

Social and Learning Events This Winter

Who: Everyone!

All are welcome at these events. Events focus on including people of all ages with any disability, along with others such as family members, friends, and caregivers. Activities incorporate a wide range of assistive technology and tools so all can participate.

What:

We will have on-site events at the Lighthouse that include **cooking, technology, games, and braille club**. We will continue events off-site such as **gentle chair yoga and a low-vision support group**. We will begin new activities such as **online yoga**. We are also continuing community events such as the **Duluth Playhouse** performances. A **light lunch** is provided at events that happen at the Lighthouse.

Why:

The goal is to help people discover how adaptive tools can help promote their community involvement. Our professionals are here to help. Learn something that will make it easier for you to go out into the community and enjoy yourself!

When and Where:

Events take place at the Lighthouse Center for Vital Living and out in the community. See the back of this flyer for more details about dates, times, and location. Our address and parking directions are below.

Parking? Options include the following:

- Using the drop-off space in front of the building
- Valet parking (call to arrange)
- Holiday Inn ramp (we validate tickets)
- Our attached garage, with advance permission

**Advance registration appreciated!
Call us or use the QR code.**



Events paid for in part by grants from MN Department of Human Services – Disability Services Division, MN Department of Health, Victory Fund, and the Northland Foundation.

309 West First Street, Duluth, MN 55802 ■ (218) 624-4828 ■ LCFVL.org

Events

Follow us on Facebook or see our website for the most recent updates

Event	Date and Time	Location
Cooking Event A holiday-themed cooking session and social time.	Friday, December 19 11:00 AM – 12:30 PM	Lighthouse Center for Vital Living
Technology Event Learn to use your phone or tablet to help you connect better with others, or to just do more things and more easily.	Friday, January 16, 2026 11: 00 AM – 12:30 PM	Lighthouse Center for Vital Living
Game Event Card games, board game, dice games and more.	Friday, February 20, 2026 11: 00 AM – 12:30 PM	Lighthouse Center for Vital Living
Braille Club Fun with Braille, with activities from reading to playing games.	Wednesdays 4:15 – 5:15 PM	Lighthouse Center for Vital Living
NEW! Online Live Yoga An inclusive and adaptive class designed to be accessible to folks with a variety of abilities.	Tuesdays, beginning January 6, 2026 1:30 – 2:30 PM Call if interested.	Remote/virtual. A Zoom link will be provided. Tell us if you need help with technology to connect!
Gentle Chair Yoga An in-person class perfect for people who need a gentle, accessible approach to yoga.	Wednesdays 11:15 AM – 12:15 PM	Hope United Methodist Church, 301 W. St. Marie Street, Duluth
Low Vision Support Group By phone	3 rd Tuesday of each month 1:00 PM	Register with Amanda. (218) 624-4828
Low Vision Support Group In person (Call us to register)	4 th Tuesday of each month 2:00 PM	Edgewood Vista, 4195 Westberg Road, Hermantown.

To sign-up or to get more information
 call Amanda at 218-624-4828
 or go to www.LCFVL.org/events