



Blind Community Center of San Diego
1805 Upas Street San Diego CA 92103
Phone: 619-298-5021 www.BCCSD.org
Donate with PayPal at donation@bccsd.org

**MARCH 2019 NEWSLETTER
CELEBRATING 70 YEARS IN MAY 2019**

BCC MISSION: To enrich the lives of blind and visually impaired adults preparing them for a normal, active life in a society that is principally sighted by encouraging independence.

The Blind Community Center gives blind and visually impaired people in our community a place to gather. Participants are able to socialize, make crafts, play games and enjoy a free lunch.

The BCC helps members to build skills, confidence and self-esteem through our various social and recreational activities.

BUSINESS HOURS:

Monday – Friday 9:00 a.m. - 3:00 p.m.

Doors closed at 4:00 p.m.

Saturday – 8:30 a.m. - Noon Closed Sunday

Contacts:

619-298-5021 x203 Admin./Program Assistant, Karla Collins

619-298-5021 x206 Sign Up and Reservations

619-298-5021 x208 President Sharlene Ornelas

619-997-8058 Christie Greene

MEMBER INFORMATION;

Are you interested in becoming a BCC Member? Annual membership is \$40. Members have special privileges, including discounts on selected events such as Bingo and free MTS transportation for membership meetings and certain other events.

NEW NAME FOR YOUTH ROOM

Members, what shall the name of our redecorated Youth Room be? You are being asked to help select the new name. The room has been artfully designed by the National Charity League in blue and white. It has relaxing recliner chairs, pillows and a big screen TV. Our music classes are held in this room which also has a piano. Please give Ethel your suggestions; (619) 496-2697. Suggestions will be reviewed and the top 3 or 4 will be submitted at the April membership meeting for a vote. Our by-laws state that in order to vote, one must have paid their membership fee prior to voting. We are looking forward to a number of suggested names.



Photos of members relaxing in our new room.

CALENDAR

COFFEE AND SWEETS PARTY AT THE BCC

Monday – Friday

Have a cup of coffee with friends and a sweet treat any time the BCC is open. Attend a class, play a board game or cards, or just relax and visit. Newcomers always welcome!

WEEKLY CLASSES

MONDAYS

CRAFT CLASS

Craft Room 9:00 a.m. – 1:00 p.m.

In this free class, participants learn to make fun items using beads, safety pins, fabric, yarn, corks, felt, buttons, copper and other items. Learn to crochet hats, scarves, and baby blankets. Make a macramé wall hanging or a copper picture of The Last Supper or a beaded Santa lamp, or a fabric wreath or a Christmas ornament.

CRIBBAGE

Auditorium 11:00 a.m. - 1:00 p.m.

Join longtime volunteer Pat Newman and learn a fun game that uses cards and a pegboard to keep score. Don't know how to play? Pat is a great teacher. We have a variety of card styles to choose from. We hold two championship tournaments every year. RSVP - [619-417-1844](tel:619-417-1844)

LUNCH AT THE BCC

Craft Room 11:30 a.m. – 12:30 p.m.

Enjoy a free, nutritious lunch every weekday. Reservations by 10:30 a.m. please. Call 619-298-5021 and leave a message with our receptionist.

BCC CHOIR – YOUNG AT HEART

Youth Room 1:00 p.m. – 3:00 p.m.

The choir requires an audition with our Choir Director Glynn Daniels. Members of the choir memorize their music and sing their part in 3-4-part harmony.

TUESDAYS

CRAFT CLASS

Craft Room 9:00 a.m. – 1:00 p.m.

In this free class, participants learn to make fun items using beads, safety pins, fabric, yarn, corks, felt, buttons, copper and other items. Learn to crochet hats, scarves, and blankets. Make a macramé wall hanging or a copper picture of The Last Supper or a beaded Santa lamp, or a fabric wreath or a Christmas ornament.



Photo of Nena's Leprechaun Beaded Lamp.

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WEDNESDAYS - Free MTS access ticket for members who arrive by MTS.

SENIOR CHAIR YOGA

Auditorium 9:30 a.m. - 10:30 a.m.

New class featuring easy chair exercises, low impact movement and stretches. Our goal is to feel better and enhance our quality of life. Our certified instructor offers a yoga experience that all seniors from beginner to advanced can safely participate at their own level of comfort.

DECEMBER NIGHTS AND SPECIAL CRAFTS

Craft Room 9:00 a.m. – 1:00 p.m.

Handmade-by-the-Blind Crafts are featured every year at the BCC December Nights Booth in Balboa Park. Learn how to make fabric wreaths, beaded Santa lamps, beaded Mary Lou Angels and other fun crafts and help the BCC at the same time.

CERAMICS CLASS

Craft Room 10:00 a.m. – 1:00 p.m.

Learn basic ceramics techniques including pouring slip into molds and cleaning and firing greenware in a kiln. Students can glaze or paint their finished bisque pieces. Students are currently making ornamental owls, candy dishes, ornaments, vases, jewelry and other items. What will you make? Something you've made in the past? A cookie jar? A planter? Something new? Let your imagination help you decide.

PAINTING

Craft Room 9:15 a.m. – 10:15 a.m.

LUNCH AT THE BCC

Craft Room 11:30 a.m. – 12:30 p.m.

Enjoy a free, nutritious lunch every weekday. Reservations by 10:30 a.m. please. Call 619-298-5021 and leave a message with our receptionist.

CHORUS - BCC SINGERS

Youth Room 1:00 p.m. - 3:00 p.m.

No auditions and no experience are required.

THURSDAYS - Free MTS access ticket for members who arrive by MTS.

THERAPEUTIC MARTIAL ARTS

Auditorium 9:00 a.m. - 11:00 a.m.

Martial arts are an ancient method of training your mind, body and spirit to act as one. Benefits of martial arts include a healthy lifestyle, self-confidence, improved cardiovascular health, improved reflexes, focus and stillness, muscle tone, stress relief and a better mood. Therapeutic Martial Arts can increase positive peer and social interactions, as well as lower anxiety, increase self-esteem and build self-discipline.

INDEPENDENT CRAFTS

Craft Room 9:00 a.m. – 1:00 p.m.

Work on your own crafts independently, share your ideas with other crafters.

CREATIVE WRITING WITH CLYTIE KOEHLER

Every Thursday except the first Thursday.

Conference Room 10:00 a.m. - noon

Clytie Shares her knowledge about writing. This is a fun, open workshop where you can explore your own writing desires. Whether, you want to write a letter, a term paper, a book or something else, we are here to encourage and coach each other in whatever you feel motivated to write.

WALK ABOUT IN BALBOA PARK

Every Thursday of each Month except the first Thursday.

Clytie Koehler has spent many hours wandering in her beloved park. She loves to share that pleasure with others who are interested. On every Thursday of each month, except the first Thursday, Clytie will walk with one or two cane or guide dog users through easily accessible areas in the Prado. This offering is by appointment only and is available from 12:30 p.m. until 2:00 p.m. or as previously arranged. Please call Clytie at least one day ahead to make plans. 760-271-8138

LUNCH AT THE BCC

Craft Room 11:30 a.m. – 12:30 p.m.

Enjoy a free, nutritious lunch every weekday. Ice cream for dessert on Thursdays. Reservations by 10:30 a.m. please. Call 619-298-5021 and leave a message with our receptionist.

THURSDAY MATINEE

Auditorium 1:00 p.m. - 3:00 p.m.

Enjoy an audio descriptive movie and goodies from the snack bar. Those in attendance will decide which movie will play. Let us know if you have a movie idea.

FRIDAYS - Free MTS access ticket for members who arrive by MTS.

EASY MICROWAVE COOKING

Auditorium/Kitchen 9:00 a.m. - 9:30 a.m.

Get healthy in 2019 and learn to make wholesome, easy microwave oven recipes.

March 1 – Microwave Baked Apples.

March 8 – Delicious Overnight Oatmeal with fruit, nuts and other toppings.

March 15 – Microwave Omelet in a mug. You won't believe it until you try it.

March 22 – Microwave Sweet Potato Hash in a Mug

Large print and Braille recipes available

BLIND RHYTHM

Auditorium 9:30 a.m. - 10:20 a.m.

Blind Rhythm class is led by instructor Sean. He will have you snapping your fingers and moving and grooving to the music whether you have been dancing all of your life or if you have two left feet. This is a class you don't want to miss. It doesn't feel like exercise, it feels like fun!



FIRST, SECOND AND THIRD FRIDAYS **INDEPENDENT CRAFTS**

Craft Room 10:30 a.m. – 1:00 p.m.

Work on your own crafts independently, share your ideas with other crafters.

FIRST, SECOND AND THIRD FRIDAYS **FUN AND GAMES FOR ALL**

1:00 p.m. – 3:00 P.M.

Have you ever played Othello, Kismet or Connect 4? We have tactile versions of these games and more. We even have Monopoly, Scrabble and dominoes. Come and play games with your friends and our friendly volunteers. Don't forget about those old faithful games like UNO, SKIP BO, Checkers, TIC TAC TOE and cribbage.

FOURTH FRIDAY BINGO

Craft Room 10:30 a.m. – 2:00 p.m.

Meet with friends and play BINGO! Accessible Bingo cards and assistance as needed is provided. Lunch is provided. First number is called at 11:00 a.m. Members: \$5 Everyone else: \$10 for 1 or 2 cards. Please RSVP Wednesday before the game by 3:00 p.m. to ensure adequate assistance and food. 619-298-5021 x 206

LUNCH AT THE BCC

Craft Room 11:30 a.m. Reservations by 10:30 a.m. please. Call 619-298-5021 and leave a message with our receptionist.

SATURDAYS

THERAPEUTIC MARTIAL ARTS

Auditorium 9:00 a.m. - 11:00 a.m.

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SPECIAL AND MONTHLY ACTIVITIES

BOARD OF DIRECTORS MEETING

Conference Room

Tuesday, March 5, 2:00 p.m. - 4:00 p.m.

The BCC Board meets every month on the first Tuesday of the month from 2 p.m. until 4 p.m. Please call 619-298-5021 x208, 24 hours prior to the meeting to be added to the agenda.

SATURDAY BINGO – ST. PATRICK’S DAY PARTY after BINGO

Craft Room

Saturday March 9 10:30 a.m. – 2:00 p.m.

Meet with friends and play BINGO! Accessible Bingo cards and assistance as needed is provided. Can't beat it; Lunch provided. First number is called at 11:00 a.m. Members: \$5 Everyone else: \$10 for 1 or 2 cards. Please RSVP Wednesday before the game by 3:00 p.m. to ensure adequate assistance and food. 619-298-5021 x 206.

ST. PATRICK’S DAY PARTY, Sponsored by National Charity League

Auditorium

Saturday, March 9 1:00 pm - 2:00 pm

Wear your green and get ready to party hardy. The National Charity League will once again present us with a memorable day of feasting and activities. There is no cost but reservations are requested. Please sign up on extension 206 by close of day on Tuesday, March 6.



BCC AND USD ENGINEERING DESIGN PARTNERSHIP CLASS

Meet at 2 p.m. at BCC on designated Tuesdays and Thursdays – class is from 2 to 4 p.m. USD college students and BCC members will work together on design activities to identify and

understand a need of members of the BCC, explore possible design solutions, and ultimately select one solution to describe and share in a 2-minute video which is submitted to the Changemaker Challenge, a university wide social innovation competition. This is an eight-week course beginning in March. **For more information, or to join the class, please talk to Rochelle Harris during Monday or Tuesday Craft class.**



Picture of Bingo prototype and photos of 2018 BCC USD Partnership class members

SUCCULENT PLANT CLASS

Craft Room

Thursday, March 21 1:00 pm - 2:00 pm

Create your own succulent garden in a colorful pot. We will provide everything you need to create a beautiful arrangement. Free to members. Cost for others is \$4.

SEMI-ANNUAL PANCAKE BREAKFAST FUNDRAISER

Auditorium

Saturday March 23 7:00 am – 12:00 pm

Pancakes served with choice of:

#1 scrambled eggs, sausage & hash browns

#2 biscuits & sausage gravy

#3 breakfast burrito

Or #4 cheesy Mexican egg bake, sausage & hash browns

Beverage choices:

Orange juice, coffee, hot tea or water

Cost: \$7

Please invite your neighbors and friends – all proceeds will go towards BCC transportation.

SPRING CRIBBAGE TOURNAMENT

Auditorium

Monday, March 25 9:30 a.m. - 1:30 p.m.

Games start at 9:30 a.m. prompt. Late players will have to wait for the second round to begin playing.

Prizes for 1st, 2nd, 3rd, 4th and 5th place plus high hand of the day and lowest score will be awarded.

Be sure to get some practice games in before the tournament and then call Pat at 619-417-1844 to sign up.

MEMBERSHIP MEETING

Auditorium 1:30 p.m. – 3:00 p.m.

Tuesday, March 26

BCC membership meetings are held every 4th Tuesday and are open to all. You may arrive early for BCC activities and lunch, then stay for the membership meeting.

FUTURE ACTIVITIES – More details in next newsletter

BINGO

Saturday, April 13

CINCO DE MAYO

Auditorium

Saturday, May 4

MOTHER'S DAY / BINGO

Saturday, May 11

WATER SKIING

Saturday, May 18

BCC 70TH ANNIVERSARY

Auditorium 1:30 p.m. – 3:00 p.m.

Saturday, May 25

PARTNER AGENCIES

Braille Club Membership Meeting

First Friday from 1:30 p.m. – 3:00 p.m.

Please call President Brian Ostosh at 619-200-7203 to be included for lunch. The Braille Club is a chapter of the California Council of the Blind that is an advocacy, support and educational organization of the blind. Visitors are always welcome.

National Federation of the Blind Membership Meeting

Second Saturday from 11:00 a.m. – 1:30 p.m.

Meet at Wings and Ribs at 2940 El Cajon Blvd. by 10:45 a.m. to be escorted to the apartment complex's community room. Please call Lyn at 619-405-5554 for more information. "This month's meeting will feature a speaker from San Diego Police Department. We would like this to be a positive dialogue and not a gripe session. Come with your ideas on how we, as blind people, can provide an educational moment that goes both ways."

San Diego Chapter of the California Council of the Blind Meeting

Third Saturday from 9:00 a.m. – 11:00 a.m. Please call President Lee Morton at 619-992-1259 for details.

Guide Dogs of America Puppy Raisers Meeting

First Monday 6:30p.m. – 7:30p.m.

Auditorium

THANK YOU

To all of our generous donors: Thank you for your continued, faithful support of our Blind Community Center. You make a difference in the lives of our blind and low vision participants, every day!

Chula Vista Host Lions Club

Thank you Chula Vista Host Lions Club for helping to maintain our BCC vehicles. We appreciate everything that you do for the BCC!

North Park Lions

Thank you for your continued, generous, quarterly donations. You are helping the BCC provide program and recreational opportunities to our blind and low vision participants Monday through Saturday, every week.

Mission Lions Club

Thank you for donating to our Programs Fund. The money you donate is used for MTS transportation, our lunch program and other activities designed to give our participants a fun time at the BCC. Thank you so much for your continued support.

The UPS Store

Thank you for printing our 22-point font newsletter for our low vision participants each month. The newsletter is always printed quickly, is easy to read, stapled neatly and ready for us to fold and mail.

County Employee Charitable Organization (CECO)

Thank you CECO for your financial support of our 2019 Senior Lunch Program. Your generous donation will help the BCC provide nutritious weekday meals for our blind and low vision members and participants. A few of the favorite meals we will serve this month will include fish tacos, Shephard's pie and minestrone. Next month participants will enjoy Hawaiian pineapple chicken, Pozole, and a baked potato bar with chili and veggies.

HOW CAN YOU HELP?

YOU CAN DONATE

The Blind Community Center depends on donations from community members and organizations. Your donation today can help provide food for our lunch program, transportation, program supplies, and building maintenance. It is easy to donate through our website, www.bccsd.org or PayPal. Our email is donation@bccsd.org.

YOU CAN BECOME A MEMBER OR VOLUNTEER

Be part of our BCC Community. Are you or someone you know blind or visually impaired?

The BCC has two classes of membership, Blind and visually impaired members, and Associate members.

Associate members are individuals who support the mission of the BCC.

Are you interested in participating or volunteering? Do you want to learn more? Call the BCC at 619 298-5021 for more information.

YOU CAN HELP US WITH OUR WISH LIST

1. Network printer/copier/scanner - \$400
2. 40 10" white Corelle plates
3. 40 6" white Corelle soup bowls

4. Small undercounter ice maker
5. Red and green cotton Christmas fabric
6. Yarn – all colors

BOARD OF DIRECTORS

President: Sharlene Ornelas, Blind BCC Member

Vice President: Ethel Kirtley, Blind BCC Member

Treasurer: Vacant

Secretary: Claude Edwards, Blind BCC Member

Past President: Gwendolyn Edwards, Blind BCC Member

Directors:

Lion Christie Greene

Magdalena Guillen, Blind BCC Member

Rochelle Harris, Blind BCC Member

Lion PDG Neil Seefeldt, Jr.

Eric Linebarger, MD, Ophthalmologist

Lions Optometric Vision Clinic Rep.: Marcia DeRuntz