

BLIND COMMUNITY CENTER OF SAN DIEGO

1805 Upas Street San Diego CA 92103

Phone: 619-298-5021

website: <https://bccsd.org/>

Donate with Credit Card or PayPal at <https://bccsd.org/>

Email: info@bccsd.org

DECEMBER 2020 NEWSLETTER

HAPPY HOLIDAYS

“Whatever is beautiful, whatever is meaningful, whatever brings happiness, may it be yours this holiday season and throughout the coming 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 of San Diego gives blind and visually impaired people in our community an opportunity to socialize and interact. It helps members build skills, confidence and self-esteem through our various social and recreational activities. During the pandemic, we are featuring virtual experiences where participants can join by telephone and/or computer.

BUSINESS HOURS:

In order to keep our community safe, our building is temporarily closed following the extended ‘Stay at home order’. We will keep you informed in this newsletter when the time is right to re-open. Please stay safe and follow all recommended guidelines.

CONTACTS:

We are here for you:

President Sharlene

phone: 619-298-5021 ext. 208

email: president@bccsd.org

Board Director Christie - christie@bccsd.org

BCCSD email: info@bccsd.org

Website: <https://bccsd.org/>

ONLINE BLIND COMMUNITY CENTER CRAFTS FUNDRAISER

Gifts for everyone - all hand made by BCC crafters and Friends of the BCC.

Beaded Lamps - Penguin, Santa, Mrs. Santa, Snowmen, Pink Elephant Suggested Minimum Donation - \$25

Beaded Mary Lou Angels - Suggested Minimum Donation - \$12

Beautiful Handmade Quilts – Suggested Minimum Donation - \$60

Shades of Pink, Blue or Gray Soft Scarves – Suggested Minimum Donation - \$25

Loop-it Yarn Soft Blankets - Suggested Minimum Donation - \$25

Hand Made Crocheted Slippers - Many colors to choose from

Suggested Minimum Donation - \$12 per pair

Beaded Candy Canes and Beaded Icicles – \$2 each – Buy 5, get one free.

For questions or orders, please email info@bccsd.org.

WEEKLY ACTIVITY SCHEDULE

MONDAY

12:00 p.m. - 1:00 p.m. **BEGINNING SPANISH** led by **Nena**

1:00 p.m. - 2:30 p.m. **ADVANCED SPANISH** led by **Nena**

ABOUT THE SPANISH CLASS: From **Tom**: “Nena teaches the Spanish classes and each class is educational and enlightening.” Nena’s goal is to help people learn a second language and have fun too!

Join by phone

+1-510-338-9438 USA Toll+

Access code: 623 586 039

Join by computer

<https://riosassociates-dfc7.my.webex.com/meet/pearl.a.mecenas>

Meeting Number: 623 586 039

TUESDAYS

11:00 a.m. – noon **MICROWAVE MUG RECIPES AND CRAFTING**
led by **Christie**

Please call Christie at least day before meeting for ZOOM instructions.
619-997-8058

WEDNESDAYS

12:00 p.m. - 12:30 p.m.

BLIND RHYTHM hosted by **Shon**

12:30 p.m. - 1:00 p.m.

OPEN MIC and VARIETY SHOW

hosted by **Pearl**

On the days where talent is not scheduled, **Shon Mackey** from Blind Rhythm will DJ and you can call-in with song requests.

1:00 p.m. - 2:00 p.m. **TRIVIA** hosted by **Pearl**

2:00 p.m. - 3:00 p.m. **NAME THAT TUNE** hosted by **Shon**

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Meeting Number: 623 586 039

ABOUT THE TRIVIA CLASS: “Hi My name is **Frances**. I’d like to share with you about our trivia class. It is so exciting and so much fun. I thought it would be hard, but when you don’t know one, you just say “pass”. We have a very encouraging host who helps us all have a great time. I hope you will join. You always learn something new and have a good time”.

ABOUT NAME THAT TUNE: “Hi from **Michael**. Name that Tune is a really a fun class and **Shon** does a great job. One round will be a classic where you name the song and the artist and the second round is multiple choice. I wish it would go for two hours – it’s a fun class and everybody has a good time.”

THURSDAYS

10:00 a.m. – 11:40 a.m.

BLIND COMMUNITY CENTER WRITERS WORKSHOP with **CLYTIE**

We do not meet on the first Thursday of each month.

Please call **Clytie** at least day before meeting for ZOOM instructions. 760-271-8138

ABOUT THE WRITING CLASS:

From **Lyn**: In the writing class we read what we've written, either recent or a long time ago and we receive respectful, constructive critiques from one another. I find it very helpful.

FRIDAYS

9:30 a.m. -10:30 a.m. **BEGINNING FRENCH** led by **Theresa**
10:30 a.m.-11:30 a.m. **ADVANCED FRENCH** led by **Theresa**
12:00 p.m.- 2:00 p.m. **BINGO** led by **Christie**, with a BINGO Caller and volunteers **Dora, Marty, Theresa**, members from the **NATIONAL CHARITY LEAGUE, NCL**, and occasional other community volunteers.

ABOUT FRENCH CLASS: From **Tom**: "French is a difficult language to learn; Theresa is patient and helpful and makes learning French educational, fun and enlightening."

ABOUT BINGO: "This is **Frances** again: I sure have a lot of fun playing Bingo every Friday at noon. Wow! It's so relaxing. It is 2 hours but it's so much fun, especially when we hear that someone gets a Bingo. For those who can't see, we have wonderful sighted volunteers who help us and it is such a comfort being around lovely people. I hope you'll join us."

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Join by computer

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Meeting Number: 623 586 039

There will not be a Membership Meeting in December.

VIRTUAL CHRISTMAS CAROLING
SATURDAY, DECEMBER 12
10:00 a.m. – NOON

Event Chair person, Nena Guillen

The National Charity League and the BCC hope you will join us to sing the Christmas Carols we normally sing at December Nights. Featuring Lee Morton, Tom Treher and Janet Powel.

The number to dial is different than our regular Bingo and Trivia number.

HOW TO JOIN EVENT:

Join by Phone

1 408 638 0968 US (San Jose)
Meeting ID: 494 996 8569

Join by computer:

<https://us02web.zoom.us/j/4949968569>

Meeting ID: 494 996 8569

SPECIAL EVENT FOR BCC MEMBERS AND PARTICIPANTS
(BCC volunteers will call you with more information)

WEDNESDAY, DECEMBER 23 - 9:00 a.m. – 12:00 p.m.
CHULA VISTA HOST LIONS CLUB AND HARBOR LIONESSE CLUB
SURPRISE

HELP PROTECT AGAINST THE SPREAD OF COVID-19 VIRUS

Here are the steps recommended by the Centers for Disease Control and Prevention to help stop the spread of COVID-19.

- Step 1: Wash your hands
- Step 2: Wear a face mask
- Step 3: Avoid touching your face
- Step 4: Disinfect frequently touched surfaces
- Step 5: Practice social distancing

WAYS TO STRENGTHEN YOUR BONES AS YOU AGE

- **Include Calcium in your diet - Calcium makes your bones hard and dense.** Good food sources include:
 - 1 cup plain low-fat yogurt (300 milligrams)
 - 1/2 cup firm tofu with calcium (200 milligrams)
 - 1 cup baked beans (140 milligrams)
 - 3 ounces canned salmon with edible bones (180 milligrams)
- **Vitamin D: goes hand in hand with Calcium**
Your skin makes vitamin D from sunlight. Just a few minutes of sun each day should do it. The second way is from foods. Good sources include:
 - Fatty fish like salmon, tuna, or mackerel
 - Fortified milk from cows, almonds, soy, and oats
 - Eggs
 - Pork
 - Fortified cereal
- **When you exercise regularly,** your body responds by adding more bone.
- **Cut Out Added Sugar**
Too much added sugar may hurt your bone health because it:
Causes your body to flush out bone-strengthening calcium and magnesium and it prevents your intestines from taking in enough calcium. It also displaces important nutrients from your diet.
- **Limit alcohol and added salt.**

THANK YOU BCC SUPPORTERS

**Chula Vista Host Lions Club
Chula Vista Harbor Lioness Club
North Park Lions Club
La Mesa Lions Club
Rancho Bernardo Lions Club
Encinitas Lions Club**

**Oceanside Sea Lions
Harbison Canyon Lions Club
AT&T Pioneers
National Charity League
Foundation for Delta Gamma at San Diego State University
U.S. Navy
University of San Diego
San Diego County Employee's Charitable Organization (CECO)**

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

Thank You BCC Birthday Card Angel!

Have you received a Birthday card during the pandemic? Apparently, there is an Angel out there who wants to let you know that the BCC cares about YOU and reaches out on your birthday. Thank you, Angel!

If you did not receive a birthday card, maybe the Angel does not have your address. Please let us know. Email: info@bccsd.org