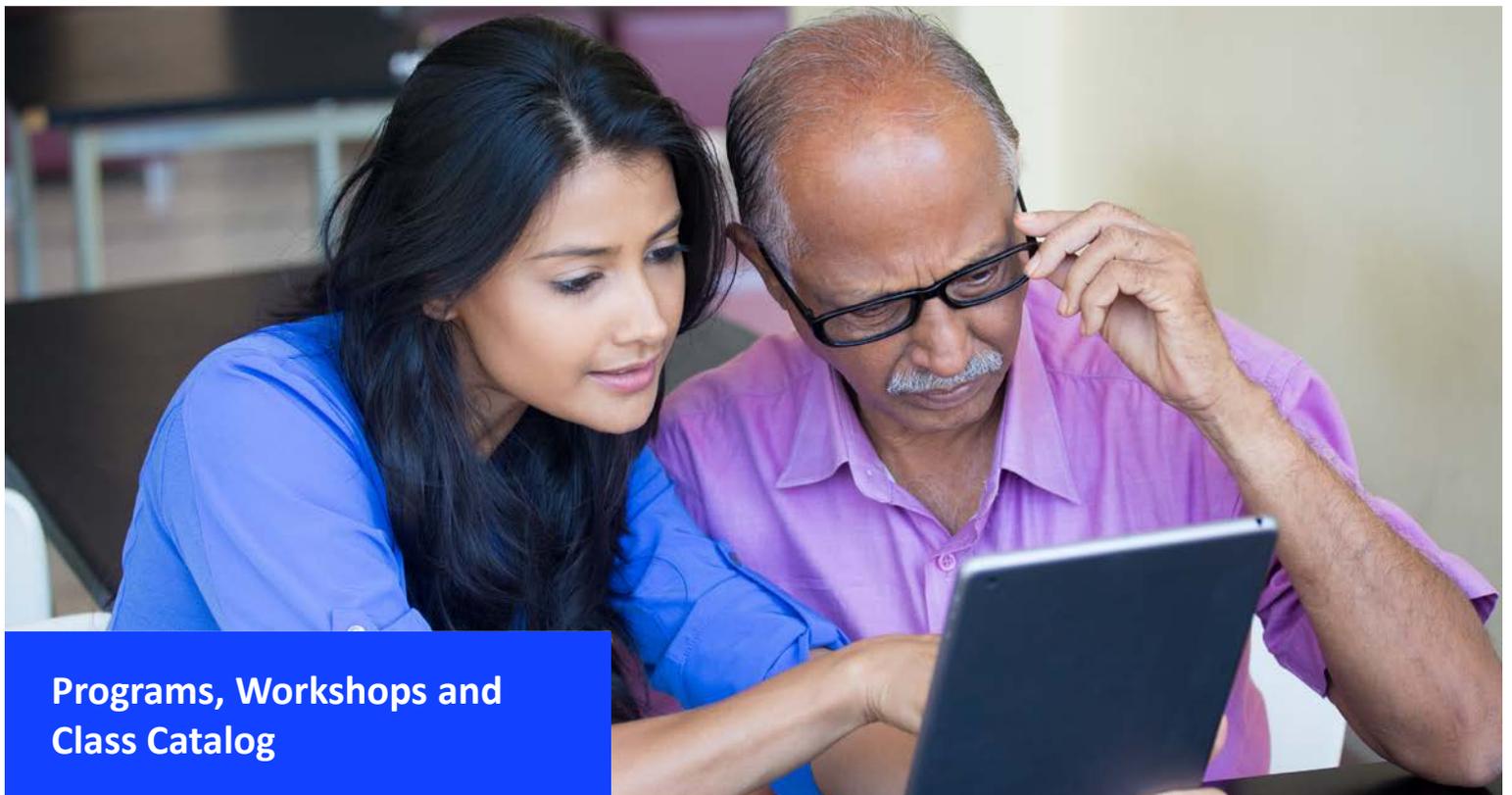


# FREE Remote Learning Services

**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).



# A Simple Plan Provides Peace

There is no better time to think about your future. As you do, reflect on all you have done with your life. **If you do not have a will or estate plan, now is the time to create or update yours.**

When you do, you will find ways to:



Leave more for your family and the causes you support.



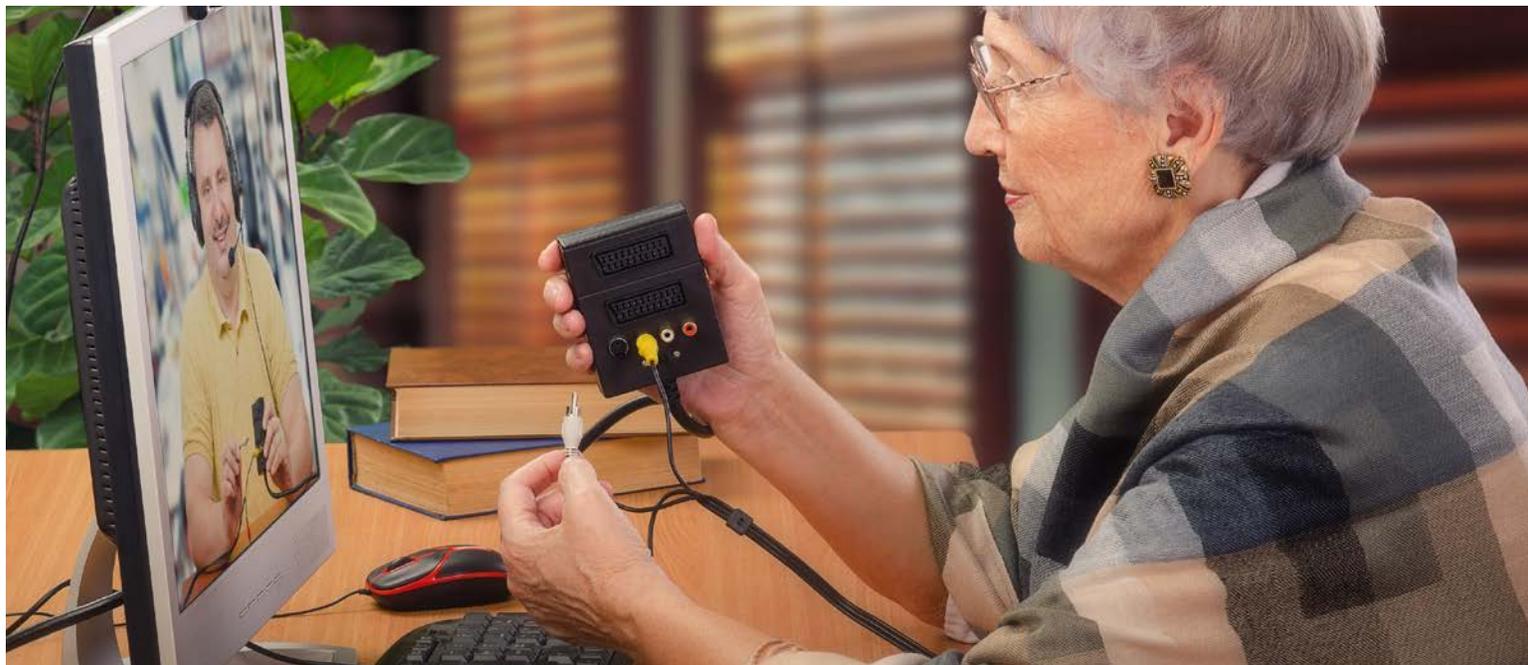
Create income for you, your spouse and your family.



Ensure you leave the legacy you want.

Plan your future to honor your past. Fortunately, it is fairly easy and overwhelmingly rewarding. **With even a simple plan, you can protect your family and leave a legacy that reflects your life's work.** Call or email us. We have tools and ideas to help you, and it is easier and more rewarding than you might think.

Contact:  
Cindy Chan  
(323) 906-3172  
[cchan@brailleinstitute.org](mailto:cchan@brailleinstitute.org)



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

### Connection Pointe

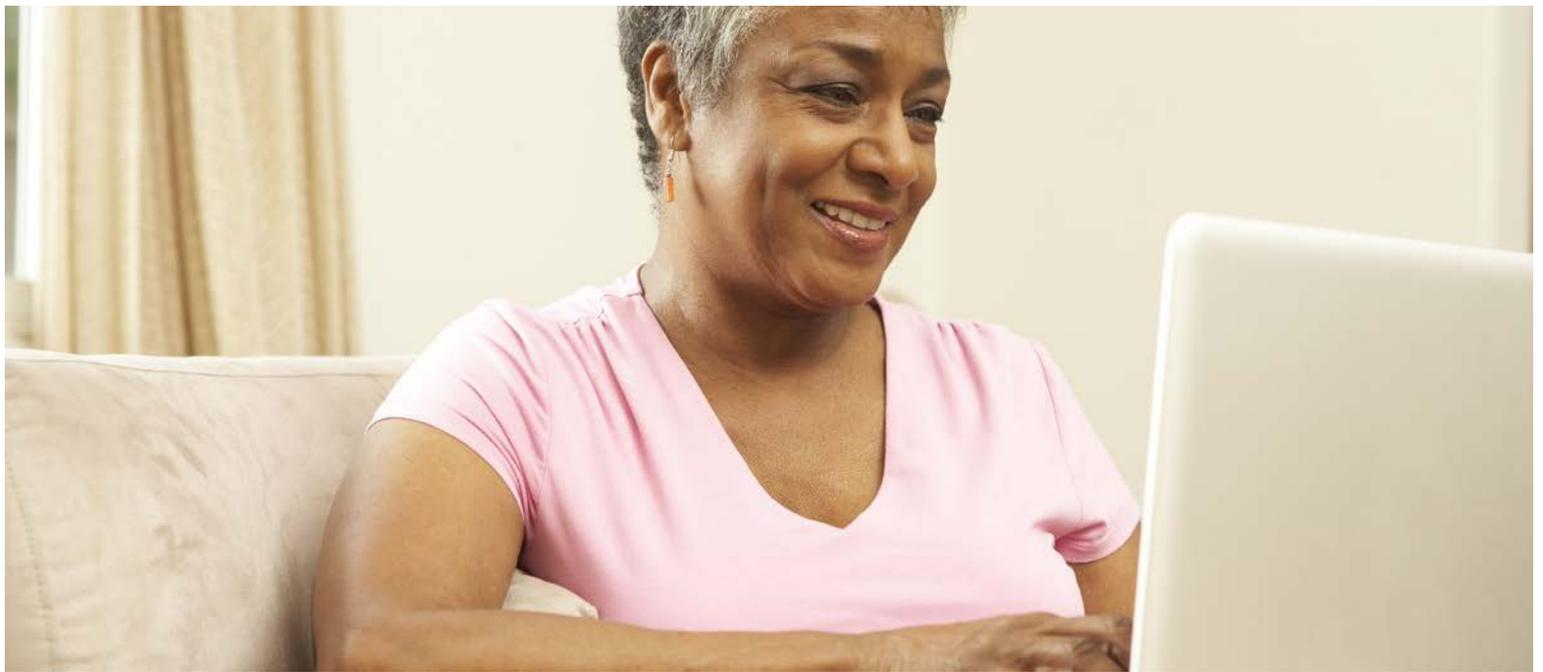
Join us at Connection Pointe for one-on-one training on the latest in assistive technology.

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**

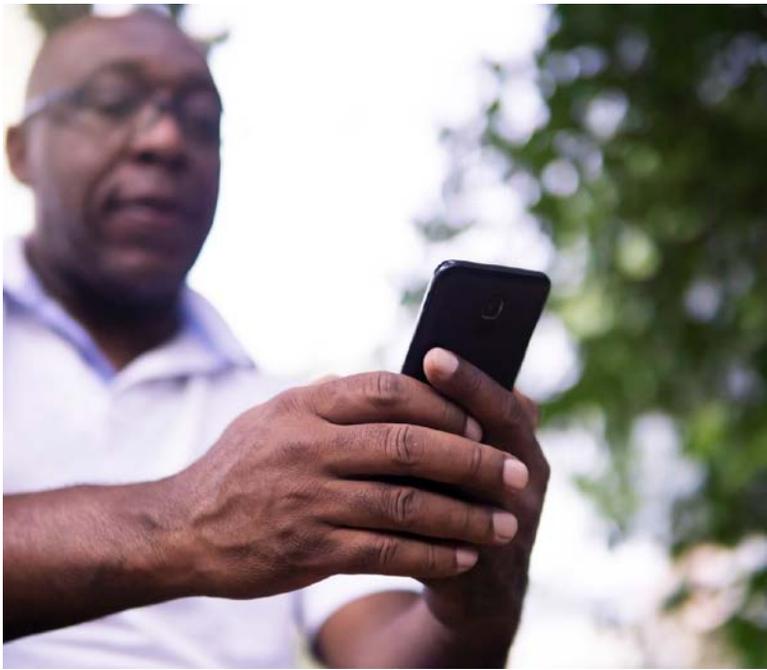
Go on an adventure! Seriously. Our Orientation and Mobility Specialists will teach you how to get around with a white cane, guide dog, and more.

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.



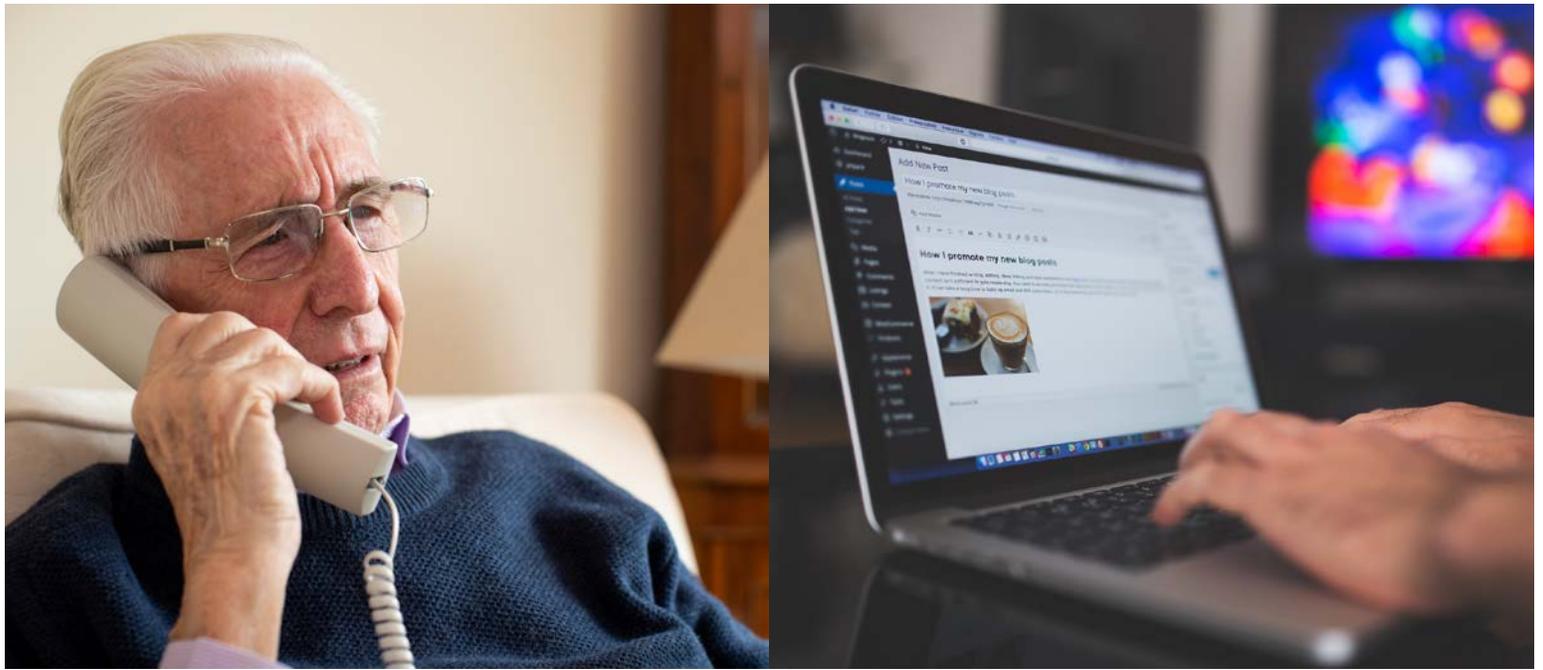
# Attend Braille Institute classes and workshops from the comfort of your home.

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.

## Laguna Hills

# 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 949-330-5062.

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.

## **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 2

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: Beginner**

Every Tuesday 10.00 - 11.30am

Instructor: Bob A.

Teams

Basics of navigating your cellphone,

such as making calls, checking voice mail and more.

## **iOs VoiceOver: App Exploration**

Every Thursday 10.00 - 11.30am

Instructor: Bob A.

Teams

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

## **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

1.00 - 2.30pm

Instructor: Julie S. and 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**

*Four Week Series*

Each Tuesday beginning Jan 5  
10.00 - 11.30am

*In Spanish*

Each Wednesday beginning Jan 6  
10.00 – 11.00am

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**

*Four 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.

### **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.*

### **Support Group**

Every Tuesday and Thursday  
1.00 - 2.30pm

*In Spanish \**

Every Tuesday and Thursday  
1.00 – 2.00pm

Instructor: Linda B., Maribel S. and Emily G.

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.

## **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.*

## **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.

## **Braille Reading and Writing**

Every Thursday 9.30 - 11.30am

*In Spanish \**

Every Friday 9.30 - 11.30am

Instructor: Maria B

Teams

This class will cover the alphabet and numbers.

## **Book Club**

First Wednesday of Month

1.00 - 2.30pm

*In Spanish*

First Wednesday 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.

### **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.

# Online Workshops

Information about these, or other valuable **free** workshops hosted on Microsoft Teams, may be found by visiting our website [BrailleInstitute.org/lagunahills](http://BrailleInstitute.org/lagunahills).

Call 949-330-5062 to register today.

## Technology

### **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.

### **How to Use Social Media: Facebook and YouTube**

Feb 12 10.00 – 11.30am

Learn how easy it is to join and manage your social media channels. Get social!

### **What's the Difference Between Android and iOS (Apple) Devices?**

Feb 19 10.00 – 11.30am

We'll dive into the different accessibility features each device has to offer people with low to no vision.

### **Introduction to Victor Reader**

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.

### **Make Technology Work For You**

Mar 5 10.00 – 11.30am

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

### **Introduction to Smart Speakers**

Mar 19 10.00 – 11.30am

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.

### **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.

### **Android Devices with Low Vision to No Vision**

Apr 16 10.00 – 11.30am

Learn about the accessibility features an Android Devices has to offer.

## **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.

## **Reading and Writing**

### **Free Access to Audiobook through the BARD App**

Jan 22 10.00am – 11.30am

*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: Anaheim and Riverside Centers

### Introducing Amazon Alexa

Jan 11, Mar 1 2.00 – 3.00pm

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.

Hosted by: Anaheim and Riverside Centers

### **"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

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.

Hosted by: Anaheim and Riverside Centers

### **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

Mar 24, Apr 14 1.30 - 2.30pm

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

Hosted by: Anaheim Center

### **Introduction to Victor Reader**

Feb 22 2.00 - 3.00pm

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 Center

### **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.

Hosted by: Anaheim Center

### **Make Technology Work For You**

Apr 7 1.30 – 2.30pm

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

Hosted by: Anaheim 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: Santa Barbara Center

### **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

### **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.

Hosted by: Anaheim 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: Anaheim and Riverside Centers

#### **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

## **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.

Hosted by: Anaheim Center

## **Healthy Brain Workshop (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!

Hosted by: Anaheim 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 including 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

### 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

### **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

## **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**

Feb 17 or Mar 17 1.30-2.30pm

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

Hosted by: Anaheim 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 Laguna Hills**  
24411 Ridge Route Drive, Ste. 110  
Laguna Hills, CA 92653

# 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 Laguna Hills classes and services, visit [BrailleInstitute.org/lagunahills](https://BrailleInstitute.org/lagunahills) or call 949-330-5062.

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](https://BrailleInstitute.org)