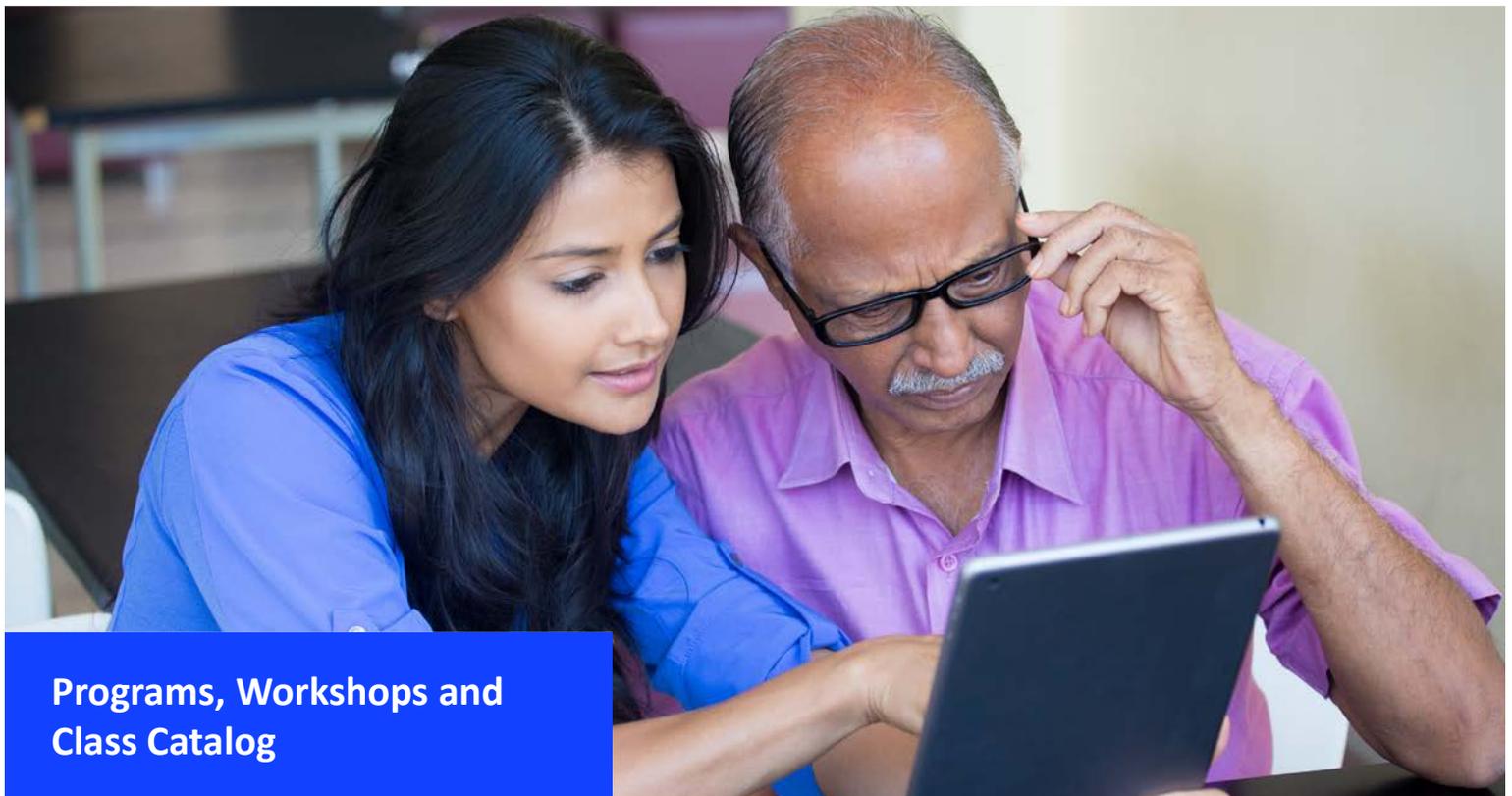


FREE Remote Learning Services

Attend free online workshops, classes and one-on-one sessions from the comfort of your home.

Algunos de nuestros programas y servicios se ofrecen en español favor de llamar para más información.



Programs, Workshops and
Class Catalog

Before taking a class, learn how to live well with Low Vision.

Virtual Low Vision Consultation

If your vision is affecting your ability to perform daily tasks, Braille Institute's Low Vision Rehabilitation Service can help you.

Losing vision doesn't mean giving up on your life activities, it means learning new ways to do them. Our **free** virtual Low Vision consultation includes remote personalized **one-on-one appointments** with our Low Vision Specialists. They will work with you over the phone or by video to maximize your remaining vision by:

- Assessing your particular needs.
- Exploring devices that can help you accomplish everyday tasks like reading, watching TV, and more.

Helping You During COVID-19

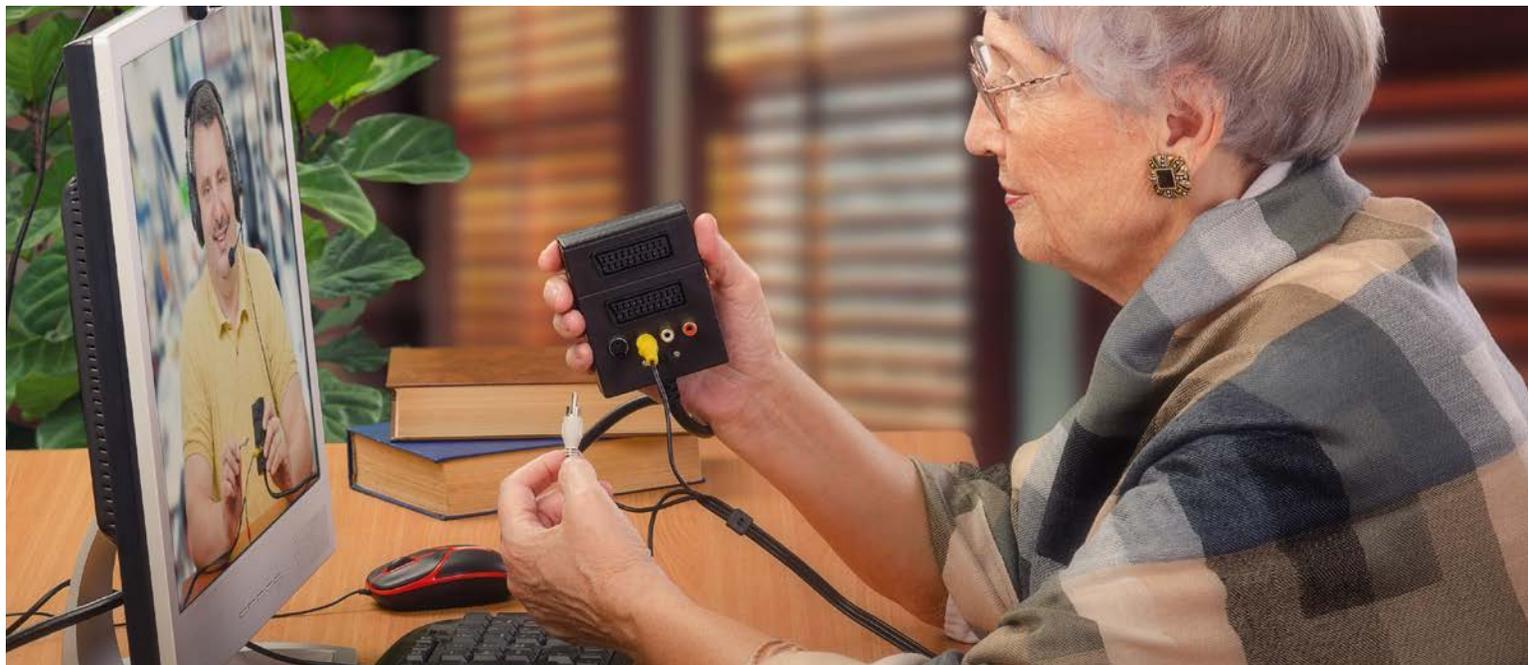
While we continue to adapt due to COVID-19, our virtual Low Vision one-on-one session is an opportunity to connect with you remotely and discover what Braille Institute programming would best meet your needs.

Geared towards those who are new to our services, or haven't used our services in some time, once completed you will have access to our online classes and workshops.

At a later date, a follow up appointment will be made for a magnifier and reading & writing and lighting assessment.

**Maximize your
remaining vision.**

To learn more or to schedule a **free** one-on-one appointment with one of our Low Vision Specialists, call 1-800-BRAILLE (272-4553).



Receive one-on-one services with a live consultant by phone or video chat.

Connection Pointe

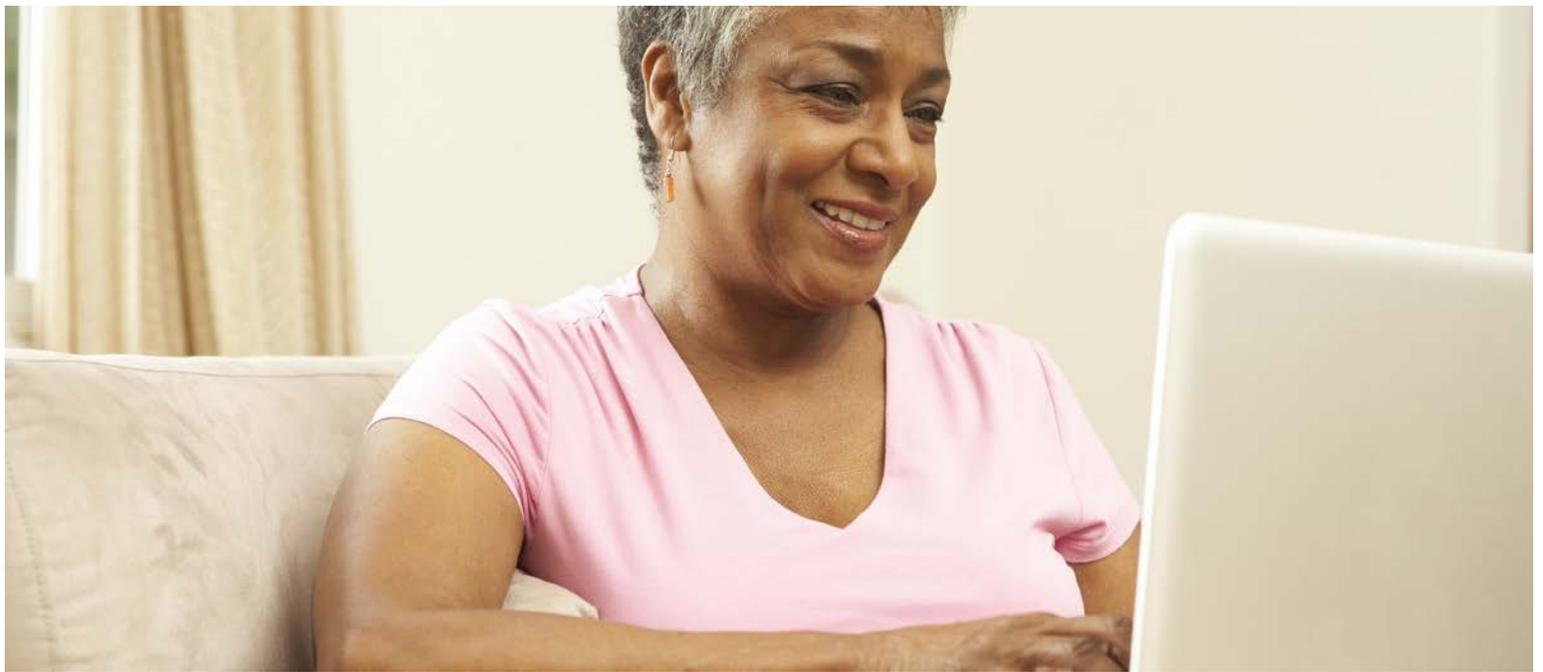
Join us at Connection Pointe for one-on-one training on the latest in assistive technology.

Learn how to use VoiceOver, text readers, Seeing AI, and other useful apps. We have computers, iPhones, Androids, and iPads for you to practice with, or bring your own device to learn on.

Library Services

Our library offers access to over 100,000 books and magazines in every genre and for every age in hardcopy, audio or digital.

We will teach you how to use our online audiobook service BARD (Braille and Audio Reading Download), so you can download books and magazines to your computer or mobile device, anywhere, anytime.



“Taking classes from my home is more convenient and I can socialize and meet new people.” – Lilia M.

Orientation and Mobility

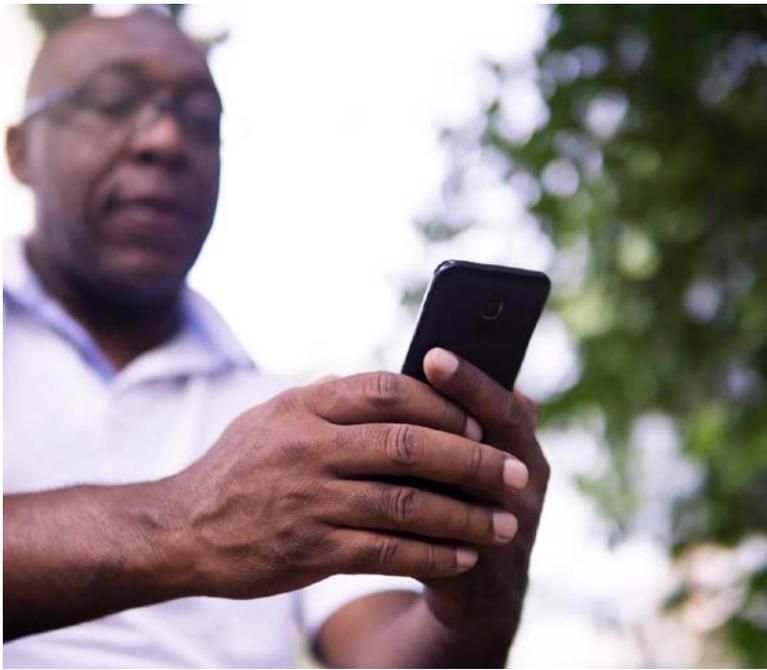
Go on an adventure! Seriously. Our Orientation and Mobility Specialists will teach you how to get around with a white cane, guide dog, and more.

You will have the confidence to navigate your home, neighborhood and the world.

For family members and friends, we'll teach you the proper techniques of how to be a sighted guide so you can assist your loved one wherever they may go.

Personal Connections

By focusing on your specific goals, an Independent Living Skills instructor can work with you remotely, using video conferencing or the telephone, to address challenges you may be having in these areas: kitchen confidence and safety, household item marking and labeling, and other daily living skills directly impacted by vision loss.



Attend Braille Institute classes and workshops from the comfort of your home.

While Braille Institute Centers remain temporarily closed due to COVID-19, we are bringing **free** classes and services to you within the comfort and safety of your home.

Utilizing the Microsoft Teams platform for our distance learning classes, you can participate using your computer, tablet or phone.

Benefits

- Convenient and within the comfort of your home.
- Free and easy access using your computer, tablet or phone.
- Variety of courses and offerings to choose from.
- Live instructor/consultant you can speak with.



“I really enjoy the online experience; it has been probably just as good as face-to-face.” – Ron P.

How Does It Work?

Braille Institute instructors will provide you with an online link or phone number that will be used to connect to a live session. You will be able to speak with the instructor and other participants.

Online Workshops and Classes

Join a 1-1.5 hour session taught by instructors on a range of subjects such as Make Technology Work For You, Cooking Without Looking, Fall Prevention, Understanding Vision Loss and more.

Virtual One-on-One Sessions and Tele Services

These sessions are conducted by a Braille Institute consultant for services such as Low Vision, Orientation and Mobility, Technology training, and Child Development.

Anaheim

Free Remote Classes.

Monday Through Friday

Online class availability, times and days may be changed throughout the term. Braille Institute classes are free thanks to our generous donors, unless specified. Register for classes at 714-821-5000.

Via Telephone*

Life Skills

Learn simple adaptive techniques to support activities of daily living so that you can feel more confident and able to address your most fundamental needs.

Independent Living Skills: Basic Living Skills, Pt 1

Four Week Series

Jan 11 & 25, Feb 1 & 8 10.00 - 11.30am

In Spanish 1.00 - 2.30pm

Instructor: Julie S. and Emily G.

Teams

Manage everyday tasks with simple solutions. This is a 4-week series offered only to new Braille Institute Students.

Independent Living Skills: Home and Personal Management, Pt 2

Four Week Series

Mar 1, 8, 15 & 22 10.00 - 11.30am

In Spanish 1.00 - 2.30pm

Instructor: Julie S. and Maribel S.

Teams

In-depth instruction in personal care, organizing, shopping, cooking, home safety and maintenance.

Rights and Resources Pt 1

Four Week Series

Jan 13, 20 & 27, Feb 3

10.00 - 11.30am

In Spanish 1.00 - 2.30pm

Instructor: Julie S. and Maribel S.

Teams

Introduction to Braille Institute's education programs for new students.

Rights and Resources Pt 2

Four Week Series

Mar 3, 10, 17 & 24

10.00 - 11.30am

In Spanish 1.00 - 2.30pm

Instructor: Julie S. and Emily G.

Teams

Introduction to community agencies providing services for the visually impaired.

Sensory Awareness

Six Week Series

Every Tuesday 1.00 - 2.30pm

Instructor: Emily G.

Teams

Learn to use visualization techniques and your senses to navigate daily activities.

Orientation and Mobility Basics

Five Week Series

Every Tuesday beginning Jan 12

1.00 - 2.30pm

Instructor: Lea Ann M.

Teams

Learn the basics of Orientation and Mobility. It will include Human Guide, Protective Skills, and basic cane techniques.

Orientation and Mobility Overview

Four Week Series

Every Wednesday beginning Feb 3

1.30 - 2.30pm

Every Wednesday beginning Mar 24

1.30 - 2.30pm

Instructor: Haw

Teams

In this overview of Orientation and Mobility we will cover information on mobility aids, guide dogs, and GPS.

Technology

Whatever your degree of vision loss there is technology to help you live with greater ease. Discover how to

use the latest and most user-friendly devices and apps through one-on-one training at Connection Pointe.

iOs VoiceOver: App Exploration

Every Monday 1.00 - 2.30pm

Instructor: Hugo

Teams

Discover new useful apps, download them, and learn how to use them.

iOs VoiceOver: Beginner

Every Thursday 9.30 - 11.30am

In Spanish

Every Friday 9.30 - 11.30am

Instructor: Hugo

Teams

Basics of navigating your cellphone, such as making calls, checking voice mail and more.

Victor Reader: Beginner

Every Tuesday 1.00 - 2.30pm

Instructor: Hugo

Teams

Covering the basics of the Victor Reader Stream device.

What is an Email

In Spanish

Every Friday 1.00 - 2.30pm

Instructor: Hugo and Maribel

Teams

Learn how to create, use and navigate your emails.

Zoomtext Fusion: Beginner

Every Tuesday 9:30 – 11:30am

Instructor: Beverly

Teams

Use keyboard commands or the mouse to read aloud, create and edit documents and emails.

PodCasts

Every Wednesday 9.30 – 11.30am

Instructor: Beverly J.

Teams

Learn how to access and discover a variety of podcasts.

Typing Away with Talking Typer: Beginners and Advanced

Six Week Series: Beginners

Every Monday beginning Jan 4

1.00 – 2.30pm

Six Week Series: Advanced

Every Monday beginning Feb 22

1.00 – 2.30pm

Instructor: Salvador

Teams

Easy steps to learn how to type, using an app and Bluetooth keyboard.

JAWS Internet Navigation

Every Thursday 1:00 – 2.30pm

Instructor: Hugo

Teams

Learn how to navigate the internet so you can shop online, listen to videos and download webinars.

Social Media and Navigating Braille Institute's Website

Six Week Series

Every Monday beginning Jan 4 or beginning Feb 22

1.00 – 2.30pm

Instructor: Beverly J.

Teams

Learn how easy it is to join and manage your social media, and how to navigate Braille Institute's website.

Cooking

Learn simple adaptive techniques to support activities of daily living so that you can feel more confident and able to address your most fundamental needs

Tips for Cooking with Low Vision

Four Week Series

Each Wednesday beginning Jan 6

10.00 - 11.00am

In Spanish

Each Friday beginning Jan 8

10.00 – 11.00am

Instructor: Emily G.

Teams

Learn safety tips and useful techniques to help you continue to cook with low vision or no vision.

Easy Casserole Dinners in the Microwave

Four Week Series

Each Wednesday beginning Feb 10
10.00 - 11.30am

In Spanish

Each Friday beginning Feb 12

10.00 - 11.00am

Instructor: Emily G.

Teams

Manage everyday tasks with simple solutions. This is a 4-week series offered only to new Braille Institute Students.

Tips for Managing Diabetes Pt 1

Six Week Series

Each Tuesday beginning Jan 5

10.00 - 11.30am

In Spanish

Each Wednesday beginning Jan 6

10.00 - 11.30am

Instructor: Julie S. and Maribel S.

Teams

Learn fun and smart new ways to take control of your diabetes.

Tips for Managing Diabetes Pt 2: Diabetic Cooking

Six Week Series

Each Tuesday beginning Feb 16

10.00 - 11.30am

In Spanish

Each Wednesday beginning Feb 17

10.00 - 11.00am

Instructor: Julie S. and Maribel S.

Teams

Learn fun and smart new ways to take control of your diabetes.

Herbs, Spices and Condiments

Six Week Series

Every Thursday beginning Jan 7

12.30 - 2.00pm

Instructor: Nita

Teams

Learn about the history of various herbs and spices, as well as their use in foods and medicinal purposes.

Getting Help

There is evidence that it is healing to mind, body, and spirit when we share and connect with others who are also experiencing and adjusting to vision loss. Our support groups and classes teach coping strategies and techniques to relax and better manage stress— they help you thrive.

Living with Vision Loss *

Every Thursday 10.45 - 12.30pm

In Spanish

Every Thursday

1.00 - 2.00pm

Instructor: Maribel S., Emily G. and

Beth Y.

Teams

Discussion series to build emotional strength.

Men's Peer Support Group *

Every Friday 9.30 - 11.30am

Instructor: Richard and Matthew

Teams

Build confidence and share experiences.

Women's Peer Support Group *

Every Monday 9.30 - 11.30am

In Spanish

Every Tuesday 1.00 - 2.00pm

Instructor: Gerry W. and Maribel S.

Teams

Build confidence and share experiences.

Artistic Endeavors

The arts fulfill the important and fundamental human need for creative expression, but they are also a powerful way to develop tactile and problem-solving skills; they stimulate and maintain visual memory and promote self-confidence. Our rich offering of visual and musical arts classes leads to more fulfilled lives and greater independence.

Moments in Art History

Every Monday 1.00 - 2.30pm

Instructor: Erin S.

Teams

Discuss art from around the globe.

Mixed Media Art Studio

Every Tuesday 10.00 - 11.30am

Instructor: Erin S.

Teams

Learn about art history and mixed media studio projects.

Art Appreciation and Discussion

Every Thursday 10.00 - 11.30am

Instructor: Erin S.

Teams

Be inspired by the world's most celebrated contemporary artists, as well as your classmates' unique ideas and insights.

Moments in Art History, Famous Winter Landscapes

Two Week Series

Feb 5 & 12 1.00 - 2.30pm

Instructor: Erin S.

Teams

A journey through some of art history's most intriguing winter landscapes.

Music Appreciation

Every Wednesday 1.00 - 2.30pm

Instructor: Stan

Teams

Dance with a partner, tap your foot, or sing along to the music!

Reading and Writing

Not being able to read or write standard print does not need to be a barrier to accessing literature or nonfiction. We have classes that encourage exploring audio books and learning the braille code, which enables one to continue enjoying books, magazines, and newspapers.

Braille Reading and Writing

Every Mon., Tues. and Wed.
9.30 - 11.30am

*In Spanish **

Every Friday 9.30 - 11.30am

Instructor: Maria B

Teams

This class will cover the alphabet and numbers.

Creative Writing and Poetry

Every Wednesday 1.00 - 2.30pm

Instructor: Erin S.

Teams

Explore a variety of writing tools and techniques to bring your unique stories to life.

Book Club

Third Wednesday of Month

1.00 - 2.30pm

In Spanish

First Tuesday of Month

10.00 - 11.30am

Instructor: Maribel S. and Anne

Teams

Reading a variety of books, sharing opinions, and discussing the literature

Critical Thinking

In our discussion classes, we invite you to have meaningful engagement with a wide variety of subject matter—some of it current and timely and some of it looking at cultural history in context. Connecting and interacting with others in a classroom is a powerful way to combat social isolation and loneliness. Come connect with new ideas and new friends.

The World Is Our Oyster

Ten Week Series

Every Monday beginning Jan 4

1.30 - 3.00pm

Instructor: Anne S.

Teams

Learn to reach a place of joy and peace by using your own



experiences of sound, touch, taste, smell, memory, and imagination.

Armchair World Travelers

Six Week Series

Every Wednesday beginning Jan 20
12.30 - 2.00pm

Instructor: Nita
Teams

Travel the world without leaving your home! Explore different countries – their cultures, customs, foods and history.

Breaking News

Every Thursday 11.30 - 1.00pm

Instructor: Christian O.
Teams

Discover the latest in news in health, assistive and mainstream technology, science and entertainment.

Word Games for a Healthy Brain

Six Week Series

Every Thursday beginning Jan 7
10.00 - 11.30am

Instructor: Julie S. and Sarah J.
Teams

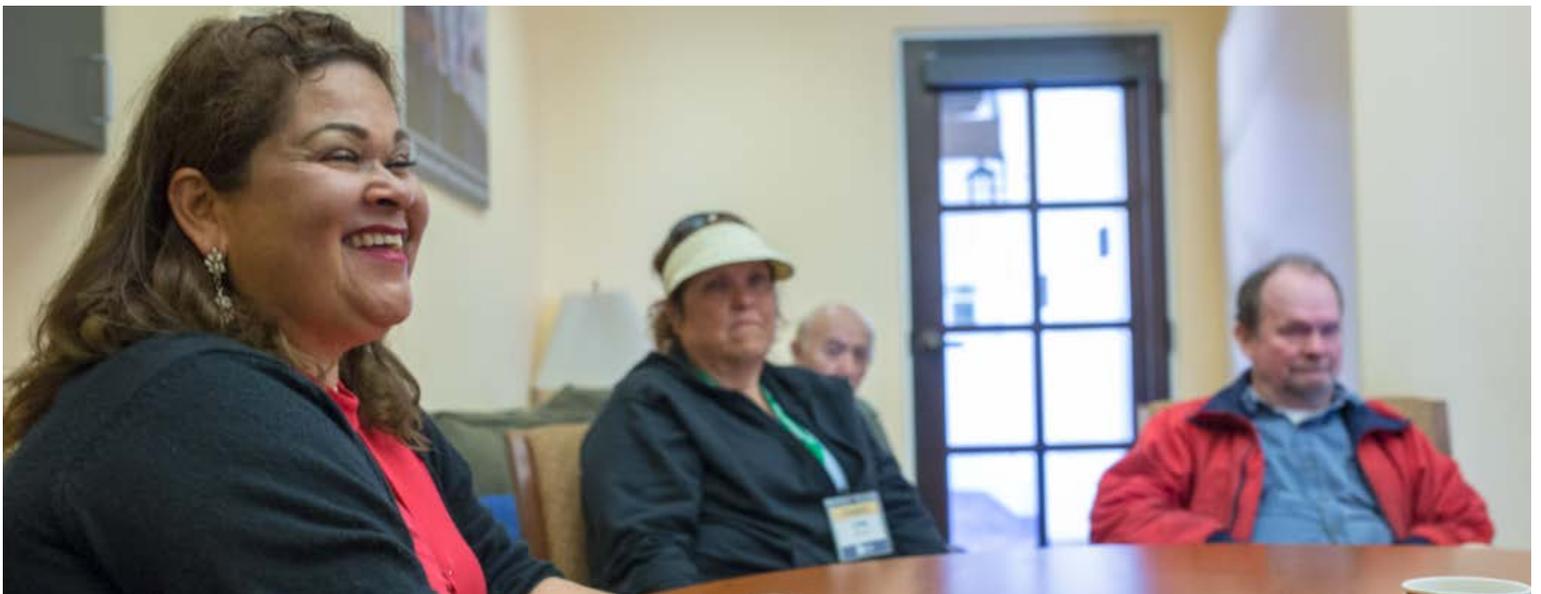
Learn to reach a place of joy and peace by using your own experiences of sound, touch, taste, smell, memory, and imagination.

Conversational Spanish *

Every Thursday 12.30 - 2.00pm

Instructor: Carmen I.
Teams

Learn basic words and phrases in Spanish.



Anaheim

Online Workshops

Information about these, or other valuable **free** workshops hosted on Microsoft Teams, may be found by visiting our website BrailleInstitute.org/anaheim.

Call 714-821-5000 to register today.

Technology

Understanding Microsoft Teams

Jan 27 1.30 - 2.30pm

Microsoft Teams is a similar platform to Zoom. It offers many features and there are many ways to join meetings. We will highlight the easiest ways to join and participate in Braille Institute meetings and classes using Teams. It can be used on Apple and Android devices as well as Macs and PCs.

Introducing Amazon Alexa

Feb 3 1.30 - 2.30pm

In Spanish

Mar 3 1.30 - 2.30pm

Join us for this online workshops where we get started with Amazon's smart assistant, Alexa! You will learn all the things you can accomplish with Alexa and what devices Alexa works with such as how to get information, be entertained, and using voice commands.

New Technology Demonstration: Compact 10 HD Speech

Feb 24 1.30 - 3.00pm

An informative workshop, learn about all the features this portable, lightweight, a sleek, and stylish device has to offer. The Compact 10 HD Speech offers all the benefits of a desktop video magnifier but in a compact and portable package.

Delivery Services: Instacart

Mar 10 1.30 - 2.30pm

Learn safer, easier ways to obtain your groceries and complete essential shopping all from the comfort of your home. We will teach you how to order groceries using your computer, smart phone, or tablet. You will also learn about the other delivery options from your favorite stores and restaurants.

iPhone and iPad Accessibility with Low to No Vision

Mar 24, Apr 14 1.30 - 2.30pm

Demonstration of VoiceOver, screen magnification, apps, and voice commands using Siri.

Make Technology Work For You

Apr 7 1.30 - 2.30pm

Learn simple shortcuts, commands

and apps to use with your smart devices.

Explore the World of Audio Description

Mar 31 1.30 – 2.30pm

Discover different ways to access descriptive narration in visual media. Fun and interactive.

Getting Help

Understanding Vision Loss

Jan 8, Feb 12, Mar 12, Apr 9
10.00am – 11.30am

In Spanish

Jan 8, Mar 12 6.00 - 7.00pm

For those who are interested in learning about the basics of blindness and visual impairment.

Orientation and Mobility Basics and Human Guide Training

Jan 15, Feb 19, Mar 19, Apr 16
10.00 – 11.30am

Learn safety and human guide techniques and best practices for interacting with and supporting individuals with vision loss while social distancing.

Healthy Brain Workshop

In Spanish

Jan 19, Feb 16, Mar 16 10.00-11.30am

Keep your brain Sharp and enjoy games and tips designed specifically to exercise memory, attention, speed, flexibility, and problem solving! Meet new friends all without leaving your home!

Reading and Writing

Free Access to Audiobook through the BARD App

Feb 17, Mar 17 1.30 – 2.30pm

In Spanish

Feb 10 1.30 - 2.30pm

Learn how to download free books and magazines to your smart devices.

Southern California

Free Remote Workshops.

Using technology like Microsoft Teams, we are able to connect you with the best instructors from all over Southern California. Join any of these **free** online workshops offered by our various centers.

Call 1-800-BRAILLE (272-4553) to register.

Technology

Meet and Greet LA Connection Pointe Team

Jan 5 11.00am – 12.00pm

Join us and get to know our team of experts for an informative presentation. Learn about CP classes and upcoming workshops. We will also discuss how and when to join these classes for our Winter session.

Hosted by: Los Angeles Center

Coming Together With Technology

Jan 6 2.30 – 3.30pm

Join Connection Pointe and Educational Programs for this online presentation where staff will introduce themselves and discuss our classes to enrich their lives with technology.

Hosted by: Los Angeles Center

Understanding Microsoft Teams

Jan 4 & 21, Feb 1 & 22

10.00 – 11.00am

Jan 27 1.30 – 2.30pm

Microsoft Teams is a similar platform to Zoom. It offers many features and there are many ways to join meetings. We will highlight the easiest ways to join and participate in Braille Institute meetings and classes using Teams. It can be used on Apple and Android devices as well as Macs and PCs.

Hosted by: Riverside Center

Introducing Amazon Alexa

Jan 11, Mar 1 2.00 – 3.00pm

Join us for this online workshops where we get started with Amazon's smart assistant, Alexa! You will learn all the things you can accomplish with Alexa and what devices Alexa works with such



as how to get information, be entertained, and using voice commands.

Hosted by: Riverside Center

“WeWalk” Electronic Cane

Jan 15 1.00 – 2.00pm

We will give an overview of the WeWalk electronic cane and navigation app and answer questions related to these products.

Hosted by: Santa Barbara Center

Optical Character Recognition (OCR) Apps

Jan 25 2.00 – 3.00pm

Many robust apps are available on the iPad/iPhone. OCR surpasses what you could try to use on any other device. Many of the accessibility features and apps can replace expensive software and often people don't even realize they exist. Learn what these apps are and how to use them.

Hosted by: Santa Barbara Center

Delivery Services: Instacart

Jan 25, Mar 22 2.00 – 3.00pm

Learn safer, easier ways to obtain your groceries and complete essential shopping all from the comfort of your home. We will teach you how to order groceries using your computer, smart phone, or tablet. You will also learn about the other delivery options from your favorite stores and restaurants.

Hosted by: Riverside Center

Understanding Portable Video Magnifiers

Jan 28, Mar 30 10.00 – 11.00am

This online workshops will provide information regarding three popular portable video magnifiers and how they can assist you in maintaining your independence with reading.

Hosted by: Riverside Center

iPhone and iPad Accessibility with Low to No Vision

Feb 5 10.00 – 11.30am

Demonstration of VoiceOver, screen magnification, apps, and voice commands using Siri.

Hosted by: Laguna Hills Center

How to Use Social Media: Facebook and YouTube

Feb 12 10.00 - 11.30am

Learn how easy it is to join and manages your social media channels.

Hosted by: Laguna Hills Center

What's the Difference between Android and iOS (Apple) Devices?

Feb 19 10.00 - 11.30am

Demonstration of the different accessibility features each device has to offer.

Hosted by: Laguna Hills Center

Introduction to Victor Reader

Feb 22 2.00 - 3.00pm

Apr 2 10.00 – 11.30am

An informative online workshop on all the wonderful features the Victor

Reader has. The Victor Reader is a handheld, versatile audio book reader, music player, and digital audio recorder.

Hosted by: Santa Barbara and Laguna Hills Centers

Make Technology Work For You

Mar 5 1.30 – 2.30pm

Learn simple shortcuts, commands and apps to use with your smart devices.

Hosted by: Laguna Hills Center

Introduction to Smart Speakers

Mar 19 10.00 – 11.30am

Apr 5 2.00 – 3.00pm

Smart speakers can be a lot of fun! Join us in discovering all the useful features they have such as organizing your schedule, playing games, making calls and more.

Hosted by: Laguna Hills and Santa Barbara Centers

Staying Organized with Siri

Mar 22 2.00 – 3.00pm

In this online workshop participants will learn everything they need to know about setting up and using Siri, Apple's intelligent personal assistant for iPhone, iPad, Apple TV, and the Apple Watch.

Hosted by: Santa Barbara Center

Is There an App for That?

Mar 26 10.00 – 11.30am

Discover all the useful apps available to those with low to no vision.

Hosted by: Laguna Hills Center

Android Devices with Low Vision to No Vision

Apr 16 10.00 – 11.30am

Learn about the accessibility features an Android device has to offer those with low to no vision.

Hosted by: Laguna Hills Center

Getting Help

Learn About Fall Prevention

Jan 8 11.00 – 12.00pm

Jan 15 & 29 12.00 – 1.00pm

Mar 15 1.00 – 2.00pm

One in four adults fall each year. Falls can cause serious injury postponing an active life. Come explore the facts with us and join this discussion of the top 3 tips to help you stay steady on your feet. Empower yourself, your family, and friends for a safe and fun summer.

Hosted by: Los Angeles and San Diego Centers

Understanding Vision Loss

Mar 5, Apr 2

10.00am – 11.30am

For those who are interested in learning about the basics of blindness and visual impairment.

Hosted by: Riverside Center

Low Vision 101

Jan 13, Feb 13, Mar 10, Apr 7

11.00am – 12.00pm

Who, what, and the importance of Braille Institute's Low Vision Program. Learn how our free low vision

consultation can help you and get an overview of our free low vision services.

Hosted by: San Diego Center

Diabetes and Orientation and Mobility

Feb 12 11.00am – 12.00pm

Feb 19 & 26 12.00 – 1.00pm

Have you been diagnosed as pre-diabetic or with Type I or II diabetes? Join our Open Forum to learn what diabetes is, the different ways that diabetes can impact your life, and how to live and manage your diabetes diagnosis successfully.

Hosted by: Los Angeles Center

All About the White Cane

Mar 12 11.00am – 12.00pm

Mar 19 & 26 12.00 – 1.00pm

Join this open forum to learn about the multiple types and uses of a white cane. We will discuss the variety of canes, uses of canes and how to determine the best fit for you.

Hosted by: Los Angeles Center

Understanding Diabetes and its Effect on Vision

Jan 22, Mar 26 10.00 – 11.00am

Many people with diabetes have experienced some form of vision loss related to this condition. Learn the importance of managing blood sugars. We'll provide tips on maintaining a healthy and active lifestyle to maximize use of the remaining vision. We will discuss delicious and healthy recipes along

with the benefits of eating vegetables and fruits.

Hosted by: Riverside Center

Learn About Fall Prevention

Mar 15 1.00 – 2.00pm

One in four adults fall each year. Falls can cause serious injury postponing an active life. Come explore the facts with us and join this discussion of the top 3 tips to help you stay steady on your feet. Empower yourself, your family, and friends for a safe and fun summer.

Hosted by: San Diego Center

Life Skills

Enhanced Beauty

Jan 4, Mar 1 2.00 – 3.00pm

Join us for an interactive conversation in sharing practical skincare and basic makeup techniques for individuals with low vision.

Hosted by: Riverside Center

Young Adult Group

Jan 8 & 22, Feb 5 & 19, Mar 5 & 19, Apr 2 & 16

2.00 – 3.00pm

Introducing a program for visually impaired young adults. This program will provide a space for socialization and connection while preparing for next steps toward an independent life.

Curriculum will be shaped by participating students.

Hosted by: San Diego Center

Implementing Practical Lifestyle Skills to Improve Quality of Life

Jan 11, Mar 8 10.00 – 11.00am

Join us for an interactive conversation in sharing practical skincare and basic makeup techniques for individuals with low vision.

Hosted by: Riverside Center

Fall Prevention: Home Setting

Jan 14, Mar 12 10.00 – 11.00am

This is a workshop for those interested in learning the factors that increase an older adult's risk for falling and simple and practical solutions on how to reduce the risk of falls in the home.

Hosted by: Riverside Center

Low Vision Low Tech ADL Tips

Jan 15 & 29, Feb 12 & 26, Mar 12 & Mar 26, Apr 9
10.00 – 11.00am

This weekly workshop will focus on low tech tips for various activities for daily living. Braille Institute students, patrons, family members and care givers are welcome to attend.

Hosted by: San Diego Center

Best Lighting for Your Sight

Feb 10, Apr 7 10.00 – 11.00am

Learn household lighting tips! These tips and tricks will include glare control and contrast enhancement for reading, managing finances, completing personal care, and meal

preparation to help maintain safety and independence at home.

Hosted by: Riverside Center

Basic Principles of Contrast

Feb 19, Apr 9 10.00 – 11.00am

Our instructor will provide information on low contrast sensitivity and how to apply principles of contrast to improve activities of daily living performance, activities of leisure and reduce risk of fall.

Hosted by: Riverside Center

Is A Guide Dog Right For You?

Feb 9 1.00 – 2.00pm

Feb 26 11.00am – 12.00pm

Guide dog partners are trusted friends that offer new opportunities for interaction and greater independence. Learn if a guide dog might be right for you.

Hosted by: San Diego Center

Guest Speakers: Pati Robitaille, Guide Dogs for the Blind, and Zack Gittlen, Guide Dogs of America

All About Ambutech Canes

Mar 12 2.00 – 3.00pm

We will give an overview of the various Ambutech canes on the market and answer questions related to their products.

Hosted by: Santa Barbara Center

All About Guide Dogs

Apr 9 11.00am – 12.00pm

Apr 16 12.00 – 1.00pm

Join this open forum to learn about

the different guide dog schools located in California. Learn the requirements needed to qualify for a guide dog. Understand how a guide dog can improve your life and whether a guide dog is a right fit for you.

Hosted by: Los Angeles Center

Gals Look Good... Feel Good

Feb 2 1.00 – 2.00pm

In Spanish

Mar 2 1.00 – 2.00pm

No need to go through extreme routines to feel and look good everyday! In this workshop you will learn how to maintain good personal hygiene routines, tips and tricks to boost your confidence, shopping for personal care products when you are on a budget, etc. A special kit will be mailed to the first 15 students to sign up.

Hosted by: Los Angeles Center

Dental Care Impact on Well-Being

Jan 25 3.00 – 4.00pm

In this workshop you will learn how to maintain good dental habits that not only boost your confidence but keeps you healthy. Dental care does not need to be a tedious task, with the right skills you are on your way to keeping your teeth healthy and strong.

Hosted by: Los Angeles Center

Game Show Happy Hour

Jan 25, Feb 22, Mar 22

1.00 – 2.00pm

In Spanish

Jan 13, Feb 24, Mar 24

1.00 – 2.00pm

Have fun and build community between attendees. Virtual happy hour ideas are specific games, activities and themes that can use to boost social engagement further.

Hosted by: Los Angeles Center

Cooking

Contrast in the Kitchen

Jan 12, Mar 9 2.00 – 3.00pm

Although many people who have low vision can also experience decreased color perception, it is still possible to use color to enhance independence, safety, and accessibility. In this workshop we will discuss tips and modification using the principles of contrast to increase safety in the kitchen.

Hosted by: Riverside Center

Art

Disability Visibility

Feb 8, 15 & 22 2.00 – 3.30pm

Three-part workshop based on the book "Disability Visibility" edited by Alice Wong. Attendees will read/listen to selected stories by different activist, public figures and individuals and we'll discuss thoughts and reactions during workshop.

Hosted by: Los Angeles Center

Valentine Cards

Feb 12 3.00 – 4.00pm

Create handmade, heartfelt Valentines cards to give to your loved ones. Let your creativity flow, have fun, and practice your sensory awareness all in one workshop.

Hosted by: Los Angeles Center

Upcycling! Turning Trash Into Treasure

Jan 27, Mar 4 10.00 – 11.00am

This workshop is an introduction to Upcycling, turning trash into treasure by taking an everyday object that would normally be discarded/recycled and decorating it to become a functional work of art such as a pen holder or decoration.

Hosted by: Los Angeles Center

Reading

Free Access to Audiobook through the BARD App

Jan 22 10.00 - 11.30am

In Spanish

Feb 10 1.30 – 2.30pm

Learn how to download free books and magazines to your smart devices.

Hosted by: Laguna Hills Center

Book Club

Jan 15, Feb 19, Mar 19, Apr 17

1.00 – 2.30pm

For visually impaired students, friends and family members interested in virtual travel to amazing places and through time. Meet others book enthusiasts who share a passion for novels and incredible fiction and non-fiction stories.

Hosted by: San Diego Center

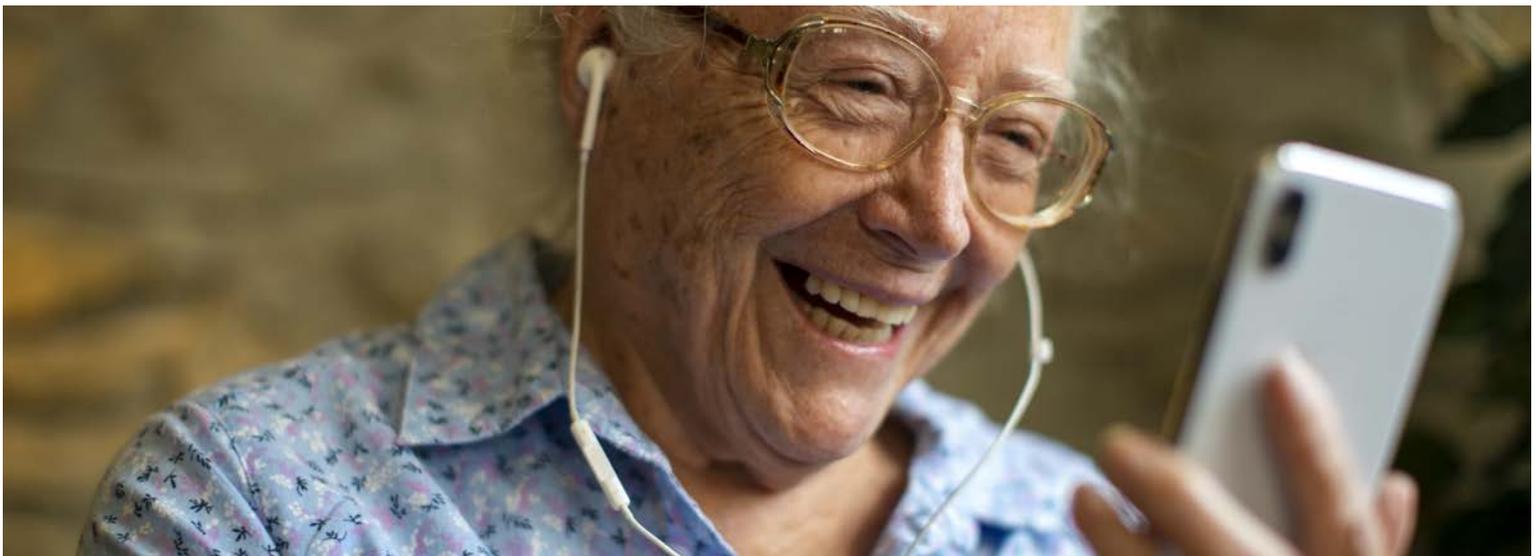
Staying Active

Introduction to the Otago Exercise Program

Feb 11 1.00 – 2.00pm

In this workshop we will give a brief overview of the Otago Exercise program and discuss fall prevention strategies that you can begin to implement into your daily life.

Hosted by: Santa Barbara Center



Breathing Exercises and Laughing Yoga

Mar 30 3.00 – 4.00pm

Simple exercises to help reduce stress.

Hosted by: Los Angeles Center

Community Resources

Stay Connected with California Telephone Access Program (CTAP)

Jan 12 10.00 – 11.00am

In this workshop we will give a brief overview of the Otago Exercise program and discuss fall prevention strategies that you can begin to implement into your daily life.

Hosted by: San Diego Center

Disability Rights & Resources

Jan 19 11.00am – 12.00pm

Join Connection Pointe and the Disability Rights Resource Center for a special presentation for helpful resources for the blind community during COVID-19. Learn more about helpful resources to continue to stay

active and safe at home.

Hosted by: Los Angeles Center

Learn if the Department of Rehabilitation Can Help You

Jan 25 11.00am – 12.00pm

Join us in learning about obtaining and retaining employment and maximizing your ability to live independently.

Hosted by: San Diego Center

Guest Speaker: Mark Gould, DOR, Blind Field Services





Braille Institute Anaheim

527 North Dale Avenue
Anaheim, CA 92801

Save The Date

Winter Remote Session Begins

Tuesday, Jan 4

Martin Luther King Day (Closed)

Monday, Jan 18

Winter Remote Session Ends

Friday, Apr 16

Presidents Day (Closed)

Monday, Feb 15

For more information about Braille Institute Anaheim classes and services, visit BrailleInstitute.org/anaheim or call 714-821-5000.

Braille Institute Centers remain temporarily closed due to COVID-19. We are bringing online classes and services to you within the comfort and safety of your home.

Braille Institute admits students and clients of any race, color, national and ethnic origin, age, religion and sexual orientation to all the rights, privileges, programs and activities generally accorded or made available to students and clients of Braille Institute. We do not discriminate against the foregoing in the administration of any of our policies or programs.



1-800-BRAILLE (272-4553)
BrailleInstitute.org