



BRAILLE INSTITUTE SAN DIEGO



Winter Class Catalog

January 2, 2019 — April 12, 2019

Braille Institute offers a wide array of programs and services designed to help people with vision loss lead enriched and fulfilling lives.

www.BrailleInstitute.org

Individual Services Available By Appointment Only:

Counseling - Free counseling services are available on a limited basis to anyone newly participating in Braille Institute services to help improve communication, develop new solutions and problem-solving skills associated with coping with sight loss.

Independent Living Skills (ILS) - Scheduling individual appointments is a great opportunity to for someone who needs help with everyday activities. By teaching adaptive techniques, our students can learn how to go about daily tasks confidently and independently. Some examples of skills are: labeling and marking personal items, identifying money, applying make-up, dining tips, and more. We can also help with certain tasks that you would like to accomplish.

Orientation & Mobility (O&M) - Learn to create a mental map, select landmarks, and plot how to get from point A to point B on your own. Public transportation, school campuses, street crossings, and local neighborhoods are some examples a person may need assistance navigating. We can also help with filing applications for MTS transportation as well as selecting the appropriate white cane. Working one-on-one with our Orientation and Mobility Specialist will help you safely and independently get where you want to go.

Connection Point - Technology is an evolving outlet for someone who is visually impaired or blind. If you are unsure how to benefit from a computer, phone, or any technology device, a one-on-one appointment is the best place to start. Students will be able to learn about adaptive devices and software (i.e. Apple products, JAWS, NVDA). If you are also having any difficulty with technology products you currently own, schedule an appointment today to get the help you need!

Low Vision Consultation – At Braille Institute we provide free one-on-one consultations with Low Vision Rehabilitation Specialist who can help you determine the correct devices to maximize your remaining vision. Your consultant will analyze your particular needs and provide you with demonstrations and recommendation for various assistive devices such as special lamps and nonprescription magnifiers, closed-circuit television (CCTVs) and other visual aids.

To schedule consultation, you must have a referral from an ophthalmologist, optometrist or healthcare provider, but you need not to be legally blind.

WINTER CLASSES

January 2 – April 12, 2019

MONDAY

10:00-10:50am	11:00-11:50am	1:00-1:50pm
What's Your Story?	@Self Exploration: Getting to Know Thy- self	@Organize This & That!
Economics	American Sign Language	Breath & Bal- ance
News & Views	Braille@	@Head-to-Toe: Grooming Guide from a Man's Perspec-
@Braille	Keyboarding@	
@Keyboarding		Sharpen the Brain
@Understanding Vision Loss		@Keyboarding

**=Prerequisite*

SPN = Spanish

TUESDAY

10:00-10:50am	11:00-11:50am	1:00-1:50pm
Knitting	Knitting	@ Organize This & That!
American Sign Language	Yoga	Breath & Balance
Free Style Water-Color Painting	2nd Hour Painting	@Head-to-Toe: Grooming Guide from a man's perspective
News & Views	@Self Exploration: Getting to Know Thyself	@Braille
@Braille	@Braille	Sharpen the Brain
@Keyboarding	Healing Mind & Body	
Blind Rhythm	*@Hate to Cook? Don't Starve!	
	What's Your Story?	
	@Keyboarding	
	Blind Rhythm	

****=Prerequisite***

SPN = Spanish

WEDNESDAY

10:00-10:50am	11:00-11:50am	1:00-1:50pm
What's Your Story?	Technology: Thinking Outside the Box	@Organize This & That!
Wonderful Chair Yoga	@Self Exploration: Getting to Know Thyself (SPN)	Eat, Sleep, Play Soccer (SPN)
Free Style Watercolor Painting	2nd Hour Free Style Watercolor Painting	
News & Views (SPN)	Walking for Wellness	@Braille (SPN)
@Braille	@Braille	Mary's Musical Mix-Up
History of Food: Weird but True Food Facts	*@Improve Your Cooking Life	@Keyboarding
@Keyboarding	History of Weird But True	Self Defense
Blind Rhythm	@Keyboarding	
@Understanding Vision Loss	Mind & Body Relaxation	

SPN = Spanish

THURSDAY

10:00-10:50am	11:00-11:50am	1:00-1:50pm
American Sign Language	Virtual Travel	@Organize This & That!
Cardaramerie	Healing Mind & Body	Sharpen the Brain
News & Views (SPN)	What's Your Story?	Conversational French
@Braille	I like to sing too!	@Head-To-Toe: Grooming guide from a man's perspective
	@Braille	
Nascar	ESL (English as a Second Language)	Heal Your Pain with Your Head
@Keyboarding	@Self Exploration: Getting to Know Thyself (SPN)	@Keyboarding
Fitness Fun!	Keyboarding@	
	Dance it All!	

**=Prerequisite*

SPN = Spanish

FRIDAY

10:00-10:50am	11:00-11:50am
3-D Art	2nd Hour of 3-D Art (\$10 Fee)
Improve Your Cooking Life	Gardening
@Keyboarding	@Organize This & That!
	@Keyboarding

*= Prerequisite

SPN=Spanish

WINTER 2019 Class Descriptions

January 2, 2019 – April 12, 2019

*Braille Institute offers a wide variety of classes Monday through Friday. Each class meets once a week for the **15 week term**. If a student registers for a class they should attend **ONLY** on the day they signed up for. Students must be registered with Adult Educational Programs as well as enrolled in the class prior to attending. The class title, instructor, day(s) offered, class prerequisites (if any), and cost (if any) are listed below alphabetically. @ = **Indicates Independent Living Skills Classes**. Please note that some classes are bilingual Spanish.*

American Sign Language (ASL)—taught by Jaime—Days offered: M,T, TH

Do you have trouble communicating with deaf friends and family? Have you always had a desire to learn American Sign Language? This beginner language class is for you. In this fun, hands-on, interactive class you will learn the history of the language, practice the alphabet and fingerspell vocabulary words. Other topics include the importance of facial expressions when communicating with sighted deaf community, and more. Join us!

Art (3-D Art) – taught by Paula/Pat – Fee: \$20 (2HRS) Days offered: F

Three-dimensional art is observed in terms of its height, width and depth. It is not flat like two-dimensional art, which consists of paintings, drawings and photographs. Pottery and sculpture are examples of three-dimensional art. In this class students will work on 3 dimensional art projects using clay and tactile material to sculpt figures while using pieces from nature and clay reliefs.

Blind Rhythm – taught by Shon – Days offered: T, W

Maintain a physically independent lifestyle and enjoy the benefits of regular exercise with our low impact group dance exercise class. For beginning exercisers who want a mild start or for those who need an ongoing gentler, non-jarring pace this is the class for you! Join us; this flow of motion will train you to be expert rhyth-mist.

@Braille – taught by Sharon B. – Days offered: M, T, W, Th,

Beginning level students will learn to read and write Grade 1 Braille. Students will learn the alphabet, numbers, and punctuation signs. There will be an introduction to the brailier and utilization of materials to reinforce basic Braille learning. Intermediate level students will learn to read and write Grade 2 Braille. In addition, students will learn to use the brailier, slate and stylus, and Braille dictionaries.

@Braille – Maestro: Gerardo en Español – Dia de clase:

miercoles Los estudiantes de nivel principiante aprenderán a leer y escribir Braille nivel 1. Los estudiantes aprenderán el alfabeto, los números y los signos de puntuación. Habrá una introducción al brailler y la utilización de materiales para reforzar el aprendizaje Braille básico. En adición, los estudiantes aprenderán a usar Braille, pizarra y lápiz, y diccionarios de Braille. Estos materiales se utilizarán para reforzar el aprendizaje de los libros de texto en Braille.

Breath and Balance – taught by Albert – Days offered: T

Imagine having a mind that is unwavering in its clarity, one that is ever alert in the moment yet has no trouble recalling the lessons of the past, a mind that goes where you direct it and stays where you put it. This class will include intentional breathing practice (breath initiated movement) with gentle postures that focus on strengthening and restoring your ability to balance. All ages welcome!

Cardaramerie – taught by Sandra – Days offered: Th

This class is all about card games and building friendships. This teacher will teach a variety of card games every week. Request your favorite game so everyone can learn too!

Dance – taught by Fabiola – Days offered: Th (Bilingual Spanish)

This class introduces students to both easy and intermediate line dances. Each class will begin with some gentle stretching and then a new dance will be taught. As students begin to develop a dance repertoire, we will review these dances in addition to learning new ones. Music or dance requests are always welcome!

Bailar – Maestra: Fabiola – jueves (Bilingüe en inglés)

Esta clase introduce a los estudiantes a bailes de línea fácil e intermedia. Cada clase comenzará con algo de estiramiento suave y luego se le dará inicio a la danza. Cuando los estudiantes comienzan a desarrollar un repertorio de baile, vamos a revisar sus conocimientos en esos bailes, además de aprender otros bailes nuevos. Peticiones de música o de danza son siempre bienvenidos!

Eat, Sleep, Play Soccer: Exploring the Sport of “World Football”– taught by Alberto in Spanish – Days offered:

W, Th Join us for a fascinating look into the sport of “World Football,” the world’s largest sport. We’ll look at the history of the game; discuss current leagues, rules of the game, players, who scored, signings, team’s performance, matches, and more!

¡Comer, Dormir, y Jugar Fútbol: Explorando el deporte de fútbol mundial – Maestro, Alberto – Día: miércoles (Español)
Únete a nosotros para una mirada fascinante en el deporte del "fútbol mundial", el deporte más grande del mundo. Vamos hablar sobre la historia del juego, discutir las ligas actuales, los jugadores, las reglas, el rendimiento del equipo, los partidos, y más. Esta clase será muy entretenida y divertida. ¡Todos son bienvenidos! jueves (Bilingüe en inglés)

ESL for Spanish Speakers (English as a second Language) – taught by Michelle – Days offered: TH

This class is designed to improve listening and speaking skills in English. Each week the class will have a theme and will focus on a specific holiday or tradition that is relevant for that week or month. Class activities include group interaction, speaking and listening. Join us and improve not only your English skills but learn the origin of many American traditions and holidays.

Fitness Fun! – taught by Fabiola – Days offered: Th

(Bilingual Spanish) Students will stretch and strengthen all major muscle groups to increase flexibility, coordination and balance. All exercises can be done from a seated position with the option of a few standing exercises. There will be musical accompaniment as well as some props to make this class fun and enjoyable for all.

Ejercicio – Maestra: Fabiola – Jueves en Espanol

Disfruta de la música mientras tonificas, estiras y fortaleces los grupos de tus músculos para mejorar la elasticidad, coordinación y el balance. Todos los ejercicios pueden hacerse sentados y a tu propio paso. Todas edades son bienvenidos ¡Vengan a mover el cuerpo con música y diversión!

French/Conversational – taught by Linda – Days offered: Th

Bonjour! This class is a lively, fun approach to learning how to speak French. We will cover phrases, greetings, common words, and more. Beginners are welcome!

Gardening Projects – taught by Deborah – Fee:\$10 – Days offered: F

Join the Master Gardeners of San Diego as we dig into gardening! A wide variety of topics and hands-on projects will be offered for all skill levels – beginner to advance. Basic Gardening is a class to give the novice gardener all the basic information necessary to begin the most popular U.S. hobby to date: gardening.

@Hate to Cook? Don't Starve! Taught by Maribel—
Fee:\$15—Days offered: T

Hate to cook but don't want to starve? Cooking and baking are the kinds of activities that most people assume are second nature. After all, we're humans, and our most basic need is to supply ourselves with nutrition. Logically, we should just be able to get in the kitchen and make something to eat. However, we often take for granted the ability to get into the kitchen and know what to do. Perhaps you're just scared of not knowing what to do. The good news is, it's never too late to start, no matter what your background may be. The most important thing to take with you into the kitchen is a basic understanding of what to do and how to do it. In this class you will learn everything from what supplies you need for getting started to reading recipes and planning meals. You will be provided with a basic understanding of what it means to be in the kitchen and sources for additional information to foster a lifetime of culinary growth!

Requirements: Improve Your Cooking life! Is a pre-requisite to taking any cooking classes.

@Head-to-toe: Grooming Guide From A Man's Perspective.

A grooming guide to help you looking your best from head to toe. Discussions will devote time to the specific grooming needs of the individual gentleman. From battling the effects of aging to hair concerns--whether too much or not enough. Join us for lively discussions on present grooming rituals. Ladies are welcome!

Healing of the Mind and Body – taught by Fred and Sheila

– Days offered: T, TH Let's all learn about keeping the mind and body healthy. In this class, we will be going over different ways to help ourselves such as: personal growth, health and wellness, managing stress, and dream interpretation. Let this class be a tool to a successful healthy way of life!

Heal Your Pain With Your Head- taught by Dianne – Days

offered: T It's been claimed that we only use 10% of our brain. In this class you will learn surprisingly simple secrets on how to communicate with the other 90% and reprogram it through learning self-use . Learn ways to improve your self-esteem have more energy and motivation, attract more energy

and motivation, attract more abundance in your life, and gain a better sense of well-being. Some topics covered will include Tapping, EFT, and personal energy balancing and more. This class offers care, acceptance, social and community support. Please join our special group on your journey to a more fulfilling life. **Note:** *This course does not include psychotherapy, professional or medical advice. It is for individuals seeking help with achieving a better quality of life by using the skills and tools taught in this class.*

I Want to Sing Too! – taught by Rob – Days offered: TH

Improve your **voice/singing** through proper breathing, posture, tone production, intonation, diction, phrasing and ear training. Join us and learn to develop the following: vocal range and proper breathing from the diaphragm. Students will also discover their voice box, larynx and vocal chords while singing a wide variety of songs.

@Improve Your Cooking Life – taught by Jaime – Days offered: W, F

In this beginning level cooking class students will have the opportunity to learn and practice techniques needed to build their confidence in the kitchen. Lessons include kitchen safety, meal planning and preparing food while following recipes,

finding and identifying your way in the kitchen, knife skills training, measuring and pouring dry and wet goods, tips on knowing when food is cooked, and more. Join us and see what you can do in the kitchen.

Students may be working with the following appliances: Gas and/or electric stove, oven, microwave, George Foreman Grill, blender, toaster oven, and other sharp objects.

@Keyboarding – taught by Nikki & Daniel –Days offered:M, T, W, Th, F (W, Th Bilingual Spanish)**

Requirements: Must have enough vision to see the screen. If you have issues with hearing, and vision, you must be able to understand and hear the speech used by the software. One must have good use of both hands in order to learn how to type. One handed keyboarding is not available at this time. This course is required in order to take any other computer course. This course provides the student with basic typing skills, covering both the standard keyboard keys and computer keys. Areas of emphasis will include touch-typing and accuracy. Students will learn the keyboard in preparation to learn more advanced adaptive software (i.e. JAWS, Zoom text).

@**Teclado – Maestro: Nikki y Julius – Miercoles y jueves en Espanol

Requerimientos: Un individuo debe de tener suficiente visión para poder ver la pantalla. Si tiene alguna dificultad auditiva, y si no ve, la persona necesitara comprender y oír el discurso utilizada por el programa. La persona debe tener habilidad en el uso de las dos manos para aprender el teclado. En este curso al estudiante se le proveerá técnicas de teclado básico. Se cubrirán temas de teclado estándar y teclado de computadora. Se le hará énfasis n las áreas de “touch-typing” y precisión de teclado. Los estudiantes aprenderán todo el teclado de computadora para prepararlos en el uso de programas de computación más avanzados, tales como “JAWS” y “Zoomtext”. Este curso es obligatorio para poder tomar cualquier otro curso de computación.

Knitting – taught by Dottie & Deborah – Fee: \$10 (1 or 2 hours) – Days offered: T

This is a “hands on” class for students interested in learning to knit or reviewing how to knit by touch. This class is taught by two volunteers who help the students read and interpret patterns; teach new techniques on how to adapt to knitting by touch, rather than by sight and to catch and repair mistakes.

We will be working on scarves, blankets, hats, purses, and holiday items, as well as any independent projects students may want to do. Students may sign up for 1 or 2 hours of class time.

@ Living with Vision Loss – taught by Kat – M, W

This class will allow you to share your personal experiences relating to vision loss, along with the coping strategies, that are helpful in regaining a person’s confidence and independence. This process group reviews topics such as: denial, anger, acceptance, and living a positive and productive life with vision loss. *This is a safe and confidential group where feelings are shared with each other. This class is highly encouraged for those who have recently lost their vision or experienced recent changes to their level of eyesight.*

Mary’s Musical Mix-Up – taught by Mary – Days offered: W

This fun and interactive class will listen to different musical genres, and discuss them. We’ll listen to some of the “golden oldies”, as well as popular music of today. We’ll learn about the history of different music genre, and learn

about the songs and bands that we listen to. You are welcome to come share your musical preference!

Mind & Body Relaxation – taught by Alma in Spanish –

Days offered: W In this class the students will learn some of the main principles of Yoga which can be helpful in an everyday life. Through all different poses, they will be able to reduce stress, tone muscles, body. Yoga can help physically and mentally to retard the aging process. The following items will be needed for class: yoga mat, yoga block, tie or a scarf, and loose clothing. This class is for men and women. All ages welcome.

Relajacion de Cuerpo y Mente – Maestra: Alma – miercoles

en Espanol *El yoga puede ser una de las mejores maneras que tienes a mano para luchar contra el estrés. Algunos de los asanas (posturas) del yoga, pueden llegar a servirte para relajarte y despejar tensiones. Además, es una disciplina que trabaja también sobre el aspecto psíquico, te ayuda a tonificar músculos, e incrementar energía,, eliminar toxinas, desarrollar la paciencia y sobre todo, a retardar el proceso de envejecimiento*

físico y mental. Se utilizará utilería como; mantas, bloques, correas, y otros. Es importante usar ropa cómoda. Esta clase es tanto para mujeres como para hombres, . Todas las edades son bienvenidos.

NASCAR – taught by Chris. – Days offered: Th

This class is an open and fun discussion about NASCAR. We start with what happened this week in NASCAR and move on to various topics, such as NASCAR history and Tech garage. We also watch videos about NASCAR and play NASCAR trivia for prizes. Every week we play “Pick The Winners”, where each person picks who they think will win that week’s race. If you choose the winner, you get a prize! If you’re a NASCAR-enthusiast, or have always wanted to know more about the NASCAR world, this is the class for you.

News & Views– taught by Alberto—Days offered M,T, W,T

H

This class is a review and discussion of local and national news, and sports events. Students will benefit from learning current event information (political, economic, cultural, etc.)

and share information on interesting topics of common interest. We often discuss the impact and results of current events in today's world. Participation is always encouraged, but the most important thing is for students to enjoy the class.

Organize This & That! - taught by Jaime—Days offered: M,T,W,TH,F

Do you wonder if there is an easier way to do your everyday tasks? Are you in need of bringing your life in order? Then This class is for you. In this helpful interactive class student challenges will help to determine weekly lessons. Other topics may include organizing, marking and labeling dining with confidence.

Painting Freestyle— taught by Cheryl, Larry, and Margot – FEE: \$20 (2 hours) – Days offered: T, W

This is a 2-hour class that is designed to teach students how to paint with watercolors. The class is structured for individual on the student's "visual" abilities (even if they have little or no vision), and their initial level of creativity (even if they don't think they have any). The goal is to provide instruction

on applying watercolor methods to ensure the student's greatest potential of creativity and personal style. The teachers will provide students with tools, techniques, tips, and tricks to achieve their desired expression through painting. Beginners and those with creative arts experience are all welcome!

Self-Defense – taught by Kathleen – Days offered: W

Come join 3rd degree black belt Sensei Kathy, a certified Chun Ji Do and International and Chief Instructor, in her class. This is a martial arts/self-defense system that has been developed to provide standardized curriculum and instructional guidelines to people with disabilities and to persons with physical or mental challenges due to injury or advanced age. In this class you will balance (mental and physical) techniques for self-defense, self-defense power and distance management.

@Self -Exploration: Getting To Know Thyself —taught by Alberto—Days offered: M, T, W, TH

Specifically, self-exploration involves, taking a good look at your own thoughts, senses, feelings, behaviors and motivations and asking why. Come and learn about yourself through discussion on the senses, self advocacy, positive visualizations and much more.

Sharpen the Brain – taught by Fred and Sheila – Days offered: T, Th

In this class we will be going over various techniques to promote good brain activity. This will include: exercise for the brain and body, dancing, humorous stories or jokes, and most importantly to have fun!

Technology: Thinking Outside The Box—Taught by Sue—Day: W

What is adaptive technology? It is using an item that is already in existence and changing that item to suit a different purpose. We talk about the needs of the blind community, brainstorming ideas. Low tech and hi-tech uses. This class is fun, interactive, and teaches how thinking outside the box can benefit us and the community.

The History of Food: Weird But True Food – taught by Mary – Days offered: W

Join us and discover new facts about food and its inventors. Lively discussions among students welcomed. Students have the opportunity to learn while having fun!

The History of Weird But True Facts – taught by Mary – Days offered: W

In this class we will learn interesting facts about a variety of things that we should know as well as things we did not know. We will also examine some clichés that most of us use when communicating everyday. Join us for 50 minutes of fun!

Virtual Travel – taught by Lynn – Days offered: TH

Take a trip to foreign countries and faraway places without leaving your chair. Learn about exotic places through descriptive videos, and maybe even get a taste of food delicacies from the country. Students are welcome to share their own travel experiences. Let us all take a virtual journey and explore the world!

Walking for Wellness — taught by Wanda—Days offered

W:

Find fitness, friends and fun by helping to launch the Braille institute San Diego Walking Club. Walking may be the simplest way to work out. You can do it almost anywhere, and it's a snap to get started: Just put one foot in front of the other.

***Equipment required:** Walking shoe to support your arch and slightly elevate your heel, and comfortable clothing.*

What's Your Story? - taught by Jaime—Days offered:

M,T,W TH

Do you have any fun, exciting, historical stories stored in your memory? Does your life story sound like an action and adventure audiobook? Come to this class to tell your amazing stories of love, action, adventure, and more.

Wonderful Chair Yoga – taught by Tracy – Days offered:

W

One of the great things about yoga is that unlike most physical sports or disciplines you can start at any age. You don't need to be physically fit or active to take up yoga. Breathe in and breathe out as we take a magical journey

into the love of yoga. This is a gentle “feel good” chair yoga class. It includes gentle stretching, breathing, and the best medicine of all, laughter. No previous yoga experience is required.

Yoga for VI – taught by Melody– Days offered: T

Join us for an on-site mindfulness-based restorative and gentle yoga class tailored to meet individual needs and build physical strength, flexibility, balance, concentration, self-inquiry and self-control. All levels of experience are welcome.

