# Stay Connected: Join Upcoming Virtual Federation Meetings

The National Federation of the Blind continues to connect and protect blind people through our nationwide network. The following virtual gatherings are open to everyone in the coming week.

Zoom instructions below.

## Important Reminder: Presidential Release LIVE #494

Friday, May 1 at 8:00 p.m. EDT: Join this national teleconference with President Mark Riccobono as he delivers the May Presidential Release of the National Federation of the Blind. After the President’s remarks, there is opportunity for questions and answers. Send your questions in advance to cdanielsen@nfb.org and put PR494 in the subject line.

Zoom Meeting ID: 935 0745 1766

One tap mobile: +13126266799,,93507451766#

## Wednesday, April 29

### 1:00 p.m. EDT | Fitness and Wellness Warriors

Sponsored by NFB of Pennsylvania, boost the immune system and take care of our mental and emotional health with brief workouts, meditations, and yoga during this thirty-minute session.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 3:00 p.m. EDT | Getting the Most Out of Your Amazon Echo Smart Speaker

Sponsored by NFB of Pennsylvania, share experiences with the Amazon Echo. Do you have a favorite Alexa skill you would like to share with others? Get the news, schedule a ride, or control your home.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 5:00 p.m. EDT | iPhones, iPads, Smart Phones, Oh My!

Sponsored by NFB of Pennsylvania, learn how to navigate the iPhone using Voice Over as a beginner and explore commonly used already built-in apps, like text messaging, Apple Mail, the calendar, FaceTime, contacts, notes, the App store, Wi-Fi, Bluetooth, Safari, Siri, and the health apps.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 5:30 p.m. EDT | Staying Healthy

Sponsored by NFB of New York, attend this session to discuss getting supplies and what to do if you catch the coronavirus.

Zoom Meeting ID: 528 850 6207

One tap mobile 16468769923,,5288506207#

### 6:30 p.m. EDT | Navigating the Rehabilitation System

Sponsored by NFB of Pennsylvania with special guest Pamela Allen, Executive Director of the Louisiana Center for the Blind and First Vice President of the National Federation of the Blind. Pam will share information about center-based training, how it works, why it works, and how you can become an active participant.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 7:00 p.m. EDT | Workout Wednesday

Sponsored by NFB of Colorado, participate in an invigorating upper body and lower body workout designed for all levels. Stick around for our 7:45 p.m. EDT advanced abdominal workout.

Zoom Meeting ID: 595 506 6474

One tap mobile: +13462487799,,5955066474#

### 8:00 p.m. EDT | Blind Students Soundboard

Sponsored by the National Association of Blind Students, an NFB division, discuss accessibility in the classroom throughout this distant learning time. For students, parents, educators, and interested minds struggling with accessibility.

Zoom Meeting ID: 614 307 0858

One tap mobile: +16468769923,, 6143070858#

## Thursday, April 30

### 11:00 a.m. EDT | Distance Education: Bang!

Join us and learn how to make a simple, engaging game to help your student or child practice reading Braille. Items needed: Perkins Brailler or a slate and stylus; 3x5 or 4x6 index cards (can also use cardstock or construction paper cut into the size of an index card); scissors. Learn more: distance education resources.

### 5:00 p.m. EDT | Kernel Book Discussion: The Root and I

Sponsored by NFB of Pennsylvania, join this meeting as we listen to and then discuss the Kernel Book story “ The Root and I” by Peter Mikochik.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 6:30 p.m. EDT | Stories from the Blind History Lady

Sponsored by NFB of Ohio, join this call to learn unique history stories from the Blind History Lady, a Jacob Bolotin Award winner.

Join Meeting ID: 408 185 0851

One tap mobile: +16468769923,,4081850851#

### 7:00 p.m. EDT | Apps, Apps, Apps for iOS

Sponsored by NFB of Pennsylvania, learn more about specific iOS apps, how to get them, how to download them, what they are for, and how to use them. One app to be presented at a time. If you have suggestions for apps to be featured please email: marsha.drenth@gmail.com.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 7:00 p.m. EDT | Virtual Volunteering

Sponsored by NFB of Colorado, learn about exciting virtual volunteer opportunities and hear from some blind people who have been putting in the virtual volunteer work!

Zoom Meeting ID: 595 506 6474

One tap mobile: +13462487799,,5955066474#

### 8:00 p.m. EDT | NABS Book Club

Sponsored by the National Association of Blind Students, an NFB division, dive into some great literature and discuss the themes and messages. This week’s book is “Little Fires Everywhere” by Celeste Ng.

Zoom Meeting ID: 614 307 0858

One tap mobile: +16468769923,,6143070858#

### 9:00 p.m. EDT | Show Me What You Can Do with Your Smartphone

Sponsored by NFB of Missouri, many blind people believe the iPhone is the only smartphone suitable for blind people to use though Android phones have become increasingly accessible. Come and show us what you can do with your iPhone or Android and bring your smartphone questions as well.

Zoom Meeting ID: 714 852 9230

One tap mobile: +16468769923,,7148529230#

## Friday, May 1

### 12:00 p.m. EDT | Advanced JAWS Training

Sponsored by NFB of Pennsylvania, please join us as we explore the capabilities and usability of the industry-leading JAWS screen reading application. Fridays are devoted to advanced JAWS skills.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 1:00 p.m. EDT | Fitness and Wellness Warriors

Sponsored by NFB of Pennsylvania, boost the immune system and take care of our mental and emotional health with brief workouts, meditations, and yoga during this thirty-minute session.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 3:00 p.m. EDT | Kids’ Story Hour

Sponsored by NFB of Pennsylvania, join this call of reading favorite stories for kids in Braille.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 5:00 p.m. EDT | Using Smart Home Technology to make Your Home More Accessible

Sponsored by NFB of Pennsylvania, join part three of automating your home with smart sensors and other devices. Learn what opportunities exist for customizing your home automation devices, such as by scripting special commands to run based on rules you set up.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 5:30 p.m. EDT | Game Night & Happy Hour

Sponsored by NFB of New York, grab your favorite drink and join us for a few games. Contact Mike Robinson or email president@nfbny.org to get the passcode.

Zoom Meeting ID: 528 850 6207

One tap mobile 16468769923,,5288506207#

### 7:00 p.m. EDT | Braille Displays

Sponsored by NFB of Pennsylvania, this will be a discussion of Braille displays for use with computers, smart phones, and as stand-alone devices. Bring your questions and experiences to share.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 8:00 p.m. EDT | Presidential Release LIVE

Join this national teleconference with President Mark Riccobono as he delivers the May Presidential Release of the National Federation of the Blind. After the President’s remarks, there is opportunity for questions and answers. Send your questions in advance to cdanielsen@nfb.org and put PR494 in the subject line.

Zoom Meeting ID: 935 0745 1766

One tap mobile: +13126266799,,93507451766#

## Saturday, May 2

### 3:00 p.m. EDT | Yappy Hour

Sponsored by the National Association of Guide Dog Users, an NFB division, join this opportunity to connect for a social hour every two weeks. Share topics like favorite beverages, original food creations, or answer questions about a dog training or behavior concern.

Zoom Meeting ID: 813 626 2789

Password: 62438

One tap mobile: +13462487799,, 8136262789#,,#,62438#

### 4:00 p.m. EDT | Parents Corner

Sponsored by NFB of California Parents of Blind Children Division, share experiences and offer support to one another in regards to distance learning. Topics include but not limited to IEP’s, accessibility, and children’s social and emotional development and well-being during school closures.

Zoom Meeting ID: 209 589 6058

Password: 4187

One tap mobile: +16699009128,,2095896058#,,#,4187#

### 7:00 p.m. EDT | Ladies Social Night

Sponsored by NFB of Virginia, bring your favorite drink with the recipe to share and enjoy some time of friendship, laughter, and conversation.

Zoom Meeting ID: 945 8338 3728

One tap mobile: +13017158592,,94583383728

### 8:00 p.m. EDT | NABS Chill Zone

Sponsored by the National Association of Blind Students, an NFB division, take a little bit of time to relax and unwind with this casual meetup.

Zoom Meeting ID: 614 307 0858

One tap mobile: +16468769923,, 6143070858#

## Monday, May 4

### 12:00 p.m. EDT | Coffee and Conversation

Sponsored by NFB of Nevada, join this discussion with your favorite cup of coffee or beverage. Topic will include the Facebook post and Braille Monitor article, “Speaking Over Me Won’t Stop Me.”

Zoom Meeting ID: 423 336 763

Password: 420120

One tap mobile: +16699006833,,423336763#,,#,420120#

### 12:00 p.m. EDT | Beginner JAWS Training

Sponsored by NFB of Pennsylvania, explore the capabilities and usability of the industry-leading JAWS screen reading application. Mondays will be devoted to beginner-level skills.

Zoom Meeting ID: 215 988 0888

One tap mobile: +13126266799,,2159880888#

### 5:30 p.m. EDT | Kernel Book Discussion: To Reach for the Stars

Sponsored by NFB of New York, join this kernel book discussion on “To Reach for the Stars.”

Zoom Meeting ID: 528 850 6207

One tap mobile 16468769923,,5288506207#

### 7:30 p.m. EDT | Tech Talk

Sponsored by NFB of California, ask questions about smart phones for both Apple and Android. You can email questions ahead of time to rkcole72984@gmail.com.

Zoom Meeting ID: 510 839 253

Password: 009343

One tap mobile: +16699006833,,510839253#,,#,009343#

## Tuesday, May 5

### 3:00 p.m. EDT | Relaxation Hour: Exploring Yoga & Meditation Practices

Sponsored by NFB of California, learn how to use meditation to help cope with stress and some basic yoga techniques.

Zoom Meeting ID: 892 3677 8694

Password: 362485

One tap mobile: +12532158782,,89236778694#,,1#,362485#

## 9:00 p.m. EDT | Braille Music Workshop

Sponsored by the NFB Performing Arts Division, learn how Braille music works and more in this this class for beginning learners.

Zoom Meeting ID: 946 327 2523

One tap mobile: +16468769923,,9463272523#

## Wednesday, May 6

### 3:00 p.m. EDT | Breaking Barriers

Sponsored by NFB of California, discuss creative action plans to break through any barriers standing between you and your goals and report on your progress. This is a time to share our stories in a supportive, non-judgmental environment.

Zoom Meeting ID: 839 5776 3091

Password: 071615

One tap mobile: +16699006833,,83957763091#,,#,071615#

Join a Zoom Meeting

To join a Zoom meeting via web or phone, click on the following Zoom link, dial the appropriate phone number, or hit one-tap mobile, and add the corresponding meeting ID listed for the event you are joining. For an accessible tutorial of the Zoom platform, access the audiobook, Meet Me in the Cloud.

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https://zoom.us/j

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+1 253 215 8782 US

+1 301 715 8592 US

Find your local number: https://zoom.us/u/ab3E5IUcW

Share and Support

If you know about an upcoming Federation virtual meeting to share please send the details to communicationsteam@nfb.org.

If you know of a blind person who is facing adversity because of COVID-19 please email nfb@nfb.org.

Help support our COVID-19 response efforts with a donation today. Your gifts continue to work during this time of uncertainty. Thank you for your support.

National Federation of the Blind | 200 E Wells Street | Baltimore, MD 21230 | 410-659-9314

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