

# Client Activities Bulletin

February 2021 | Volume 11, Issue 2.1

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, February 4, 11, 18, and 25, 12:30-2 p.m.**
- Virtual Link: **<https://zoom.us/j/91861738979>**
- Call-in Information: **929.205.6099**
- Access Number: **918 6173 8979**

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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, February 2; 11 a.m.-12:30 p.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

## ► Life Skills Education - Continued

### **Creative Cupcakes**

Facilitated by Dianne Michels. Learn adaptive techniques to design your own personalized cupcakes. This activity will be held twice to allow more clients to participate.

A donation of \$3.00 toward supplies is appreciated.

- Format: **In-person; registration required**
- Registration: **Call Rita Lang at 610.433.6018, Ext. 225**
- Dates and Times: **Tuesday, February 16, 10:30 a.m.-12 p.m.; Wednesday, February 17, 10:30 a.m.-12 p.m.**
- Location: **Lehigh Valley Campus**
- Transportation: **On your own**

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### **Take Care of You Day Makeovers**

This annual tradition for Monroe clients continues in a safe and socially-distanced manner.

- Format: **In-person; registration required**
- Registration: **Call Lisa Metcalf at 570.992.7787, Ext. 229**
- Date and Time: **Friday, February 12; 9 a.m.-1 p.m.**
- Location: **Monroe Campus**
- Transportation: **Available with registration**

## ► Life Skills Education - Continued

### **Understanding and Combating Depression**

Angela Romano-Lucky, Director of the New Perspectives Crisis Residence in Stroudsburg, PA, will lead a discussion on this critical challenge that so many people face.

- Format: **Virtual**
- Date and Time: **Friday, February 19, 10-11 a.m.**
- Virtual Link: **<https://zoom.us/j/95155261533>**
- Call-in Information: **929.205.6099**
- Access Code: **951 5526 1533**

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### **Tips for Managing Medication**

This program is organized for members of the Lehigh Valley Visionaries group but open to all agency clients.

- Format: **Virtual**
- Date and Time: **Thursday, February 25, 10-11 a.m.**
- Call-in Number: **605.475.4860**
- Access Code: **352206 then pound sign**

► **Descriptions Continue on Page 8**

# February 2021

## Client Activity Calendar



Sunday	Monday	Tuesday	Wednesday
	<b>1</b> Monroe Client Group 10-11:30	<b>2</b> Spotlight 11-12:30	<b>3</b> Musician Meetup 1-2:30
<b>7</b>	<b>8</b> Spanish Client Group 10-11:30	<b>9</b> Women's Group 11-12:30	<b>10</b> Get Up and Move! 1-2:30
<b>14</b>	<b>15</b> CLOSED Presidents Day	<b>16</b> Cupcakes 10:30-12	<b>17</b> Cupcakes 10:30-12
<b>21</b>	<b>22</b>	<b>23</b> Crafters Corner 11-12:30	<b>24</b>
<b>28</b>			

# February 2021

## Client Activity Calendar

Thursday	Friday	Saturday
<b>4</b> Lehigh Valley Clients 10-11:30	<b>5</b>	<b>6</b>
<b>11</b> Men's Group 10-11:30	<b>12</b> Makeovers 9-1	<b>13</b>
<b>18</b>	<b>19</b> Combat Depression 10-11	<b>20</b>
<b>25</b> Medications 10-11	<b>26</b> NuVisions 11-12:30	<b>27</b>

### ► Weekly Activities

Advanced Braille  
To Be Announced

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Tech Talk  
Thursdays,  
12:30-2

## ► Peer Support Groups

### **Monroe Client Group**

This in-person session will be limited to ten (10) clients for social distancing. Others may participate virtually.

- Format: **In-person; registration required; virtual participation also available**
- Register: **Call Lisa Metcalf at 570.992.7787, Ext. 229**
- Date and Time: **Monday, February 1; 10-11:30 a.m.**
- Location: **Monroe Campus**
- Transportation: **Available with registration**
- 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, February 4; 10-11:30 a.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: **Monday, February 8; 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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### **Women's Chat Group**

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

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### **Men's Group**

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

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### **Get Up and Move! Exercise Activities**

- Format: **Virtual**
- Date and Time: **Wednesday, February 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 social distancing.

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

## ► **Additional Activities - Continued**

### **Monroe NuVisions Group Organizational Meeting**

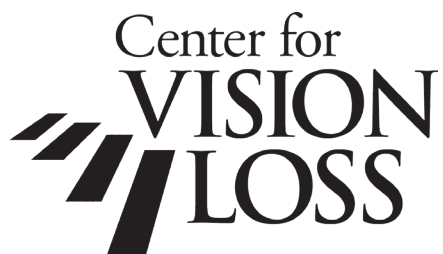
Members of the Monroe NuVisions client group will discuss the group's structure and goals. This in-person meeting will be limited to ten (10) clients for social distancing. Others may participate virtually.

- **Format: In-person; registration required; virtual participation also available**
- **Registration: Call Lisa Metcalf at 570.992.7787, Ext. 229**
- **Date and Time: Friday, February 26; 11 a.m.-12:30 a.m.**
- **Location: Monroe Campus**
- **Transportation: Available with registration**
- **Virtual Link: <https://zoom.us/j/95701428812>**
- **Call-in Information: 929.205.6099**
- **Access Code: 957 0142 8812**

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### **New Braille Class to Form in March**

A new braille class will begin in March 2021. Dedication and consistent attendance are required. Interested clients should call Rita Lang at 610.433.6018, Ext. 225, to register.



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

**Client Activities  
Bulletin**

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