



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

September 2016

Tierrasanta Village (TVSD) is an active, nonprofit organization for residents aged 50+. TVSD promotes social connections and helps our members thrive and remain independent. We plan many special events, print this newsletter, and create activities for different passions and interests.

Volunteer Appreciation Wine and Dessert Party

Have you ever tried to schedule an event for our TVSD members? It's crazy! Our calendar is filled with talks, socials, exercise, yoga, games, classes, movies, lunches and events! There is really something for everyone and we are the luckiest seniors in San Diego to have so much to choose from right in our own neighborhood! So, how does it all happen?

Well, we have an extremely energetic group of volunteers that know no limits when it comes to fun, health and education for our members. Sometimes, it's a thankless job, but we're going to change that! Join us at our Volunteer Appreciation Wine and Dessert Party at the Zweibels' on Monday, September 12 from 6:30 ~ 8:00 PM. Some are thinking: “I don't really volunteer that much; this must not be for me.” It most certainly is for you and all members! You may not have done as much as some others, but you can help by celebrating those who have given so much to provide for our Village. This is an opportunity to express your thanks and to recognize all those who have been so generous

with their time! So, we'll see you on the 12th – just don't forget to register!!! We want to have plenty desserts for everyone!

While we're on the subject, I must mention some of the other things going on in our Village! The Script-in-Hand Players will be performing for us on Sept. 27 at the 7th Day Adventist Church! Laughter guaranteed!! Bring your friends and show them what good times the TVSD has! There's another Halloween Potluck scheduled, so, dig out the costumes. We have a Time Dollar Fair the first Sunday in November – just in time to do some Holiday shopping, and there are sure to be other opportunities to get together as we approach the Holiday Season. We're going to be busy, but, first...register so we know that you're coming!

I know that I started by saying how difficult it is to find any “open” hours for our TVSD, but I like options! Our Village is full of options! Jump in and join the fun!

Joyce Muinos



Casino Night Committee: Bev Sheenan, Thom & Ginny VanBenthuisen, Jeannette Vlassis, Karen Macdonald, Ginny Berlin, Mike Sheehan, Judy Sandman, Marilyn & Dave Millikan, Linda Rees

TVSD, 10601 Tierrasanta Blvd. #G-405, San Diego, CA 92124....Phone 858-569-9119...EMail...tierrasantavlg@gmail.com
We meet at the Villa Monterey Clubhouse, 5275 Rimpark Lane....On the Web: TierrasantaVillage.org

Village Business

Monthly Meeting

Our next monthly meeting is scheduled on Monday October 3 (6 – 7:30 pm)
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

October 20 – 1 PM

To Be Announced

RSVP and Agenda items must be submitted a week before the meeting. Meetings are open to all Village members. 858-569-8194

Time Bank

Orientation & Training
Learn how to participate in the Time Bank and learn the online program. Bring your completed paperwork.

Tuesday, Sept. 12

12:30 - 2:30 PM

RSVP Required to
JoAnne Kuelbs
858-292-1578

Website Training

2nd Monday only or on request.
10:30 am or by appointment
RSVP required
Greg Zweibel 858-569-8194

Balance & Strength Class

Tuesdays & Thursday 9 AM
Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 AM

AIS Tai Chi Class

Wednesday and Friday at 10 AM
This class is open to the entire community.

Casino Night TVSD Style

Over 50 Villagers and Guests enjoyed a balmy night at the Portofino Clubhouse playing with fake money and receiving many prizes from local businesses. See full list on Page 3



Wine & Cheese
Bingo & Blackjack!

Board of Directors

President

Linda Rees

Vice President

Vacant

Member at Large

Janice Thantham

Treasurer

Mike Rigdon

Secretary

Fran Zweibel

*Community Liaison
Fundraising*

Joyce Muinos

Co-Founders

Candy Walsh

Susan Deininger

Operations Manager

Greg Zweibel

Front Desk Coordinator

Melissa Rainier

569-9119

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Vibes Staff

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Circulation.....Mike Rigdon

**Contact Mike at 858-300-6821
or E-mail
mikerigdon2000@yahoo.com**

Tierrasanta Village of San Diego Recognizes the Following Local Merchants that have Generously Donated Prizes for the 2016 Casino Night Event

Prizes for Top Money Winners of Games Estimated Value

Pure Spa	\$120	
Teresa Health, Acupuncture	\$75	(2 Prizes)
Brittany, Hair Stylist	\$75	
Bud's Louisiana Café	\$60	
Starbuck's	\$50	

Prizes in Raffle Books

Full of Life Chiropractic	\$275	(2 Prizes)
Steel MMR Fitness	\$119	
Tennis Lesson, John DeLille	\$70	
Long Island Mike's Pizza	\$50	
Studio Dinner	\$30	
Von's	\$25	
Smart & Final	\$25	
Khan's Cave, Grill & Tavern	\$25	(2 Prizes)
Tierrasanta Mexican Restaurant	\$25	
Gaetano's Pizza	\$20	
Choice of Mandarin	\$15	(2 Prizes)
Tasty Donuts	\$11	
Pinto Thai Bistro	\$25	(2 Prizes)
Heavenly Yogurt	\$20	

Message from Susan Deininger

It's renewal time. I was thinking about why I called Candy in 2006 and asked if she'd like to start a Village with me and why I continue to join. Here are my reasons. I would love to know yours and if they remain similar?

1. Serving our lovely community and ourselves, open, growing and diverse!
2. Having fun 95% of the time.
3. People volunteering, the load was shared. The range of volunteer skills was broad and lots of things, like the Vibes, began.
4. Broad and increasing range of activities, classes, trips.
5. Outside world interested in us: agencies, foundations, TV, etc.
6. Had an additional service component - the Time Bank.
7. A Board that was inspired and loved what it was doing.

Our community of 50 plus residents continues to grow. In my mind, the Village is needed today as much if not more than yesterday. Are we growing? Are we aging? Has your motivation changed? As a founder and Village aficionado, do you like it as is? Are there some changes you would like to see?

Final Concert for this Summer

September 17, 6-9 PM UPS Sponsored Band

Will be held at the Recreation Center Field

"Tierrasanta Talks" Adventure

featuring award-winning creativity muse and author

Jill Badonsky



About the Event

Are you one of those people who think they don't have a creative bone in their body? Or perhaps you would like to take your creativity deeper, but have become stuck, distracted, or immobilized. Well, creative muse Jill Badonsky is here to help you with that, so join us for our next Tierrasanta Talks, where Jill will share her five tips to become an *"artist of staying alive."*

November 3, 2016, 6:15pm

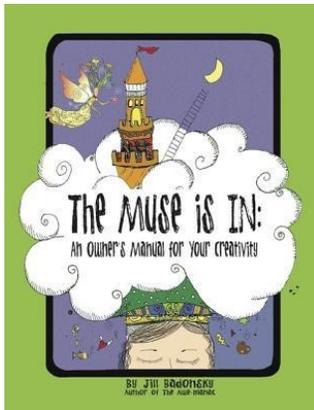
Cost: \$10 per person

Venue:

Community Room, SDA Church
11260 Clairemont Mesa Blvd.
San Diego, CA 92124

Information/Reservations:

www.adventuresbythebook.com
(619) 300-2532



EVENING BUNCO

Anyone interested in playing BUNCO once a month, in the evening, is invited to attend a planning meeting on Wednesday, Sept. 21 from 11:00-12:00 at the Village Clubhouse. We will review the game, decide on the first date to play and have everyone who is interested sign up to be a "regular" player or a "sub." We will need at least 12 regular players and then a list of subs that could possibly fill in when needed. The games will most likely take place on a Tuesday or Wednesday evening at willing members' homes. This planning meeting is on the Village calendar so sign up if you are interested in attending. If you are unable to attend the meeting but are interested in playing evening bunco, call:

Ginny VanBenthuisen at 858-268-8348 or Sue Christian 858-278-6534.

DEPARTMENT OF VETERANS AFFAIRS
VA San Diego Healthcare System



Tierrasanta Village of San Diego
"Knit & Nosh" Ladies

Dear Members, **

Thank you for your support of the VA San Diego Healthcare System with your generous donation of 17 lap blankets. We are very grateful for your concern for our patients. It is donations such as yours that make the VA San Diego Healthcare System special for the men and women who need our assistance. Your donation contributes greatly to the welfare and comfort of our patients at the Medical Center as well as the Outpatient Clinics. As the Chief of Voluntary Services, I am always proud of the support we receive from those who share their time, talents, and energy with our Nation's Heroes. An organization such as yours or one individual can make a big difference to our Veterans.

Putting Veterans First, Donna M. Fischer, CAVS, FACHE, Chief, Voluntary Services

ARMED SERVICES
YMCA SAN DIEGO

August 18, 2016

Mrs. Virginia Inouye
"Knit & Nosh" Ladies of Tierrasanta Village of San Diego

Dear Mrs. Inouye

Thank you for your donation of baby blankets, received 8/2/16, in support of the Armed Services YMCA San Diego's Wounded, Injured, and ill program!

Thanks to supporters like you, we are able to provide critical support and heartfelt appreciation to active duty service members and their families when it benefits them the most.

From the wounded warrior healing with the help of a therapy dog, to the service member given the chance to attend a Padres game with his family before his upcoming deployment, our programs and services are enriching lives. Thank you for making them possible.

Tim Ney, Executive Director



Virginia Inouye delivering 17 "Knit and Nosh" blankets to the VA Hospital in La Jolla

UCSD and San Diego Police Department
Present Program on Pedestrian Safety

Wednesday, September 14, 12:30 – 2:00 p.m.

Join your fellow Village members at the Villa Monterey Clubhouse to learn how to keep yourself safe while walking the streets of Tierrasanta. UCSD and the San Diego Police Department have teamed up to present **TREDwise**, a program on pedestrian safety. Walking is a way to stay healthy as you age let's do it safely! RSVP on the TVSD website, or you may contact Care Committee Co-Chair Joan McGeachy at (858) 652-1381.

DVD Movie Party

Once a month at the home of Diane Levine
Tuesday, September 27, 6 pm
Miracles From Heaven
With Jennifer Garner
and Kylie Rogers
RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

4th Wednesday - Sept. 28 – 1 PM
We knit/crochet baby blankets, scarves, and hats for breast cancer survivors, and lap blankets for Vets and residential care patients.
Contact: Virginia Inouye

Bridge Games

At the VMC
Want to get in on a bridge game?
Groups are pre-arranged but substitutes are needed from time to time. Call the Village or contact Emma Chevie to get on the list for new groups.

Village Book Club

Wednesday Sept. 21 – 7 PM
"Left to Tell"
by Author – Ilibagzia
October 19 – 7 PM
"Mrs. Poe"
by Author – Lynn Cullen
Contact: Laurel Pfab
858-560-7826
Everyone is welcome

Cool Games

Thursdays 12:30-2:30
Rummikub, Scrabble, Checkers, Canasta, Dominos...Your choice.....
Contact: Emma Chevie
858-569-5013

Friends of the Tierrasanta Library – Used Book Sale

Friday, Sept. 30 from 11:30 a.m. to 5:00 p.m.
Saturday, Oct. 1 from 9:30 a.m. to 3:00 p.m.
Monday, Oct. 3 from 9:30 a.m. to 5:00 p.m.

Village Interest Groups

Billiards

Mondays & Thursdays 10:15 AM
Bob Muldrew - 858-292-8405
The pool table area is open for play anytime weekdays.
8:30 am – 2:30 pm

Film Classics

First & Third Fridays
12:30 pm at the Clubhouse
September 2 – 12:30 PM
"Romancing the Stone"
Michael Douglas Kathleen Turner
When romance novelist Joan Wilder's (Turner) sister is kidnapped in Columbia, South America. The only chance to save her is to bring to Columbia a "treasure map" her captors think she has. Once there, thrown into a jungle full of gunfire, mud slides & poisonous snakes, Joan's only hope lies with Jack Colton (Douglas) a rugged wanderer straight out of one of her novels. Will they outwit the kidnappers, save her sister, & find the secret stone of "El Corazon?"

September 16 – 12:30 PM
"Casablanca"

WW II Drama/Romance (**3 Oscars**)
Humphrey Bogart, Ingrid Bergman, Claude Raines, Paul Henreid
During WW II the world of American Café Owner Rick Blaine (Bogart) in Nazi-Occupied French Morocco is fine, until his lost ex-lover (Bergman) walks in the café door with her husband Victor Laszlo (Henreid), a famous leader & hero of the Czech Resistance. (No matter how often you've seen this classic, you'll want to "play it again.")

Gloria Stevens: 858-505-4188

Armchair Traveller

Tuesday, Sept. 20 – 1-2:30 PM
Special USS Midway Videos
Mike Rigdon: 858-300-6821

The Lunch Bunch

First Wednesday of the month
September 7 – 11:30 AM
Tierrasanta Mexican Restaurant
Contacts: Marilyn Bente

Romeo Club

September 15 - 12:30
Gaetano's Restaurant
Contact: Dick Rees

SNAP

(Singles Network of Active People)
All Village singles are welcome.
Saturday – Sept. 17 – 5:30
Please RSVP to
Fran Pierce: 858-279-8290

Mah Jongg

Thursdays -- VMC – 10 AM to noon
This is an RSVP game...A new group can be formed for beginners.
Contact: Fran Zweibel 858-569-8194

Village Hiking

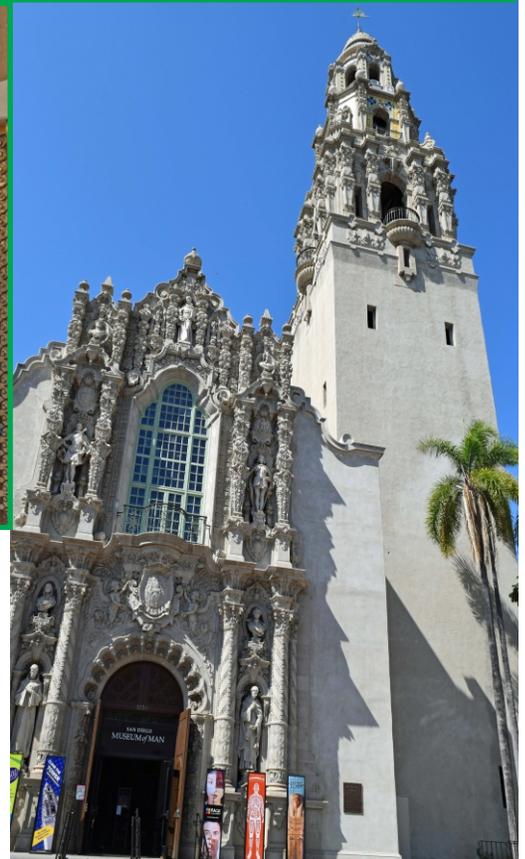
Participation in these walks/hikes (on dirt) has been small recently. This might be due to vacations/travel or the above average heat this summer. In any event it's been decided to cut back the schedule to short hikes (only) until late October. Note that even if the temperature is predicted to go over 90 degrees, at 10:30 AM - when we can end the activity if we accelerate it - the temperature will only be up in the low 80s. So the problem is smaller.

One hour/one mile (introductory),
Community pond to Via Valarta - & back: On Fri, 09 Sep 2016 (second Friday) at 9 AM, we gather on Playa Veracruz by the gate (down to the pond). (Go north on Santo Road past the Vons shopping center to turn right on Antigua Road. At the next right turn, go east on Playa Veracruz to just-past the Playa Encino intersection. Stop/park.) The route is essentially flat, except for a hill at the end - which is optional. The utility road is 6-10 feet wide. The terrain/scenery is in a canyon & more shaded than usual),
next to the stream bed.

Bob Muldrew: 858-292-8405

Timken Art Museum Trip

Your **Social Committee** once again arranged for a trip to Balboa Park. We first enjoyed lunch at the Prado Restaurant. Then walked to the Timken Gallery for a Guided Tour of the Art of European to American Artists. 17 attended.
Thanks to **Gloria, Jocelyn, Evelyn & Mike**



Villagers at Timken Gallery

**Marti Batchelder, Pat Berkebile, Jocelyn Brierton
Sue Christian, Nancy Fahien, Diane Levine
Susan Linsley, Nancy Pitts, Linda Rees
Mike Rigdon, Bev Sheehan, Gloria Stevens
Eva Turner, Evelyn Benner, Elaine Moser
Arlene Hitchcock, Claire Blum**

APPEARING IN TIERRASANTA

Presented by Tierrasanta Village of San Diego

Script-In-Hand Players

An Acting Troupe presenting humorous & heartwarming programs for the audience's delight!

Tuesday, September 27, 2016, 1:30 PM

7th Day Adventist Church Fellowship Hall

11260 Clairemont Mesa Blvd

Members, \$5 / Non-Members, \$10

Reservations at: www.tierrasantavillage.org, phone: 858 569-9119 or at the door!

