



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

DECEMBER 2019 NEWSLETTER

Everyone at the Blind Community Center of San Diego wishes you Happy Holidays and a prosperous New Year.

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 SATURDAY, DECEMBER 21 – JANUARY 5, FOR CHRISTMAS HOLIDAY. OPEN MONDAY JANUARY 6.

Contacts:

619-298-5021 Ask the receptionist for details about classes and activities

619-298-5021 x206 to sign up for classes and activities

619-298-5021 x208 President Sharlene Ornelas

619-997-8058 Christie Greene

Email the BCCSD at 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

For details regarding activities, please call the BCCSD at (619) 298-5021 and ask the receptionist.

Please sign up for activities and classes on extension 206. Leave your name, number and activity or

event.

COFFEE AND SWEETS PARTY AT THE BCCSD

Monday – Friday

FREE LUNCH AT THE BCCSD EVERY WEEKDAY

Auditorium 11:30 a.m.

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

WEEKLY CLASSES

MONDAYS

CRAFT CLASS

Craft Room 9:00 a.m. – 1:00 p.m.

CRIBBAGE

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

Don't know how to play Cribbage? We will teach you. Challenge your brain and join us for two championship tournaments every year with prizes. RSVP - [619-417-1844](tel:619-417-1844)

BASIC CONVERSATIONAL SPANISH CLASS

NCL Relaxation Room 1:00 p.m. – 2:00 p.m.

TUESDAYS

CRAFT CLASS

Craft Room 9:00 a.m. – 1:00 p.m.

EASY MICROWAVE COOKING

Auditorium/Kitchen 10:00 a.m. - 10:45 a.m.

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

BCC, CFB and USD COMMUNITY DESIGN EXPERIENCE COURSE

Tuesdays 10:45 a.m. – 12:05 p.m.

TUESDAY AFTERNOON WALK WITH JULIE OR KARLA

Lobby

Please sign up by 3:00 p.m. the Friday before.

WEDNESDAYS

SILVER AGE CHAIR YOGA

NCL Relaxation Room 9:30 a.m. - 10:30 a.m. Last Class of the year – December 18

This class features easy chair exercises and low impact movement and stretches, taught by certified Silver Age Yoga instructors.

DECEMBER NIGHTS AND SPECIAL CRAFTS

Craft Room 9:00 a.m. – 1:00 p.m. Last class of the year – December 18

Craft Class projects are featured every year at the BCCSD December Nights Booth in Balboa Park. Learn how to make fabric wreaths, beaded lamps, angels, candy cane mice and more.

PAINTING

Craft Room 9:15 a.m. – 10:15 a.m.

CERAMICS CLASS

Craft Room 9:00 a.m. – 1:00 p.m.

Learn basic ceramics and clay techniques.

CHORUS - BCC SINGERS

Auditorium 9:30 a.m. - 11:30 a.m.

We will see you at December Nights in Balboa Park! Great Job, in 2019

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.

INDEPENDENT CRAFTS

Craft Room 9:00 a.m. – 1:00 p.m.

CREATIVE WRITING WITH CLYTIE KOEHLER

Every Thursday except the first Thursday.

Conference Room 9:30 a.m. – 11:30 a.m.

WALK ABOUT IN BALBOA PARK

Every Thursday of each Month except the first Thursday.

Please call one day ahead to make plans. 760-271-8138

THURSDAY MATINEE

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

Join us for a movie on our 70-inch TV. Participants pick the movie.

CORNER GROCERY

Every Thursday at **1:30 p.m.** BCC members and participants save money on grocery items. Please bring your own shopping bags. Limits on number of items per person. December 5, 12 and 19 are Corner Grocery days in December.

FRIDAYS

BLIND RHYTHM WITH SHON MACKEY

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

**FIRST, SECOND AND THIRD FRIDAYS
CONVERSATIONAL FRENCH WITH THERESA**

NCL RELAXATION ROOM 10:30 a.m. – 11:30 a.m.

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

Craft Room 10:30 a.m. – 1:00 p.m.

FOURTH FRIDAY BINGO

No Friday Bingo in December.

SATURDAYS

THERAPEUTIC MARTIAL ARTS

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

SPECIAL AND MONTHLY ACTIVITIES

BOARD OF DIRECTORS MEETING

Conference Room

The BCCSD Board meets every month on the **first Tuesday** of the month.

Quarterly meetings are held from 6 p.m. – 8 p.m.

All other meetings are held from 2 p.m. – 4 p.m.

December 3, 2019	2:00-4:00
January 7, 2020	6:00-8:00

Please call 619-298-5021 x208, 24 hours prior to the meeting to be added to the agenda.

BALBOA PARK DECEMBER NIGHTS

Friday, December 6, and Saturday, December 7

The BCC will have a booth again this year at the Balboa Park December Nights, Holiday festival. The BCC booth will feature our annual crafts sale, Santa Clause and Blind Community Center Singers. Visit us and see all the crafts we have been making all year long. Hats, scarves, beaded items, wreaths, candy cane mice, etc.

SATURDAY BINGO

Craft Room

Saturday, December 14 10:30 a.m. – 1:30 p.m. Meet with friends and play BINGO! Accessible Bingo cards and assistance as needed 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. 619-298-5021 x 206.

SATURDAY FREE LUNCH

Auditorium

Saturday, December 14 1:30 p.m. – 2:30 p.m.

Join friends for lunch at 1:30 p.m. one Saturday each month. Doors open at 1:00 p.m. Lunch is for Bingo Players, Martial Arts students and all BCC participants. Please RSVP by the Wednesday before by 3:00 p.m. 619-298-5021 x 206.

SPECIAL HOLIDAY FUN AND LUNCH

Auditorium

Friday, December 20 10:00 am -

Make Chocolate Pretzel Christmas Tree Brownies to take home
Enjoy roasted chicken with potatoes, vegetables and dessert for lunch.

MEMBERSHIP MEETING

No Membership Meeting in December

FUTURE ACTIVITIES

Mark your Calendar:

Auditorium

Saturday, February 15, 2020 Noon to 3:30 p.m.

Rhythm & Blues Dinner Dance - 'Love is in the Air'

Featuring Jesse Anderson Experience and Shoney Mac of Blind Rhythm, \$15 per ticket. Opportunity drawings include air fryers, grocery store gift cards, restaurant gift cards and more. See Joyce for tickets.

Reviews include:

HAPPENINGS AT THE BCC

Blind Community Center of San Diego: Doctorate of Nurse Practice Project

The Blind Community Center of San Diego (BCCSD) is honored to have **Diane Villayuran**, an ICU nurse who is pursuing a Doctorate of Nurse Practice degree with Arizona State University, dedicate her doctoral project to visually impaired and blind individuals. In the next 18 months, she will be interviewing members of the BCCSD with a goal to better understand the problems/ issues/ gaps for this community and finding ways to improve them. We welcome the opportunity and look forward to

supporting her efforts. Her anticipated graduation date is 2021.

Thanksgiving at the BCC

The BCC Thanksgiving Dinner was sponsored by the Knights of Columbus Point Loma Council #3947. Volunteers included AT&T retirees, members of the Delta Gamma Sorority, the UCSD Pre Optometry Club, Lions Club members and treasured BCC volunteers. Five turkeys and all the sides were gobbled up by about 100 people. Lion, Past District Governor Rick Hannum was honored for his long-time, exceptional support of the Blind Community Center. He was accompanied by daughter Michelle and granddaughter Montana.

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.

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
North Park Lions Club
Del Sol Lions Club
Oceanside Sea Lions Club
Rancho Bernardo Lions Club
Rancho Santee Lions Club**



**Chula Vista Harbor Lioness Club
La Mesa Lions Club
Encinitas Lions Club
Spring Valley Lions Club
Harbison Canyon Lions Club
AT&T Pioneers**

Please visit our web site at www.bccsd.org for more information about our wonderful supporters and find out how they contribute to the Blind Community Center of San Diego.

HOW CAN YOU HELP?

YOU CAN DONATE

It is easy to donate through our website, www.bccsd.org Just click the DONATE button.

YOU CAN BECOME A MEMBER OR VOLUNTEER

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. Large, microwavable, dishwasher proof, hot chocolate/coffee mugs
2. Cleaning supplies: Fabuloso, bleach, Liquid Softsoap refill, dishwasher cleaning PODs, antiseptic cleaning wipes, Dawn dish wash liquid hand sanitizers.
3. Kitchen drying towels
4. Kitchen scrubber sponges
5. Cases of bottled drinking water
6. Gallon reclosable baggies
7. Quart reclosable baggies
8. Bingo Prizes: Shampoo, conditioner, lotion, household cleansers, laundry soap, dish soap, breakfast cereal, pop tarts, sugar free candy, cookies, crackers, peanut butter, canned soups, canned fruit, canned tuna, condiments like ketchup, mustard, mayonnaise, pickle relish, salad dressings like French, Italian, and Ranch, non-refrigerated sugar free pudding cups, regular V-8 juice, apple juice, apple sauce, triple A, double AAA and C and D batteries, and insulated lunch bags.
9. Red and green cotton Christmas fabric – for December Nights fabric wreaths.
10. Yarn – all colors – for December Nights hats and scarves.

BOARD OF DIRECTORS

President: Sharlene Ornelas, Blind Member

Vice President: Ethel Kirtley, Blind Member

Treasurer: Brook Logan, CPA

Secretary: Claude Edwards, Blind Member

Past President: Gwendolyn Edwards, Blind Member

Directors:

Lion Christie Greene, Associate Member

Magdalena Guillen, Blind Member

Diane Hall, Blind BCCSD Member

Lion PDG Rick Hannum, Associate Member

Rochelle Harris, Blind Member

Eric Linebarger, MD, Ophthalmologist

Yvette Lee, Blind Member

Pearl Mecenias, Associate Member

Lions Optometric Vision Clinic Representative: Marcia DeRuntz