

Blind News Victoria

A publication of the Pacific Training Centre for the Blind

Spring 2017

If you've had enough of winter, and who hasn't, then here are some activities and events to look forward to this spring.

Still trying to shake off some of those pounds you acquired at Christmas? Perhaps an exercise or dance class at Move Adapted Fitness will help.

Move Adapted Fitness

302-531 Yates Street

Group Exercise Classes

Tuesdays and Thursdays

2:00 – 3:00

Adapted Dance Classes

Tuesdays

5:30 – 6:30

Phone: 778-433-6559 for details

The Pandora Arts Collective invites anyone with a disability, who would like to have some fun with art, to join them at their open studio

1923 Fernwood Rd.

Tuesdays and Thursdays from noon to 4:00

(250) 920-7227

The Victoria based "Out of Sight" Dragon Boat Team is gearing up for practices to commence in early April, and they are now recruiting new members for the 2017 season. Practices are on Monday and Wednesday afternoons starting at 5:15, and last until 7:00pm. Dragon Boat Racing is a great sport offering great exercise, where your vision level does not prevent you from competing equally with everyone else. Volunteers are available to assist you at all stages of practice and racing. This is a BC Blind Sports program, so fees will be approximately \$100.00 for all practices and the 3 definite races.

**For further information please contact:
John at johnlavryssen@yahoo.com**

Ken at kenreimer@shaw.ca

Mark Your Calendar

The Pacific Training Centre for the Blind is hosting a benefit concert: The Power of the Dream

Saturday April 8, 2017

2:00 – 4:00

Hermann's Jaz Club

753 View St.

**An afternoon of some of Victoria's finest blind performers.
Silent auction, door prizes and more!!**

Tickets: \$15 in advance, \$20 at the door.

Call: 250-580-4910

VocalEye Described performance at the Belfry

“ALICE MUNRO STORIES”, the sublime words and blessed humanity of Canada's celebrated author

**Sunday May 7, 2017 at 2 pm
Belfry Theatre, 1291 Gladstone Avenue, Victoria**

Tickets are \$24.68 for VocalEye users plus a 25% discount for a companion, while they last.

Call 250-385-6815 to

This performance will be followed by a Touch Tour.

The Camp Bowen Society for the Visually Impaired is planning an adult retreat for ages 19+ this summer at Bowen Island Lodge, Monday July 31st through Friday August 4.

If you wish to receive further details as they become available contact:

campinfo@campbowen.ca

Did You Know?

The following pharmacies offer accessible prescription medication information (APMI) at no additional cost to the consumer.

- * Wal-Mart Canada**
- * Bulkley Valley Wholesale**
- * Coopers Foods**
- * London Drugs**

- * Overwaitea Foods**
- * Peoples Drug Mart**
- * PriceSmart Foods**
- * Save-On Foods**
- * Shoppers Drug Mart**
- * Urban Fare**

These pharmacies provide prescription information through an audio label affixed to the prescription bottle. Accessing the audio information is as simple as placing the prescription bottle atop a ScripTalk Reader and pressing a single button. The Reader will then announce the critical prescription information that your pharmacist has encoded into an RFID label

Readers can be acquired by contacting En-Vision America directly at 800-890-1180. They will ship one directly to your home at no cost provided you have a prescription pending and/or an established patient profile at one of the participating pharmacies listed above.

To find out more email:

info@asicbc.ca

About the Pacific Training Centre for the Blind

The Pacific Training Centre for the Blind (PTCB) is a Canadian grassroots nonprofit charitable service

organization founded and run by blind people. Its training fosters independence, where blind people empower blind people to be employed, independent and free.

The Blind People in Charge Program, provided by the Pacific Training Centre for the Blind, is the only program of its kind in Western Canada that offers regular, intensive rehabilitation to people who are blind or who are losing their vision; it is also the only program that uses an empowering, problem-solving model of instruction, where blind people are the teachers, planners, directors and administrators.

The program involves a collaborative, positive, and empowering approach to blindness, where blind people learn from and teach each other in a supportive, can-do atmosphere. Instructors and mentors teach the skills of independence such as Braille, adaptive technology, cane travel, cooking and other life skills, and develop strategies for coping with blindness and vision loss in a sighted world.

The Blind People in Charge Program held at the Victoria Disability Resource Centre 817a Fort St., runs two days a week from 10:00 - 4:00 and participants are encouraged to attend as full time students (12 hours a week). Drop in students are also considered. Teaching takes place in group and one-on-one sessions and participants progress at their own pace. Past participants have ranged in age from 24 - 88.

Anyone over 18 who is blind or is experiencing significant vision loss may apply including those who are experiencing other challenges. There is no charge to students; however donations are always welcome. For more information, or to participate in our program, please contact us.

Phone: 250-580-4910

Email: info@pacifictrainingcentre.ca