



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

MARCH 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 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

Please remember: March 8 is Daylight Savings Time. On Saturday, March 7, set your clocks ahead one hour; Spring ahead!

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.

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.

March menu includes: Minestrone Soup, Meatloaf and mashed potatoes, Chicken Enchiladas, BBQ French Bread Pizza.



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.

GUITAR CLASS

NCL Relaxation Room 9:30 a.m. - 11:15 a.m.

Learn to play Guitar or improve your playing. Salvador, who also instructs at the Braille Institute is our teacher for this new class.

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.

Better Life Together Dance

Auditorium 10:30 a.m. - 11:30 a.m.

Join A Better Life Together as they do simple dancing. Fun, movement and exercise is for everyone.

SHARPEN THE BRAIN, LAUGH AND PLAY

NCL Relaxation Room

Wednesdays March 4 and March 18 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.

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.



Photo of Mainland China Volunteers Coco, Mini and Justin with Corner Grocery

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!

SECOND SATURDAY BINGO

Craft Room 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. National Charity League will help with this Bingo Day – Special Surprises!



SECOND SATURDAY FREE LUNCH

Auditorium 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 1 – 3 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.

ST. PATRICK'S DAY PARTY

Auditorium

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



MARQUEZ POP-UP STORE

Auditorium

Tuesday, March 17 11:00 p.m. – 2:00 p.m.

Marquez Products will be at the BCCSD every month on the third Tuesday except in December. They carry products designed for the blind. Games, talking clocks, optical aids, special paper products, kitchen items and more. Some items are just for fun and others are useful. Joe and George will replace batteries for you and assist with setting up when possible. Stop by, say hi, tour the BCCSD and if you let us know by 10:30 that you are coming, join us for a delicious lunch. Signing up is not required, but if you call extension 206 and let us know you are coming ahead of time, we'll let you know if there are any last-minute scheduling changes. If you are interested in something specific, please include it in your message and it will be passed along to Joe and George,

SEMI-ANNUAL PANCAKE BREAKFAST FUNDRAISER

Saturday March 21 7:00 am – 12:00 pm

Auditorium

Please join us for our Semi-Annual Pancake Breakfast fundraiser.

Pancakes served with choice of:

#1 scrambled eggs, sausage & hash browns

#2 biscuits & sausage gravy

#3 breakfast burrito

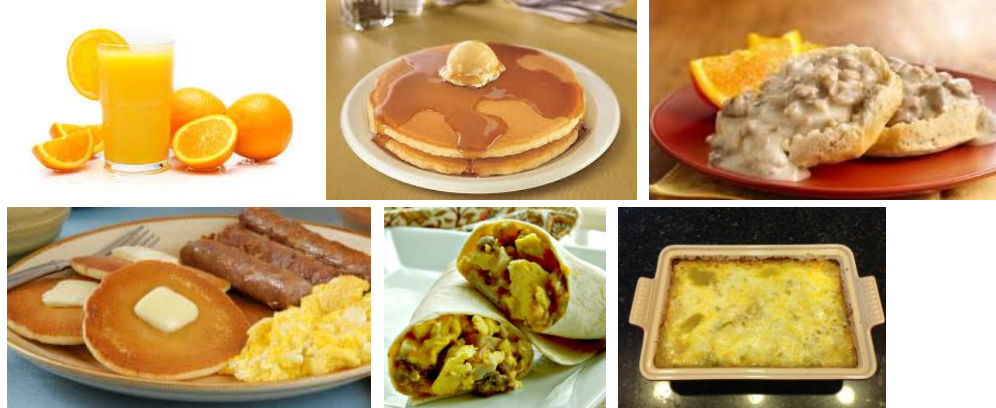
Or #4 cheesy Mexican egg bake, sausage & hash browns

Beverage choices:

Orange juice, coffee, hot tea or water

Cost: \$7

Opportunity drawings will include an Air Fryer



SPRING CRIBBAGE TOURNAMENT

Auditorium

Monday, March 23 9:30 a.m.

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. 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.



Cribbage Players

MEMBERSHIP MEETING

Auditorium

Tuesday, March 24 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 POOL PARTY EVENT

COME SPLASH, PLAY WITH ANIMALS AND HAVE SOME FUN

\$10.00 fee for expenses

Meet in Lobby at Noon

Sunday, March 29 12:00 p.m. – 4:00 p.m.

Heather from Intuit has invited members and participants to come to her house for a pool party. She has pygmy goats, chickens, cats and alpacas. Guide dogs are welcome and can also take a dip in the pool. Late lunch/early dinner included. Transportation from the BCCSD to Heather's house and back to the BCCSD provided. Please have rides from BCCSD to your home arranged for 4:00 p.m. pick-up. Sign up deadline is 2:00 p.m. March 14, by the end of BINGO. 619-298-5021, extension 206.

FUTURE ACTIVITIES

MARK YOUR CALENDARS 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.

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

INTUIT

ARC

Chula Vista Harbor Lioness Club

La Mesa Lions Club

Encinitas Lions Club

Spring Valley Lions Club

Harbison Canyon Lions Club

AT&T Pioneers

U.S. Navy

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.



Navy Volunteers are helping out at the BCCSD every Friday. Go Navy!

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. Cases of bottled drinking water
13. Gallon and quart reclosable baggies
14. 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