**
- Access Code: **932 2823 1963**

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All You Need to Know About the COVID-19 Vaccine

Facilitated by Becki Fahs of The Advocacy Alliance's Eastern PA Health Care Quality Unit. Find out how the immune system protects against viral infections; how vaccines, especially the mRNA vaccine, work; and learn about the risks and benefits of the COVID-19 vaccine.

- Format: **Virtual**
- Date and Time: **Monday, March 15; 11 a.m.-1 p.m.**
- Virtual Link: **Call Rita Lang at 610.433.6018, Ext. 225, for the link**

► Life Skills Education - Continued

Exploration of Emerging Technology

Ed Martin of Enhanced Vision presents a variety of wearable low vision devices. Attendance for this session is limited for social distancing.

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Tuesday, March 16; 10-11:30 a.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **Available with registration; call Brian Schell at 610.433.6018, Ext. 226**

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Explore Physical Activity and Fitness

- Format: **Virtual**
- Date and Time: **Thursday, March 25; 10:30 a.m.-12 p.m.**
Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

► **Descriptions Continue on Page 8**

March 2021

Client Activity Calendar



Sunday	Monday	Tuesday	Wednesday
	1 Monroe Client Group 10-11:30	2 Spotlight 11-12:30	3 Musician Meetup 1-2:30
7	8	9 Women's Group 11-12:30	10 Spanish Clients 10-11:30 Exercise 1-2:30
14	15 COVID Vaccine Info 11-1	16 Emerging Tech 10-11:30	17
21	22	23 Crafters Corner 11-12:30	24
28	29	30 Casseroles 10:30-12:30	31 Balance 10-11:30 Casseroles 10:30-12:30

March 2021

Client Activity Calendar

Thursday	Friday	Saturday
4 Lehigh Valley Clients 10-11:30	5	6
11 Men's Group 10-11:30	12 Low Vision Devices 11-12:30	13
18	19	20
25 Explore Fitness 10:30-12	26 Visionaries/ NuVisions 10-11:30	27

► Weekly Activities

Tech Talk
Thursdays,
12:30-2

► Life Skills Education - Continued

Creative Casseroles

Facilitated by Katrina Santorelli. Practice your kitchen skills as you create a delicious personal casserole. This activity will be held twice to allow more clients to participate. Braille recipes will be available. A donation of \$5.00 toward supplies is appreciated.

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Tuesday, March 30; 10:30 a.m.-12:30 p.m.; Wednesday, March 31; 10:30 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **On your own**

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Balance and Fall Prevention

Presented by Good Shepherd Rehabilitation Network. Attendance is limited for social distancing.

- Format: **In-person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 224**
- Date and Time: **Wednesday, March 31; 10-11:30 a.m.**
- Location: **Monroe Campus**
- Transportation: **Available with registration**

► **Peer Support Groups**

Monroe Client Group

- Format: **Virtual**
- Date and Time: **Monday, March 1; 10-11:30 a.m.**
- Virtual Link: **<https://zoom.us/j/94325530787>**
- Call-in Information: **929.205.6099**
- Access Code: **943 2553 0787**

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Lehigh Valley Client Group

- Format: **Virtual**
- Date and Time: **Thursday, March 4; 10-11:30 a.m.**
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

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Women's Chat Group

- Format: **Virtual**
- Date and Time: **Tuesday, March 9; 11 a.m.-12:30 p.m.**
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

► **Peer Support Groups - Continued**

Spanish-Speaking Client Group

- Format: **Virtual**
- Date and Time: **Wednesday, March 10; 10-11:30 a.m.**
- Virtual Link: **<https://zoom.us/j/91404297791>**
- Call-in Information: **929.205.6099**
- Access Code: **914 0429 7791**

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Men's Group

- Format: **Virtual**
- Date and Time: **Thursday, March 11; 10-11:30 a.m.**
- Call-in Information: **605.313.4802**
- Access Code: **594495 then pound sign**

► **Additional Activities**

Musician Meetup

This meeting for serious musicians to form a client group.

- Format: **Virtual**
- Date and Time: **Wednesday, March 3; 1-2:30 p.m.**
- Call-in Information: **605.475.4860**
- Access Code: **352206 then pound sign**

► **Additional Activities - Continued**

Get Up and Move! Exercise Activities

- Format: **Virtual**
- Date and Time: **Wednesday, March 10; 1-2:30 p.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 followed by the pound sign**

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Crafters Corner Activity

This activity is limited to four (4) clients for distancing.

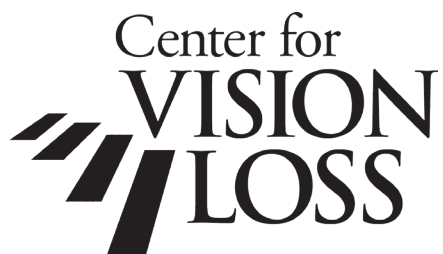
- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Date and Time: **Tuesday, March 23; 11 a.m.-12:30 p.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **On your own**

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Special Visionaries and NuVisions Meeting

This meeting is open to all clients. Join us for an exciting announcement and then stay to learn about the advantages of client peer-to-peer mentoring.

- Format: **Virtual**
- Date and Time: **Friday, March 26; 10-11:30 a.m.**
- Virtual Link: **<https://zoom.us/j/95701428812>**
- Call-in Information: **929.205.6099**
- Access Code: **957 0142 8812**



**FREE MATTER FOR
THE BLIND OR
PHYSICALLY
HANDICAPPED
Post Manual Part 138**

**Client Activities
Bulletin**

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