



**Blind Community Center of San Diego**  
1805 Upas Street San Diego CA 92103  
Phone: 619-298-5021 [www.BCCSD.org](http://www.BCCSD.org)  
Donate with PayPal at [donation@bccsd.org](mailto:donation@bccsd.org)

**APRIL 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 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.

**DO YOU SHOP ON AMAZON.COM? DO YOU KNOW ABOUT AMAZONSMILE?**

AmazonSmile is the same as the Amazon you know. Same products, same prices, same service. You can support the BCC by shopping at [smile.amazon.com](http://smile.amazon.com).

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. When first visiting AmazonSmile, customers are prompted to select a charitable organization. If you select the Blind Community Center of San Diego (or Blind Recreation Center of San Diego) we will receive a quarterly electronic funds transfer from the AmazonSmile Foundation.

Thank you for selecting the BCC as the beneficiary of your donation.

**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.



**Photos of Crafted Beaded Bunny Lamps and Mini Beaded Bunny's and Easter Eggs**

#### **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.

**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.**

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

**SILVER AGE CHAIR YOGA**

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

This class features easy chair exercises and low impact movement and stretches, taught by certified Silver Age Yoga instructors. Our goal is to feel better and enhance our quality of life. Our 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.

**PAINTING**

**Craft Room 9:15 a.m. – 10:15 a.m.**

**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.

**CHORUS - BCC SINGERS**

**Youth Room 10:30 a.m. - 12:00 p.m.**

No auditions and no experience are required. Due to Glynn's schedule, chorus has been moved to 10:30 a.m.- noon. Let's have fun singing and perhaps perform for seniors in the community.

**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.

**SPECIAL CRAFTS CLASS**

**Craft Room 1:00 pm - 2:00 pm**

This class is free to members. Cost for others is \$3.

Please sign up the day before class to ensure adequate assistance and supplies.

619-298-5021 x 206



### **Photo of paper flowers**

April 3 - no class

April 10 – Learn to make beautiful paper flowers

April 17 – Learn to make beautiful paper flowers

April 24 - You will create your own succulent gardens in colorful pots. Everything you need to create a beautiful arrangement will be provided.

**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.

This class is free to members. Cost for others is \$3. Please sign up the day before class to ensure adequate assistance and supplies. 619-298-5021 x 206



### **Pictures of apples and Zucchini Lasagna**

April 5 – Microwave Baked Apples.

April 12 – Microwave Sweet Potato Hash in a Mug

April 19 – Zucchini Lasagna in a mug

April 26 – Learn to make Ice cream in a Zip Lock baggie.

### **BLIND RHYTHM**

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

Blind Rhythm class is led by instructor Shon Mackey. 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: \$7.50 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.**

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. All ages and abilities are welcome.

## **SPECIAL AND MONTHLY ACTIVITIES**

### **MARQUEZ POP-UP STORE**

**Auditorium**

**Monday, May 6, 10 a.m. - 2:00 p.m.**

The pop-up store has items of interest to individuals who are blind or visually impaired. Appointments are not needed. If anyone needs or wants a specific item, please call (818) 605-8783.

### **BOARD OF DIRECTORS MEETING**

**Conference Room**

**Tuesday, April 2 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**

**Craft Room**

**Saturday April 13 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: \$7.50 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.



Photo of Cindy playing two Bingo Cards

### **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

### **MEMBERSHIP MEETING**

**Auditorium 1:30 p.m. – 3:00 p.m.**

**Tuesday, April 23**

BCC membership meetings are held every 4<sup>th</sup> Tuesday and are open to all. You may arrive early for

BCC activities and lunch, then stay for the membership meeting. Free MTS access ticket for members who arrive by MTS.

## FUTURE ACTIVITIES

### CINCO DE MAYO

Auditorium

Saturday, May 4



### MOTHER'S DAY / BINGO Sponsored by The Insurance Store

Saturday, May 11

10:30 a.m. – 3:00 p.m.



### WATER SKIING

Saturday, May 18



### BCC 70<sup>TH</sup> 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 More 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 6:30 p.m. – 7:30 p.m.**

**Auditorium**

### **EXPERIENCES**

#### **SPRING CRIBBAGE TOURNAMENT OUTCOME**

1st Place - Pat Newman, 2nd Place - Ethel Kirtley, 3rd Place - Bob (New Player), 4th Place - Julie (New Player), Last Place - Cindy, High Hand – Julie. Hope we will have more players in the Fall Tournament. Want to join? Now is a great time to learn how to play from our great teacher and friend, Pat Newman. Please call her to make arrangements, (619) 417-1844.

### **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.



### **Thanks to Volunteers at the Semi-Annual Pancake Breakfast Fundraiser**

Our pancake breakfast was successful and a lot of fun thanks to Lion volunteers Garry and Bridget Barahura for several hours of Friday preparation, and cooking on Saturday; pancakes, burritos, sausage and scrambled eggs. AT&T volunteers Josi Silva, Diana Silvas, Karen Schon and Judy Smith made pancakes, scrambled eggs, cooked hash browns, served and helped with cleanup. Volunteer Pat Sears who is our web page manager was on hand to help with cleanup and where ever he was needed. President Sharlene greeted guests and made sure everyone had a menu. Our wonderful USD, SDSU and Delta Gamma students escorted guests, served breakfast plates and helped throughout the morning. Giant THANKS to all. We appreciate each and every one of you!

### **National Charity League**

Thank you for hosting Bingo and the BCC St. Patrick's Day party. What a terrific day our BCC participants had. There was singing, lots of green decorations, corned beef sandwiches, delicious potato salad and desserts. NCL volunteers were enthusiastic, cheerful and respectful of our guests. Thank you again.



**Pictures of the Party Goers and NCL Hat Makers**



**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. April meals will include Hawaiian pineapple chicken, Pozole, and a baked potato bar with chili and veggies.



**Photos of Baked Potato with Chili Topping, Pozole, Hawaiian Pineapple Chicken, and Shepherd's Pie**



**Lloyd Pest Control**

Lloyd Pest Control, a family owned business since 1931, has been taking care of the Blind

Community Center since 2003. Lloyd Pest Control is on site at the BCC every month for preventative maintenance and we seldom see any unwelcome critters. Our building is located next to Florida Canyon and occasionally an uninvited creature of some sort will make its way inside. One call to Lloyd Pest Control and they are Johnny on the spot to take care of our problem. Thank you, Lloyd Pest Control!

### **Garry Jones and Bridget Barahura**

Thank you for donating a Chest freezer to the BCC. It has already been put to good use and will help the BCC be able to purchase frozen food, in bulk, to reduce costs for many years to come. Just in time for the CECO grant listed above. Thank you!

## **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](http://www.bccsd.org) or PayPal. Our email is [donation@bccsd.org](mailto: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