



**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)

## **JUNE 2019 NEWSLETTER**

**BCCSD 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 BCCSD 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

[info@bccsd.org](mailto:info@bccsd.org)

**2019-2020 PRESIDENT SHARLENE ORNELAS – CONGRATULATIONS on another term!**

**WELCOME NEW BCC BOARD MEMBERS: Thank you for volunteering to serve!**

### **Director Yvette Lee**

Yvette is a long-time member of the BCC and regularly attends classes, bingo, special events and membership meetings. Welcome aboard Yvette.

### **Director Diane Hall**

Diane can be found at the BCC just about every day. She is a regular member of craft classes, works on December Nights crafts, attends bingo, Blind Rhythm, yoga, special events and membership meetings.

### **Director, Past District Governor Lion Rick Hannum - BCC Advocate**

Rick has been a well-respected BCC champion since 1973. He understands the BCC and has a passion for our mission of enriching the lives of blind and low vision people. Rick will serve on the board of directors as our advocate among the area Lions Clubs which have always been strong supporters of the BCC. Thank you, Rick, we are delighted to have you join us.

### **MEMBER INFORMATION:**

Are you interested in becoming a BCCSD 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.

**MEMBERSHIP ADVANTAGE:** On any Wednesday, Thursday and or Friday you will receive one

MTS Access ticket to use that day.

## **CALENDAR**

### **COFFEE AND SWEETS PARTY AT THE BCCSD**

#### **Monday – Friday**

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

### **FREE LUNCH AT THE BCCSD EVERY WEEKDAY**

#### **Craft Room 11:30 a.m.**

Reservations by 10:30 a.m. please. Call 619-298-5021 and leave a message with our receptionist. June entrees will be Fish Tacos, Ham and Bean Soup, Tamale Pie, Chili Mac.

## **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 leather wallet or belt. Craft a fabric Holiday wreath.

#### **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)

### **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.

#### **EASY MICROWAVE COOKING**

##### **Auditorium/Kitchen 10:00 a.m. - 10:45 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 by the day before class to ensure adequate assistance and supplies. 619-298-5021 x 206

In June we will make Microwave Mug Chilaquiles, Blueberry Pancakes in a Mug, Spinach and Cheddar Microwave Quiche in a Mug and Peach Mug Pie.



**Pictures of Blueberry Pancakes in a Mug, Spinach and Cheddar Microwave Quiche and Peach Mug Pie**

## **WEDNESDAYS**

### **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 BCCSD 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 BCCSD 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.

### **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



**Photos of paper flowers, and succulent pots**

## **THURSDAYS**

### **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

### **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**

## **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

## **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**

### **BOARD OF DIRECTORS MEETING**

**Conference Room**

**Tuesday, June 4 2:00 p.m. - 4:00 p.m.**

The BCCSD 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 June 8 10:30 a.m. – 1:00 p.m.** Meet with friends and play BINGO! Accessible Bingo cards and assistance as needed is provided. Can't beat it; Lunch will be a Tea Party this month. 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

