



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

FEBRUARY NEWSLETTER 2020

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 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 available for \$40. Member privileges include 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.

If your phone number, address, email address, or emergency contact has changed, please call Sharlene at Ext. 208 to update the roster and emergency cards,

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.

Please call 619-298-5021 for reservations by 10:30 a.m.

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

BASIC CONVERSATIONAL SPANISH CLASS

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

All levels welcome.

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.

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.

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

SHARPEN THE BRAIN, LAUGH AND PLAY

Location TBD

Wednesday February 4 12:30 p.m. – 2:00 p.m.

With Fred and Sheila Kimmel

Have fun sharpening the brain with creativity and imagination.

DECEMBER NIGHTS AND SPECIAL CRAFTS

Craft Room 9:00 a.m. – 1:00 p.m.

Craft Class projects are featured every year at the BCCSD December Nights Booth in Balboa Park. We will be making new beaded items in 2020, including Lions and Leprechauns.

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.

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.

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.

INDEPENDENT CRAFTS

Craft Room 10:30 a.m. – 1:00 p.m.

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: \$7.00 for 1 or 2 cards. RSVP Wednesday before the game by 3:00 p.m. 619-298-5021 x 206 Everyone Welcome!

SATURDAYS

THERAPEUTIC MARTIAL ARTS

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

Newcomers and all levels welcome!

SATURDAY BINGO

Craft Room

Saturday, February 8 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: \$7.00 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, February 8 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 AND MONTHLY ACTIVITIES

BOARD OF DIRECTORS MEETING

Auditorium

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

CHINESE NEW YEAR SPECIAL LUNCH

Auditorium

Tuesday February 4 11:30 a.m. – 12:30 p.m

Chinese New Year, also known as Spring Festival, is the most important holiday in the Chinese calendar. The 2020 Year of the Rat will begin on 25 January and will last for around 15 days, ending on 8 February. Those born this year are said to be reliable and will live a steady life. They're also said to hold some power to turn unlucky events into fortune. The rat is the first of the zodiac animals with them being seen as a sign of wealth and surplus in Chinese culture.

We will celebrate with Chinese dumplings, Asian noodles and birthday cake.

VALENTINES DAY PARTY

Auditorium

Friday, February 14 11:00 a.m. – 2:00 p.m.

Roses are Red, Violets are Blue

We are Lucky to have Friends Like You.

'LOVE IS IN THE AIR' RHYTHM AND BLUES FUNDRAISER

Saturday, February 15

This event is completely SOLD OUT!

MARQUEZ POP-UP STORE

Auditorium 11:00 a.m. - 2:00 p.m

Tuesday, February 18 11:00 p.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. Looking for a specific item? Call the BCC, (619) 298-5021, and leave a message on Extension 206. Lunch available at 11:30 a.m. (Lunch sign up by 10:30 a.m.)

MEMBERSHIP MEETING

Auditorium

Tuesday, February 25 1:00 p.m. – 2:30 p.m.

Free MTS access ticket for members who arrive or leave by MTS and stay to conclusion of meeting.

INTUIT SPONSORED ACTIVITY

Tuesday February 29

Special outdoors event TBD for active, blind and visually impaired individuals. Intuit employees and friends will sponsor an off-site activity that requires moderate physical abilities. Sighted guides available. It may be a hike or a swim or some other activity. Transportation from BCC and back to BCC provided. For specific information, questions and reservations, please call 619-298-5021 ext. 208. Space is limited and sign up ends when capacity is reached. There will be a wait list. If you need to cancel, please call immediately to allow others to take your spot.

FUTURE ACTIVITIES

ST. PATRICK'S DAY PARTY

Auditorium

Saturday, March 7 11:00 pm - 2:00 pm

SPRING CRIBBAGE TOURNAMENT

Auditorium

Monday, March 23 9:30 a.m.

IT'S COMING!!! The tournament starts earlier than usual; doors will open at 8:45 a.m. so please don't be late, or you will lose points. There is still time to practice before the tournament. It's not too late to learn how to play so you can participate too. Please call Pat Newman to schedule play time and to register at 619-417-1844. There are cash prizes for 1st, 2nd, 3rd, and 4th place. There are also cash awards for the highest single hand and the lowest score. Make sure you leave your name at the front desk so you can also enjoy a free lunch.

MARK YOUR CALENDAR FOR 2020 WATER SKIING:

Blind Ski Clinic dates for 2020 are set: May 30th, June 20th, July 25th, August 22nd & September 26th. Join us for five water-skiing adventures in 2020, with the Mission Bay Boat and Ski Club. Come and enjoy water skiing, tubing, boat rides, fun in the sun

and a BBQ lunch.



HAPPENINGS AT THE BCC

BCCSD Member elections for Vice President and two blind/visually impaired board seats will be held in June. According to our bylaws, the procedure shall be as follows: Qualified active members who are blind or visually impaired are eligible to vote and hold office. In March, a nominating committee will be formed. If you are on the committee, you may not be nominated for a board position. Active, blind or visually impaired members qualify to be on the board by paying membership fees, and by attending at least six membership and BCCSD activities during the year. To qualify for voting at the annual meeting in June, the last of these six meetings and activities, shall be no later than March. The position for Vice President shall be an active blind or visually impaired member who has served at least one year on the board. Board members are responsible for overseeing the governance of the BCCSD.

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.

NEWS IN THE COMMUNITY

The Community Law Project (CLP) is a law student-run project which provides free legal services to low income people in the greater San Diego community. They can help with consumer scams, landlord issues, and other legal problems. For free clinic dates and times, check their website at www.cwclp.org.

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. Sustaining support
2. Repair of cracked countertops in our commercial kitchen
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. Sponsorship for 2020 Thanksgiving Dinner – volunteers and about \$400 for food.
6. Red and green cotton Christmas fabric – for December Nights fabric wreaths.
7. Yarn – all colors – for December Nights hats and scarves
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. Large, microwavable, dishwasher proof, hot chocolate/coffee mugs
10. Cleaning supplies: Fabuloso, bleach, Liquid Softsoap refill, dishwasher cleaning PODs, antiseptic cleaning wipes, Dawn dish wash liquid hand sanitizers.

11. Kitchen drying towels
12. Kitchen scrubber sponges
13. Cases of bottled drinking water
14. Gallon and quart reclosable baggies
15. Quart reclosable baggies

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

Rochelle Harris, Blind Member

Eric Linebarger, MD, Ophthalmologist

Yvette Lee, Blind Member

Pearl Mecenias, Associate Member

Lions Optometric Vision Clinic Representative: Marcia DeRuntz