

CITY OF PALMDALE

NEWS RELEASE

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Braille Institute to Offer Free Vision Seminars at Legacy Commons

PALMDALE – The City of Palmdale’s Legacy Commons for Active Seniors will host two free seminars for those who are experiencing difficulty with daily tasks due to sight loss.

The seminars will be led by representatives from the Braille Institute in Los Angeles. The first seminar, titled “The Business of Living,” will be held on Friday, March 14 from 10 am to noon at Legacy Commons. It will cover how to identify and separate paper and coin money, accessible banking, writing guides and paper, shopping and dining tips, as well as an introduction to the Braille Institute and what it has to offer.

The second seminar, titled “Getting Around Town,” will be held on Friday, March 21 from 10 am to noon at Legacy Commons. It will focus on orientation and mobility information such as using your senses, how to keep safe and planning ahead.

Legacy Commons for Active Seniors, Palmdale’s newest award-winning recreation facility, was designed especially for active adults aged 55+. Amenities include an auditorium with stage, three classrooms, billiards room, TV/social nook, Wi-Fi and outdoor patio in over 14,000 square feet. Lawn games include bocce, croquet, fling golf and horseshoes. Visitors are invited to pick up a detailed schedule of activities. Legacy Commons is also available for event rentals.

Legacy Commons is located at 930 East Avenue Q-9, and is open Monday through Thursday, from 8 am to 4:30 pm and Friday’s from 8 am to 12 noon. For more information call Legacy Commons at 661/267-5904.