

GET YOUR RECREATION ON

Learn How to Access Your Abilities with These Fun Activities



SEPTEMBER 2019

Our recreation programs returned on Tuesday, September 10th after a month-long summer break in August! Every Tuesday, Cleveland Sight Center is bustling with recreation activities from 10:00 a.m. - 6:30 p.m. The activities include: line dance, crochet, yoga, game day, music group, book discussion, chess club and movie and popcorn day.

Over time, Tuesdays have become our clients' favorite day of the week not only for the fun activities, but also for the opportunity to socialize. Our building has become a community center and gathering place for our clients. Our clients are comfortable knowing they are with people who can help them spiritually, mentally and physically. Listed below are just a few of our activities that clients look forward to every week!

YOGA

Going to a new gym and learning the equipment can be nerve-wracking for most everyone. Our Yoga instructors are specifically trained to help clients have a safe and comfortable experience in an environment they are familiar with. The yoga sessions help clients strengthen their breathing, balance and meditation skills.

GAME DAY

During Game Day our clients use braille and giant playing cards to play a variety of different games! Uno and Left-Right-Center are just two crowd favorites. Additionally, we have a chess club that meets twice a month! Our chess players use a grooved board with holes at each space for the chess pieces.

BOOK DISCUSSION GROUP

Our Book Discussion Group features and discusses one book per month. Most clients use a Daisy Digital Reader that audibly reads text to them. The Ohio Library for the Blind and Physically Disabled is located downtown and offers free braille and audio materials.

MOVIE AND POPCORN DAY

Similar to Book Discussion Group, we feature one movie every month. We create a movie theater environment for our clients, providing popcorn and snacks. The Ohio Library for the Blind and Physically Disabled provides audio described movies that are used. Audio Description is narration added to the soundtrack to describe important visual details that cannot be understood from the main soundtrack alone.

The programs listed above, are just a few of the recreation and social activities that we offer at CSC. They are more than just recreation activities, they are a place for our clients to be themselves, grow and meet new people in an active and inclusive environment. A full list of activities is available online: clevelandsightcenter.org/events-activities



ABOUT RECREATION AND SOCIAL ACTIVITIES

Cleveland Sight Center's Recreation Department offers a wide range of activity-based programming to enhance one's blindness rehabilitation program including decreasing social isolation, introducing leisure activities, promoting overall health and wellness, increasing skills needed for independence, decreasing leisure barriers, and assisting with integration in community-based programming.

Visit clevelandsightcenter.org/Recreation for more information.