



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

October 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

Thank you! Thank you! Thank you to everyone who showed up for the Volunteer Appreciation Wine & Dessert Party! It was so much fun to take the time to acknowledge all the hard work and dedication of our Villagers and the cookies & wine weren't bad, either!

I walked away, and I think my fellow BOD members will agree, with a real “we are family” feeling! Everyone was engaged; socializing, sharing stories and complaining about the sudden cool weather! If you didn't know that you were loved and appreciated before, you knew it by the end of the evening. I'm sincerely sorry that everyone couldn't be there! We really must do it more often!

Of course, we must thank Fran & Greg for their hospitality, our lovely President for her kind words, Mike R. for his assistance & muscle, and the

wonderful Missy for her smiley greeting & help with the drawing. It was my honor and pleasure to serve as mistress of ceremonies.

We're welcoming back Ms. Kim Chartrand in October. She has an all-new program for us entitled “Thirty Life Style Hacks to Improve Mind, Body and Spirit Health. Make sure to sign up for the classes and you will go home each week with 10 daily habits to incorporate easily into your daily life.

2016 is almost over and the Board would like to encourage everyone to seriously consider volunteering to help on one of our many Core Teams or to serve on the Board. The more involved we are, the more fun we have and the more friends we make! Linda, Fran, Mike, Janice and I are available. Let's talk!

.....Joyce Muinos



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
Joyce Muinos' Home
9792 Caminito del Marfil
RSVP & Agenda items must be submitted a week before the meeting.
Meetings are open to all Village members. **858-569-9119**

Time Bank

Orientation & Training
Learn how to participate in the Time Bank and learn the online program. Bring your completed paperwork.
Wednesday, October 28
Tuesday, November 1
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

Aging & Independent Services

Tai Chi Class

Wednesday and Friday at 10 AM
Open to the entire community.



Volunteer Appreciation Wine and Dessert Party

This event was to thank everyone of our fabulous volunteers who gave so much of their time & energy to make TVSD the best Village in CA. A great evening was had by all.
.....Mike Rigdon



Board of Directors

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Linda Rees

Vice President

Vacant

Member at Large

Janice Trantham

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Mike Rigdon

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*Community Liaison
Fundraising*

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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**

Time Dollar Fair Sunday, November 6, 1:00-4:00 PM

Want to get unique gifts for the holidays without spending money? Want to have fun socializing and eating homemade cookies? Wondering what to do with those 3 Time Bank Dollars you got for renewing your membership? Plan to attend this exciting pre-holiday event available exclusively for Village Members. It will be held in the beautiful home and yard of one of our members.

Usually Time Bank Members earn and spend Time Bank Dollars for services such as rides to the airport, pet care, handyman services and more. This is a special opportunity to spend those TB Dollars for goods. Even if you are not currently a Time Bank Member, you can still use the TB Dollars in your account (given to you for renewing your membership in the Village) at this Fair. We want to stir up interest in the Time Bank.

We also want to make sure the Time Bank Donation Fund has a healthy balance of Time Dollars. So, please consider donating your handmade creations or other items suitable for gifts to the Time Bank Fair for this fund.

If your Time Bank account is low and you would like to get some Time Bank Dollars, bring your "goodies" to trade so you can beef up your account. Once you register as a Vendor, we'll make sure we have plenty of table space for you to display your special items. Members who have attended Time Bank Orientation and Training, and have a Time Bank account, are eligible to be vendors. Vendors are charged one Time Bank Dollar.

To become a Time Banker, register a week in advance to attend Time Bank Orientation and Training on either Oct. 28th or Nov. 1st. Members who attend Orientation and Training, and meet requirements, receive 3 time dollars for opening an account, and 1 time dollar for attending the Orientation. Time dollars can be used to get gifts and goodies at the Fair.

Adding to the excitement of the event will be a silent auction with one of a kind items that you won't want to miss!

The Time Bank is a benefit of being a member and helps distinguish TVSD among the 200 plus Villages in the U.S.

For more information or questions, contact: Delise Konigsbach, 858.277.0605, delisek@hotmail.com, or Joyce Muinos, 858.278.5279, jmuinos@sbcglobal.net.

Annual Donor Drive

The month of December is our Annual Donor Drive. We'd love your support to help us reach our goal of \$20,000.

Funds received during the Annual Donor Drive will be used to help cover expenses which are expected to increase by 5% next year. Your generous donation ensures that we can keep offering the wonderful activities, classes, socials, and events that you enjoy so much.

Participants of the Balance Class were recently asked: "What difference has the Balance Class made in your life?" One member answered, "Before taking the Balance Class, I fell three times in one year. I have not fallen since taking the classes and I am 86 years old".

When considering a donation, think about why the Village is important to you, and what difference it makes in your life.

Donating is easy and 100% tax deductible. Click the "One Click" link on the website home page. Click "Donation-Year End". Your donation can be anonymous if that works best for you. Or, stop by the VMC and give your check to Missy. The Fund Development Core Team appreciates your support.



Health & Wellness

TVSD PRESENTS 30 LIFE STYLE HACKS

Do you want to improve your mind, body, and spirit? This series of classes will take place on October 5th, 12th, 19th, and 26th.

Kim Chartrand will be presenting this information from 1:00 to 2:30 pm at the VMC. There is a \$10.00 fee for members and \$30.00 for non-members for the series of classes.

Members can sign up online or call Missy at (858)569-9119.

SAVE THE DATE

TVSD – 10TH YEAR ANNIVERSARY
SEPTEMBER 27, 2018

TIME/LOCATION: TBD
MORE INFO CONTACT: TRISH NEWBILL
OR MARILYN BENTE

VOLUNTEERS WELCOME TO JOIN THE
ANNIVERSARY TEAM

A group of seniors were sitting around talking about all their ailments.

"My arms have got so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad; I can't even see my coffee."

"I couldn't even mark an "X" at election time because my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you," said one elderly lady.

"I can't turn my head because of the arthritis in my neck," said one, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am, and where I'm going," said another.

"That's the price we pay for being elderly," winced an old man as he slowly shook his head.

The others nodded in agreement.

"Well, count your blessings," said one elderly lady cheerfully,

"Thank God we can all still drive."

VOLUNTEER FOR YOUR HEALTH!!

Have you ever thought that in addition to providing valuable services to individuals and your community, you are also living active lives through volunteering? So ... why volunteer?

- Enjoy longer life span
- Experience less depression
- Reduce risk of heart disease
- Increase your social network
- Learn new skills

Give Back / Make an Impact / Share Wisdom!

Your Village is in need of your talents and time. Please contact me if you are willing to share this with us! We appreciate you!

Fran Zweibel

Information Technology Member Survey

October 1-31, the IT Support Team is conducting a survey. Take advantage of this opportunity to provide feedback about your information technology needs.

The Berkeley Survey, conducted in 2015 asked members if they had unmet needs, even if it may not be something on which they expected help from the Village. 37% of respondents said they needed help with Information Technology.

The IT Support Team is conducting the current survey to learn more about your specific IT needs. The last question is open ended and gives you an opportunity to include needs that were not asked in the survey.

Results of the IT survey will help identify priorities and then determine which IT needs the IT Support Core Team will focus on next year. Survey results will also be used by the Fund Development Core Team to focus on funding sources to support new programs or hardware needs.

Please take a few minutes to complete the survey. The Quick Link on the Village home page will take you to the survey. If you don't use a computer, complete a hard copy survey at the Villa Monterey Clubhouse and return it to Missy by October 31.

San Diego Senior Games Billiard Tournament



John Witt & Bob Muldrew, two regular Tierrasanta Village pool players, recently competed in a two day San Diego Senior Games tournament with the first day an 8-ball contest & the second day for 9-ball. John won gold & silver medals, and Bob won two silver medals. These were for their respective five year age categories - jokingly: old, old & merely old. The tournament is for anyone (male or female) 50 or older. We obviously at the Village have the knowledge to play & teach pocket pool games. Anyone who wants to improve their game or start from scratch is welcome to play with us. We're generally very supportive and know which shots, when performed correctly, deserve praise!

SUGGESTED HEALTH & WELLNESS TOPICS

(TO BE USED FOR PRESENTATIONS AND/OR MEMBER-TO-MEMBER FORUMS)

Please check off the topics below that are of interest to you:

- Caregiver Stress
- Fall Prevention
- Macular Degeneration
- Medication Issues
- Migraine Headaches
- Recognizing Signs of Loneliness, Worry and Depression
- Reducing Worry and Anxiety
- Navigating the Health Care System as a Caregiver
- What Happens to Us When Something Happens to our loved ones?
- Skin Cancer Prevention and Treatment
- Battling Holiday Blues
- Others?

The Care Committee would appreciate it if you would bring your list to our next monthly general meeting on October 3 at 6:00 pm at the 7th Day Adventist Church.

DVD Movie Party

Once a month at the home of Diane Levine
Tuesday, October 25, 6 pm
The Meddler

With Susan Sarandon
and Rose Byrne

RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

4th Wednesday - Oct. 26 – 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

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 5:45 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

October 7 – 12:30 PM

"The Others" – 2001 – Nicole Kidman

While awaiting her husband's return from WW II, Grace & her 2 young children live an unusually isolated life behind the locked doors & drawn curtains of a secluded mansion on a British island. After mysterious noises, shutting doors, and 3 ghoulish "servants" appear, it is chillingly clear there is more to this house than can be seen. Grace finds herself in a terrifying fight to save her children & keep her sanity! (Many edge-of-your-chair Twists & Turns!)

October 21 – 12:30 PM

"Hide and Seek" – 2005

Robert DeNiro Dakota Fanning

At their new home in upstate New York, a newly widowed psychologist (DeNiro) tries desperately to help his traumatized daughter (Fanning) to deal with her mother's recent death. But before long, they're both terrorized by someone (or "something") – a "friend" who may or not be imaginary, but is definitely the stuff of nightmares."
(Terrifying Twists & a Shocking Surprise Ending!)

Gloria Stevens: 858-505-4188

Armchair Traveller

Next Event will be

December 6 in honor of

75th Anniversary of Pearl Harbor

Contact: Mike Rigdon
858-300-6821

The Lunch Bunch

First Wednesday of the month

October 5 – 11:30 AM

Soup Plantation on CM Blvd

Contacts: Marilyn Bente

Romeo Club

October 20 - 12:30

Gaetano's Restaurant

Contact: Dick Rees

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – October 15 – 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

One hour/one mile (introductory), Community Park to Promesa Plateau - & back: On **Fri, 14 Oct 2016** (second Friday) at 9 AM we gather at the front steps of the community pool facility. (Go east on Claremont Mesa Blvd to turn left into Community Park.) The route is essentially flat; the utility road is 6-10 feet wide. There are eucs & some pines.

Two hour/two + mile, Roadrunner Canyon to near Navy Golf Driving Range - & back: On **Fri, 28 Oct 2016** (fourth Friday) at 9 AM we gather at Roadrunner Park on La Cuenta. (Go south of the Tierrasanta Library, past the fire station, past FarbMiddle School to the park, on the right.) The route down into the canyon & eventually back up. It's mostly level with one medium (50 foot) hill. The trail width is mostly three feet wide. The canyon can be very lush.

Bob Muldrew: 858-292-8405

"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

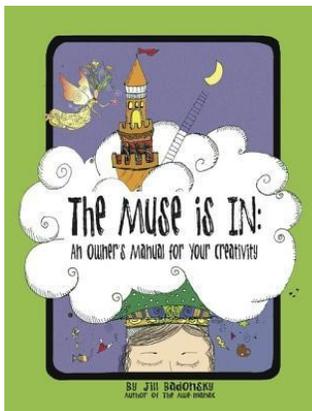
Cost: \$10 per person

Venue:

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

Information/Reservations:

www.adventuresbythebook.com
(619) 300-2532





Halloween Pot Luck Luncheon

Monday – October 31, 2016

11:30 to 2:30 PM

TVSD Villa Monterey Clubhouse

RSVP by October 24

Call TVSD Office: 569-9119

**Indicate the dish you will bring:
Salad – Entre – Side Dish – Dessert**

PRIZES FOR BEST COSTUMES

