



TRANSFORMING THE
LIVES OF PEOPLE WITH
SIGHT LOSS

707.523.3222
4539 Occidental Rd.
Santa Rosa, CA 95401
www.earlebaum.org

Earle Baum Center Activities and Events

We Have So Much to Enjoy Here!

Our activities, events and community engagement build confidence and give people opportunities to connect with each other and with technology to help transform their lives.

We are here to support people who are blind, new to sight loss or vision impaired with the journey toward independence. EBC activities and events are designed to help our community members improve their personal, social, and economic lives.

Activity and events schedules may change and not all activities are available at all times. There are fees for some activities. For current schedules and to sign-up, please contact EBC at (707) 523-3222. We use Google Calendar, access here <https://earlebaum.org/calendar/>, or click [here for the events page on our website](#)

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Get involved. Get in touch!

ENRICHMENT

Art History

Art feeds the soul and enriches our lives. Through classes and community partnerships, EBC breaks through barriers to make art more accessible to people living with sight loss.

Book Club and Movie Club

Join our EBC book club and you are sure to enjoy lively discussions on the first Monday of every month, 12:30 pm-3:00 pm. We read, discuss, drink coffee & tea, and then repeat! We connect monthly to read a book and watch described movies. With so many choices, EBC also assists with described options.

EBC Low Vision Group

Experienced instructors lead a topical discussion group, which includes guest speakers, current events and a hands-on look at what's new aids and technologies. We meet 1st and 3rd Thursdays of the month from 11:00 am-1:00 pm and topics include Low Vision Aids, Magnification Devices, Daily Living skills, and techniques to support and accelerate your independence. Contact us to sign up. Bring your questions!

Ukulele Class (Fee)

EBC Ukulele Class welcomes new and budding ukulele players. Classes include instruction, practice sessions, and group musical performances. A new session starts regularly. Join us. Aloha.

Field Trips (Fee)

Our field trips are led by instructors who engage participants in unique, interactive, hands-on tours. Here are trip highlights.

- Guided walks at Laguna Environmental Center
- Ocean trips (lunch and beach)
- Museums, including Charles Schultz and MOMA
- Light House for the Blind (San Francisco)

RECREATION AND EXERCISE

Birding By Ear (Fee)

Birds, like humans, have their own language. Learning about how they communicate is an essential part of enjoying this wonderful outdoor experience. Our class includes interactive lectures, walks on the EBC vernal pool trail and field trips. Come on out and bird with us!

Exercise and Fitness

Participate in EBC fitness classes that we design just for you. We Meet Tuesdays and Thursdays from 9:00 am-10:00 am. Join us for stretching, chair exercise, free weights, and exercise equipment training. Exercise is always better together.

Tai Chi Class (Fee)

Our mindful instructor offers beginning and advanced classes. This class meets Wednesdays from 5:00 pm-6:00 pm and is ongoing. Do drop in with no pre-registration required!

Tandem Bike Program (Fee)

We meet customarily on the first Saturday of the month. Our riders who are vision impaired are called a stokers. Stokers are instructed on how to ride a tandem and are paired with trained, sighted leaders called pilots. Saturday rides are typically about 10 to 20 miles and along country bike trails. We break along the way to enjoy beverages, snacks, and camaraderie. Pre-registration is required. Bring your helmet, water bottle and a smile.

Tap Dance (Fee)

"I liked tap because I liked hearing the results of my movements" -Suzanne Farrell, American Ballerina. EBC's Instructor meets Wednesdays, 1:00 pm-2:00 pm to lead tap dance with delightful music and memorable choreography. Our class includes instruction for beginners and advanced. All are welcome. You need not be a ballerina!



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Yoga Class (Fee)

Our yoga instructor embraces the philosophy that yoga can benefit everyone no matter your age or your fitness. We welcome you to our 10-week session yoga classes on Wednesday from 2:15 pm-3:30 pm.

YOUTH

EBC HangOut Night (or Day)

EBC supports the “EBC Hang Out Night”. Come join kids, volunteers, parents of every age, ability and background. All are welcome to come hang out at the Earle Baum Center. We are online now, and when we return to EBC’s beautiful campus there will be snacks, accessible games, laughs, fun for everyone, and special events. Hangout nights are from 4:00 pm-6 pm every second Tuesday of the month. Call Neal at 707-341- 6587 for more information. [Click here for an audio flyer.](#)

TECHNOLOGY

EBC Tech Club –Technology Users Group

We support participants to share useful ideas to help each other first Monday of the month from 11:00 am-12:30 pm. We discuss and demonstrate diverse technologies for people with sight loss. Group and instructors’ topics are updated frequently and may include computer access, cell phones, personal management devices, note takers, and how to access services online. All tech, all the time; please drop in anytime.

iPhone/Android Training (Fee)

Available in group or one-on-one training sessions. Call EBC at 707-523- 3222 for more information.

Intelligent Personal Assistant/Smart Speaker Training (Alexa, Echo, Dot, Tap) (Fee)

Available in group or one-on-one training sessions. Call EBC at 707-523- 3222 for more information.

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