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**LIVE THE LIFE YOU WANT**

2020 VIRTUAL SENIOR RETREAT

October 18th-24th

Registration Form

**Provide us with the following information and submit it no later than September 30th.**

Name:

Email Address:

Preferred Phone Number:

Address, Street:

City:

State, Zip Code:

Have you had any skills training in blindness techniques in the past? Yes- No-

When did onset of blindness occur? Within the past year- Within the past three years- More than five years- More than ten years- Longer-

 Check the classes you are most interested in learning:

Cane Travel (cane required, preferably, NFB straight, rigid cane)-

Beginning Braille-

Daily Living-

Organizational Skills-

Exploring Hobbies-

Basic information on iPhone and IOS devices-

Meaningful Discussions on Living With My Blindness-

Our greatest gift to you during this training, is to teach you how to think as a blind person needs to think. All your instructors are competent blind people who use these skills on a daily basis, and have been sharing this knowledge for years.

Note: It is highly recommended that you acquire a long, rigid white cane, free from the National Federation of the Blind. to practice with the instructors as you learn techniques for proper use, storage, and traveling with a white cane. The proper length of your cane, when standing it vertical at your front, it should extend up to your chin but not higher than your nose. Canes should be ordered no later than September 5th, in order that you receive it in time to participate in this retreat. Please contact the National Federation of the Blind- on-line at- <https://www.nfb.org/programs-services/free-white-cane-program>

or by phone at- 410-659-9314.

Also, if you checked (yes) to having an interest in learning beginning Braille, you will receive a Braille booklet. Note: If you do not own a slate and stylus, the long-time tool for writing braille, the NFB will give you one, free! Here is the link to have one sent to you.

<https://www.nfb.org/programs-services/free-slate-and-stylus-program>

The cost per attendee for this retreat is $50.00. It can be paid on our website via PayPal, or credit card. Or, by check and sent to our Treasurer:

Seniors Division

Duncan Larsen

Colorado Center for the Blind

2233 West Shepperd Ave.

Littleton, CO 80120.

The check should be made out to: NFB Seniors Division. In the memo field, write- SENIORS RETREAT.

Note: Submitting a completed registration form can be either: Included with your payment being sent to the above address. Or, for those who use email, copy this registration form, or download a copy, and paste it into a message, fill in the blanks, and send it to: nfbseniorsdivision@gmail.com

Fees are nonrefundable; money will be considered a donation to the Seniors Division. The registration fee must be received no later than September 30th.

Should you have any questions, please contact Ruth Sager, President NFB Seniors Division

Phone: 410-602-9030 or

Email: rsager78@gmail.com

Note: Once your registration has been reviewed, the retreat team will send you the information necessary for you to call into the classes that you are scheduled for; this phone platform is Zoom. If you need Some assistance in knowing what to do to make this work for you, please email, or call! this platform will work for the person using a landline phone, or a smart phone, or a computer.

We look forward to your participation in our first-ever virtual Senior Retreat.