



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

JULY 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

CLOSED THURSDAY JULY 4TH, FRIDAY JULY 5TH, AND SATURDAY JULY 6TH.

Members voted at the June Membership meeting to rename the former Youth Room to NCL (National Charity League) Relaxation Room.

Contacts:

619-298-5021 x208 President Sharlene Ornelas

619-997-8058 Christie Greene

info@bccsd.org

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 members 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. July entrees will be Fish Tacos, Cheese Ravioli and Marinara Sauce, Chicken Tortilla Soup and Crispy Parmesan Chicken.

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 July we will make Microwave Denver Omelets in a Mug, Microwave Mug Lasagna, French toast in a mug, and Microwave Midnight Mac and Meat Mug.



Pictures of Denver Omelet in a Mug, and Microwave Mug Lasagna

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.

CHORUS - BCC SINGERS

NCL (National Charity League) Relaxation Room 1:00 pm - 3:00 pm

Singing, singing, singing! No auditions and no experience are required. Free MTS Access ticket for members who stay for full practice.

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

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, July 2 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 July 13 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 206.

LIVE MARIACHI BAND and MEXICAN DINNER FUNDRAISER

Auditorium

Saturday, July 20 12:00 p.m. – 4:00 p.m.

Enjoy a Traditional Mexican Dinner and Live Mariachi Band and support the Blind Community Center at the same time. Tickets available at the BCC for \$12 and they are selling fast. Limited number of tickets for sale – Get yours now! Opportunity Drawings, Craft Items Sales. For more information, please call the Blind Community Center at 619-298-5021 and ask for Joyce.

MEMBERSHIP MEETING

Auditorium 1:30 p.m. – 3:00 p.m.

Tuesday, July 23

BCCSD membership meetings are held every 4th Tuesday and are open to all. You may arrive early for BCCSD activities and lunch, then stay for the membership meeting. Free MTS access ticket for members who arrive or leave by MTS and stay to conclusion of meeting.

WATER SKIING TRIP

Saturday, July 27 8:00 am – 2:30 pm

Join us for water-skiing with the Mission Bay Boat and Ski Club. Come and enjoy water skiing, tubing, boat rides, fun in the sun and lunch sponsored by the Mission Bay Boat and Ski Club. Transportation is from the BCCSD to Fiesta Island, to the Clubhouse for lunch and then back to the BCCSD. Advanced reservations are required for transportation. The Ski Club needs to know how much equipment will be needed. Reservations must be made by 3:00 pm Wednesday on the Wednesday before the 27th by calling 619-298-5021 x206

Minimum of three participants is required in order to provide transportation.

FUTURE ACTIVITIES

BLIND RHYTHM

Friday, August 2nd

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

The Blind Rhythm class is led by instructor Shon Mackey. Jeff Zevely from KFMB will be at the BCCSD to interview Shon on August 2nd. Come and help us showcase Shon and his class.

ANNUAL BBQ

Saturday, August 17th 11:00 am - 2:00 pm

Hamburgers, Hotdogs, Potato Salad, Baked Beans, Dessert and Fun again this year at our annual Barbeque. Visit with friends, relax and enjoy yourself. RSVP by 3:00 pm, Wed. Aug. 14. 619-298-5021 x206

WATER SKI TRIPS

Water Skiing will be on the following Saturdays: **August 24th, and September 28th**. Transportation will be from the BCCSD to Fiesta Island, Fiesta Island to the Clubhouse for lunch and from the Clubhouse back to the BCCSD. We leave the BCCSD at 8:30 am and activities begin at about 9:00 am.

24TH ANNUAL BLIND SURFING EVENT

Sunday, September 8 8:30 am – 3:00 pm

The Encinitas Lions Club, in partnership with Urban Surf, will host their 24th Annual Blind Surfing Event at South Ponto Beach in Carlsbad. All ages are welcome to surf with experienced instructors or just spend a day at the beach. BBQ lunch and event T-Shirts will be available for all attendees. Advanced reservations are required for transportation. Reservations must be made by 3:00 pm Wednesday on the Wednesday before the 8th by calling 619-298-5021 x206. Minimum of three participants is required in order to provide transportation.

PARTNER AGENCIES

Braille Club Membership Meeting

No meeting in July and August. The next meeting is in September.

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.

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 maintaining our BCCSD vehicles. We appreciate everything that you do for the BCCSD! You give your hearts along with your financial support. Thank you.

North Park Lions Club

Thank you for your continued, generous, quarterly donations. You are helping the BCCSD provide program and recreational opportunities to our blind and low vision participants Monday through Saturday, every week. Your most recent, substantial donation was used to purchase MTS Access tickets and to purchase food for our daily lunch program. Thank you for your dependable support.

Del Sol Lions Club

Thank you for supporting the Blind Community Center of San Diego. We appreciate your recognition of what we do for the blind and low vision community we serve. Your generous donation will be used to fix the BCCSD entry doors and locks. They are 20 years old and are in desperate need of repair. Thank you for understanding our maintenance needs and taking action to help us get our doors repaired.



Pictured: Lion Linette, Lion David, BCCSD Board Members Nena, Diane, Vice President Ethel, BCCSD Board Member Rochelle, and Lion Kristin,

La Mesa Lions Club

Thank you, La Mesa Lions Club for your wonderful donation which is funding our weekly Yoga class. We are improving our flexibility and feeling better with relaxing yoga sessions every Wednesday at 9:30 a.m. Namaste.

Mission Lions Club

Thank you all, we appreciate each and every one of you for your significant donation which will help us with accessibility software and upgrading our computer network. The Blind Community Center is so very sad to hear of your closing and we are grateful for your past and present support and friendship. You have a special place in our hearts and on our volunteer wall right beside others who have been an important part of the BCCSD family for these 70 years. Please come and visit us soon. Thank you.



Photo of Mission Lions Club 2016



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 BCCSD provide nutritious weekday meals for our blind and low vision members and participants. July entrees will be Fish Tacos, Cheese Ravioli and Marinara Sauce, Chicken Tortilla Soup and Crispy Parmesan Chicken



Photos of Fish Tacos, Cheese Ravioli and Marinara Sauce and Crispy Parmesan Chicken



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 BCCSD 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!

Cindy Lou and Mark Smith

We sincerely Thank you, Mark, for working on our entry doors at the BCCSD. Your commercial door expertise and manual labor has reduced the cost the BCCSD will need to pay for a very expensive repair job. Thank you for helping us understand our doors better and for explaining what is required. The estimates we received were so varied and different, we needed you to make sense of it. Mark gets a A+. Thank you, Cindy Lou for mentioning our needs to Mark. You both came through for the BCC.

National Charity League

Thank you moms and daughters, for helping with our Helen Keller Day, Ice Cream Social fundraiser. You scooped ice cream, added lots of toppings to the sundaes, served hot dogs and made sure our BCCSD participants had a great time. We really appreciate your happy and cheerful attitudes.

Helen Keller Day, Ice Cream Social Fundraiser Volunteers

Thanks to everyone who helped with the fundraiser. Set up, escorting blind and low vision participants, serving ice cream and hotdogs, and cleanup were some of the jobs our dedicated volunteers helped with.

THANKS to everyone who bought ice cream and hot dogs to support our cause.

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

donation email is donation@bccsd.org.

YOU CAN BECOME A MEMBER OR VOLUNTEER

Be part of our BCCSD Community. Are you or someone you know blind or visually impaired? The BCCSD has two classes of membership, Blind and visually impaired members, and Associate members. Associate members are individuals who support the mission of the BCCSD. Are you interested in participating or volunteering? Do you want to learn more? Call the BCCSD at 619 298-5021 for more information.

YOU CAN HELP US WITH OUR WISH LIST

1. Garden tools for our gardens – gently used is OK.
 - 5 Small garden trowels
 - 2 small garden claws
 - 2 full size digging shovels
 - 2 full size leaf rakes
 - 1 full size flat shovel
 - 10 pair garden gloves
 - 2 pair garden shears – for pruning rosemary and caring for potted citrus trees
2. Printer/copy paper
3. 40 10.5" white Corelle plates (Walmart - \$19.00 for set of six, or Thrift shops)
4. 20 6" white Corelle soup bowls
5. Small undercounter ice maker
6. Red and green cotton Christmas fabric – for December Nights fabric wreaths.
7. Yarn – all colors – for December Nights hats and scarves.

BOARD OF DIRECTORS

President: Sharlene Ornelas, Blind BCCSD Member

Vice President: Ethel Kirtley, Blind BCCSD Member

Treasurer: Brook Logan, CPA

Secretary: Claude Edwards, Blind BCCSD Member

Past President: Gwendolyn Edwards, Blind BCCSD Member

Directors:

Yvette Lee, Blind BCCSD Member

Lion Christie Greene

Magdalena Guillen, Blind BCCSD Member

Diane Hall, Blind BCCSD Member

Lion PDG Rick Hannum

Rochelle Harris, Blind BCCSD Member

Lions Optometric Vision Clinic Rep.: Marcia DeRuntz