Recreation & Leisure

By: Amy Osvold

Before I started losing my vision, I did the following things in my spare time:

I have always wanted to do/learn the following activities:

I dislike the following activities:

Games

Card Games

- Large Print Cards
- Braille Cards
  - Skip Bo
  - Uno

Board & Dice Games

- Monopoly- Braille/Low Vision
- Scrabble- Braille/Low Vision
- Connect Four
- Yahtzee
- Farkle
- Pyramid/Rubik's Cube
- Jenga

Smartphone/Tablet Games

- Blindfold Word Games- 80+ Games
  - Hangman
  - Word Scramble Games
  - Ladder Games
  - Dominos
  - Sea Battle
- Choose Your Face

www.visionaustralia.org/community/news/2022-11-08/David-woodbridge
accessible-iphoneipad-games

Crafts

- Knitting Loom/Knitting/Crocheting
- Basket Weaving
- Macrame
- Pottery
- Wreath Making

Sports

- Beeping/Bell or Rattling Balls
- Tandem Biking
- Bocce Ball
- Croquet

Fitness

- Walk at Home Videos
- Peloton- TalkBack Feature
- Stationary Biking
- Treadmill
- Rowing
- Swimming/Water Aerobics
- Yoga

Consumer Groups

- NDAB
  - Camp
  - Convention
  - Sports & Rec Retreat
    Wednesday Book Club/Coffee Chat
- ACB
  - ACB Link
  - ACB Media One
  - Audio Description Project
- NFB

Accessible Audio Boks

- Talking Books/BARD
- Audible
- Bookshare- Blue Dolphin or VoiceDream Reader
- Kindle
- Libby & Hoopla- Available Through the Public Library

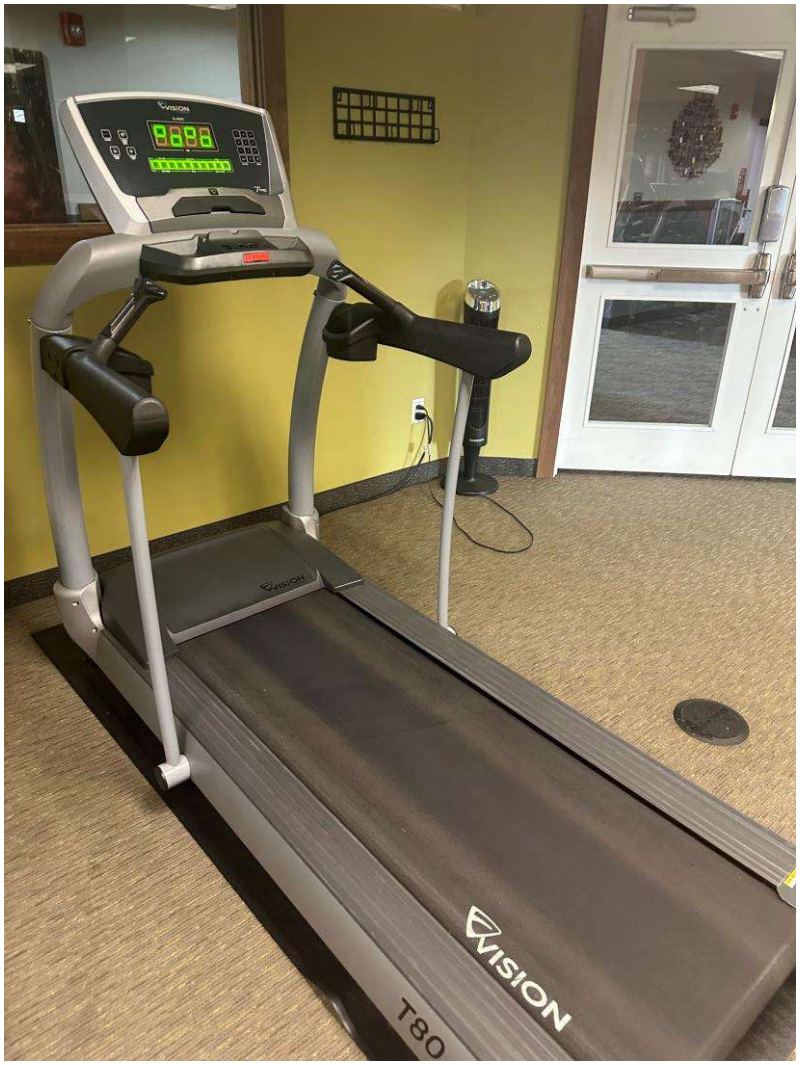
NDVS/SB

- Telephone Support Groups

Task Accessibility Worksheet

- Task:
- Setting:
- Positioning:
- Tactile Markings:
- Contrast Building
- Magnification:
- Lighting:
- UV Shields:

Treadmill


VISION
T80

VISION
FITNESS
CLASSIC
CLASSIC
TARGET HEART RATE
WEIGHT LOSS
FITNESS TEST
TIME
INCLINE
DISTANCE
SPEED
CALORIES
PACE
HEART RATE
CAUTION!

Rower

TIME
SPM
METERS
HEART RATE
YOU
PACE
STROKE
CAL.
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WATTS
ON/ OFF
SELECT
RACE
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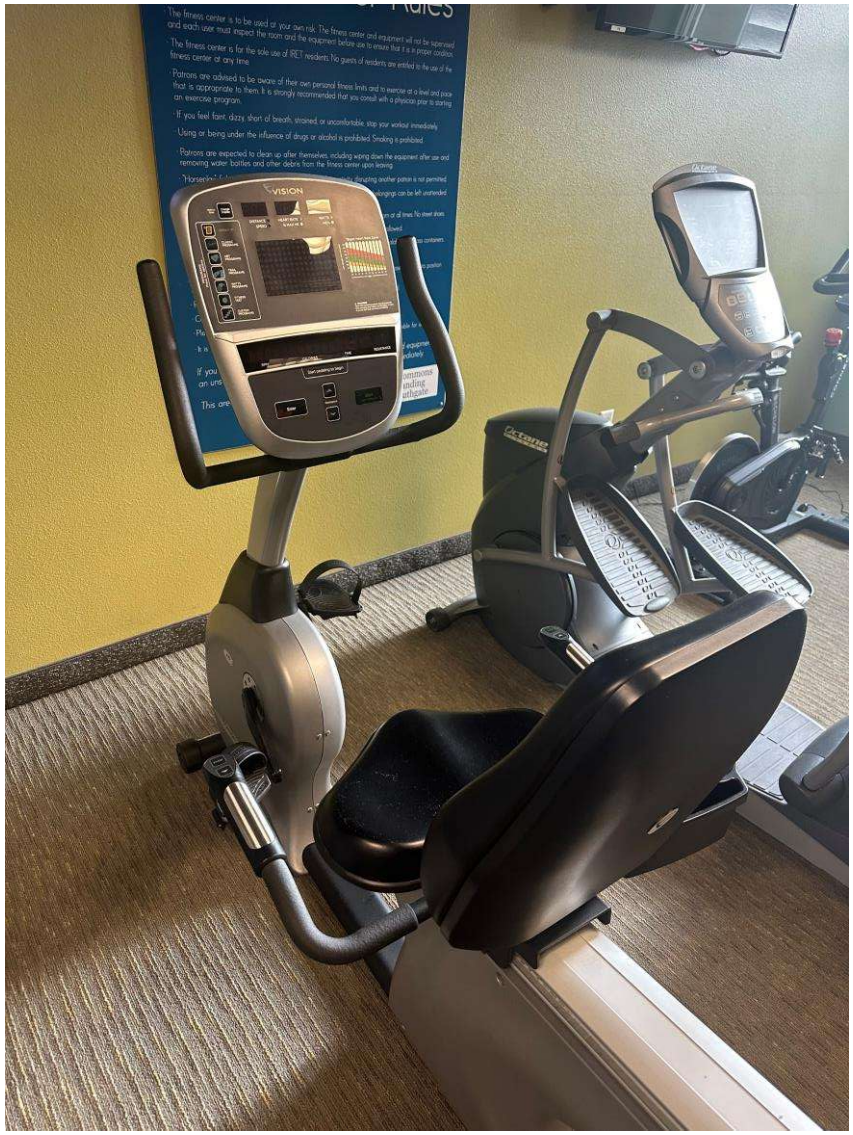
START
TRAINING

Stationary Bike