



Tierrasanta Village of San Diego Village Vibes

“Living for Today: Planning for Tomorrow”

May 2017

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.



To Our Dear Members;

Team TVSD came together and supported The American Cancer Society Tierrasanta Relay for Life on April 22-23, 2017. We are happy to report that our team raised \$2,493. We had 30 members attend this event and approximately 50 people donated their money, time and baked goods.

The entire Tierrasanta community raised approximately \$30,000. Our little “Island on the Hills” is amazing and we are so proud to be a part of it!

YOU are an inspiration to our community! We continually prove that we are a solid committed team. THANK YOU! WE APPRECIATE YOU!

Marilyn Bente, Fran Zweibel & Greg Zweibel



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

Monday May 1

2 - 3:30 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training

May 8 – 12:30-2:30 PM

RSVP Required

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.

Cover Photo

Large US Flag over the
Altar in Veteran's Memorial
Museum at the
Old Naval Chapel
on the Naval Hospital
Site in Balboa Park



Villagers play Bunko monthly



Villagers on a Hike of Mission Trails

“What happens next?”

Have you ever experienced a death in the family or the death of a close friend? Are you the executor of their estate, or do you wonder what the executor of your estate will have to do. Do you struggle with grief or depression because of your loss?

The TVSD care committee will provide a time and place to discuss these issues, and any others related to death and grief that you would like to discuss.

We don't claim to be experts; we just see a need for Villagers to discuss their experiences and learn from each other.

Please come to our May Member- to- Member Forum on **“What Happens Next” Tuesday, May 16th from 12:30-1:30pm** at the Clubhouse.

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*Vice President - Fund
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569-9119

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TVSD POLICY PROMOTION AND SUPPORT OF COMMUNITY ORGANIZATION EVENTS

Tierrasanta Village of San Diego (TVSD) will strive to be a good community organization neighbor by promoting and supporting other community organization events. By doing so, TVSD raises its public image/awareness in the community, can expect other community organizations to support TVSD "open to the community events", and may draw future members from these community organizations. Promotion and Support of these community organization events will include:

Point of Contact (POC) – All community organization events promoted by TVSD will have an identified point of contact.

Events Calendar – The POC will fill out a TVSD event form. The POC will also provide essential information that he/she would like advertised (website/Vibes) should space be a consideration. Office Staff/Admin. will make sure event form has the necessary information and will send it along with the essential information to the events calendar, Vibes, Weekly e-Blast and Website.

Flyers/Handouts – POC will provide either in digital form or hardcopy, flyers/handouts to Office Staff/Admin. which will be displayed at the VMC until the event has concluded. The Office Staff/Admin. will provide the flyer/handout to the IT Group for Website posting.

Tickets – The POC will be responsible for collecting monies and distributing tickets. The Office Staff may be asked to assist by being a pickup point for paid tickets.

Weekly e-Blast – The Weekly e-Blast will promote the community organization event until the event has concluded.

Vibes – If the publication date allows, the Vibes will mention the community organization event and include the POC information.

Website – The IT Group will advertise the community organization event on the website and include the POC information and remove the information once the event has concluded.

Social Committee/Core Team – It is the Social Committee's decision as to whether a community organization event is chosen as a Village 'social function', and if so, the Social Committee will assume the promotional, ticket sales, and attendance responsibilities utilizing Village resources. The Social Committee will also coordinate with the POC to ensure open lines of communication.

Board Approved: March 23, 2017

Save The Date

County of San Diego and Aging and Independent Services presents
Vital Aging – June 2, 2017, 8:30-2:30 (Registration from 8:00-8:30).

Learn tips for improving and maintaining health through balance, nutrition, exercising for a purpose, caring for yourself while caring for others, and general brain health.

Featuring: Speakers and activities, local resources/exhibits, and a healthy lunch. Location: McMillin Center, Liberty Station, 2875 Dewey Road, San Diego, 92106. To Register: www.AISEvents.org or call 1-800-827-4277.

It is suggested that you register early as this event is anticipated to reach capacity.

SUN	MON	TUE	WED	THU	FRI	SAT
29	1 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 2:00 PM - MEMBERS MONTHLY MEETING	2 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 10:30 AM - Meeting of Neighborhood Captains	3 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch	4 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	5 Cinco de Mayo 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Arbitrage" Richard Gere Susan Sarandon	6
7	8 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - Website Training 12:30 PM - Monday Bridge	9 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Time Bank Orientation & Training	10 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	11 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	12 9:00 AM - "1 hour/1 mile (Introductory) Hike" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	13 S N A P
14 M o t h e r s	15 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	16 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 10:30 AM - Coloring Time 6:00 PM - BUNKO	17 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club "The Whistling Season" by Ivan Doig	18 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Men's Club 12:30 PM - Games	19 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "The Iron Lady" Meryl Streep, Jim Broadbent	20 S e e i o w e e l o w b o x
21	22 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	23 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party	24 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	25 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	26 9:00 AM - "2 hour/2+ mi (T. Canyons) Hike" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Tea Room Social	27
28	29 Memorial Day Clubhouse Closed	30 9:00 AM - Balance Class 10:00 AM - Grocery Shopping	31 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	<div> <div>31st Annual TierraFest 9 AM to 3 PM Tierrasanta Towne Center Visit our TVSD Booth</div> <div> SNAP May 13-5 PM 4:30 Carpool to Café de Pico Laurel Pfab 560-7826 </div> </div>		

Tierrasanta Village of San Diego Village Business Supporters

Choice of Mandarin

10% off your bill; dine in only;
with your membership card
10645-F Tierrasanta Blvd
858-268-0979

Tierrasanta UPS Store

10% off all products and services
except UPS shipping and USPS
With your membership card
10601-G Tierrasanta Blvd.
858-292-8633

Elam's Hallmark

"Your Neighborhood Gift Store"
10% off any purchase except
Christmas ornaments...with your
membership card and Gold
Crown Rewards card
10621 Tierrasanta Blvd.
858-268-0810

Tierrasanta Mexican Restaurant

10% off your bill; dine in only with
your membership card 5950 Santo
Road Suite E-F 858-277-3412

Long Island Mike's Pizza

20% off with membership card
Cannot use with other coupons
5250 Murphy Canyon Road
858-569-7499
longislandmikespizza.com

Computer Services Computer Consulting

and Set-up
\$5 off the hourly rate Art
Larkin
858-277-4131
pctraining@pacbell.net

Gaetano's Italian Restaurant Monday-Thursday

10% off your bill dine in only
with your membership card
10615-H Tierrasanta Blvd
858-565-1665

Tierrasanta Ace Hardware

Mike and Susan Scruggs, Owners
5% off with your membership card.
10615-A Tierrasanta Blvd.
858-573-9600
TierrasantaAce.com

Klassic Dry Cleaners

and Formal Wear
5% off dry cleaning
with your membership card
5950-J Santo Road
858-292-5049

Sub-Marina #2

\$1 off any sandwich
with your membership
card 10645-Z
Tierrasanta Blvd
858-560-5420

**These local
businesses support
the Village.
Be sure to support them.**

Beautician

Brittany Killen-Scruggs
15% off for Villagers
4240 Kearny Mesa Rd #105
858-616-7377

Island Style Café

10% off your bill; dine in
only with your membership
card 5959-K Santo Road
858-541-7002

Magic Mel Hair Creations

Van T. Truong
Aesthetician
10% off with membership card
10601 Tierrasanta Blvd. - Suite J
San Diego
858-204-8204 (cell)



Property Management-1 month FREE
+Reduced Rate - Buying or Selling?
Discounted fees for Villagers
Kim Klecan Owner/Realtor,
Tierrasanta resident, 25 yrs experience
619-261-9612

Baskin Robbins

10% off any drink; 10% off ice
cream cakes over \$20 and
10% off 2 scoop sundaes
with your membership card
10601-C Tierrasanta Blvd
858-560-6931

Dr. Paul V. Koepke, D.D.S.



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10% Senior Discount Offered

Primo Market

proudly opens a new
Deli / Meat Market
& Hot Lunch Area
It's Great & Inexpensive!

DVD Movie Party

Tuesday, May 30, 5:30 PM

La La Land

Ryan Gosling & Emma Stone

RSVP to Diane 858-292-0610

Space is limited to 10 members

Knit & Nosh

4th Wednesday - May 24

12:30 to 2:30

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 Office to get on the list for new groups.

Village Book Club

Wednesday May 17- 7 PM

"The Whistling Season"

by Ivan Doig

Contact: JoAnne Kuelbs

858-292-1578

Cool Games

Thursdays 12:30-2:30

Come join us for games on Thurs. afternoons. Bring a non-messy snack and a beverage of your choice and maybe a new game you'd like to try or an old favorite. We do have some at the VMC. We are a lively bunch and willing to try new games.

Donna Dobey

857-279-0964

Friends of the Tierrasanta Library – Used Book Sale

Saturday, May 6 from
9:30 a.m. to 3:00 p.m.

Monday, May 8 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

Friday – May 5 – 12:30 - 2:30 PM

"Arbitrage"

2012 Drama

Richard Gere, Susan Sarandon

As billionaire Robert Miller struggles to divest his empire before his fraud is brought to light, fate takes a nasty turn.

Now desperate and running out of options, Miller turns to an unlikely source for help.

Friday – May 19 – 12:30 - 2:30 PM

"The Iron Lady"

Meryl Streep, Jim Broadbent,
Alexandra Roach

Meryl Streep provides a subtle and nuanced portrait of Margaret Thatcher, the first female prime minister of Britain, whose political career and determination changed the rules that had limited women's opportunities for leadership.

Gloria Stevens: 858-505-4188

Lunch Bunch

May 3– 11:30

honoring

"Cinco de Mayo"

Tierrasanta Mexican Restaurant

Marilyn Bente: 569-5919

Romeo Club

Thursday, May 18 - 11:30 to 2 PM

Annie's Fine Burgers

RSVP on Website ASAP

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – May 13

4:30 Carpool at McDonalds

Café de Pico at Grossmont Center

Laurel Pfab 560-7826

or Nancy Fahien 560-7431

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

1.5 hour/1.5 mile (Mission Trails), Rim Trail (northern loop) - we'll walk to the rim to look across the valley toward the Fortuna Mountain ridge; then loop around to get back to the starting point: **On Fri, 12 May 2017 (second Friday) at 9 AM,** we gather at 9 AM. (Go east on Clairemont Mesa Blvd toward the Catholic Church; make a left turn on Villa Vallarta. Go two blocks, and make right turn on to Collegio Drive - up a hill to a "T". Turn left on to Alejo Street - which curves around to the right. At the third left, turn left on to on to Belardo Drive. Go one block, & turn right on to Camino Playa Catalina. The road eventually curves around to the left, a canyon appears off to the right - with no houses on that side. Keep climbing; park on the right near where the street ends.) The route is basically on a mesa top, with some up & down; we're primarily on 6 foot wide gravel roads. The vegetation is typical chaparral.

2 hour/ 2+ miles (Tierrasanta Canyons), Powerline Canyon - Cartulina trail & back to starting point: **On Fri, 26 May 2017 (fourth Friday), we gather at 9 AM.** (Drive east on Tierrasanta Blvd past the library, down the hill to the last left turn, Colina Dorada Drive. Turn and go to Pendiente Court, turn left & go to the end of the cul de sac. Stop/park.) This is a moderate hike through routes that don't have much activity. Long pants & a stick are recommended. This is scenic Tierrasanta canyon terrain.

Bob Muldrew: 858-292-8405



Anyone for Tea?

The social committee is inviting you to attend a tea at Aubrey Rose which is located in the La Mesa antiques district. This nicely appointed teahouse serves a traditional afternoon tea with elegance of fine food and a superb choice of fine loose-leaf teas. You really owe it to yourself to treat yourself to this experience. Don't worry if you don't have a hat. Just come enjoy the food, tea, atmosphere, and camaraderie of other Villagers. Its patrons describe it as "A two-hour mini-vacation". Gluten free and vegetarian is available with notification.

Date: Friday, May 26th
Time: 12 noon
Place: Aubrey Rose Tea Room
8362 La Mesa Blvd.
Cost: \$25.95

RSVP no later than Thursday, May 18th to Missy or online.

We will carpool from McDonalds at 11:30 AM.

Questions? Contact Jocelyn Brierton, (858) 495-0121 or jocelynbrierton@hotmail.com

You start dying slowly if you do not travel, if you do not read, if you do not listen to the sounds of life,
if you do not appreciate yourself! You start dying slowly when you kill your self-esteem,
when you do not let others help you. You start dying slowly if you become a slave to your habits,
walking every day on the same paths ... If you do not change your routine.
If you do not wear different colors or you do not speak to those you don't know.
You start dying slowly if you avoid feeling passion and its turbulent emotions, those that make your
eyes glisten and your heart beat fast. You start dying if you do not change your life when you are not
satisfied with your job, or with your love, or with your surroundings.
If you do not risk what is safe for the uncertain, if you do not go after a dream
If you do not allow yourself at least once in your lifetime to run away from sensible advice.

Submitted by: Fran Zweibel
Written by: Pablo Neruda



TierraFest – May 20, 2017



TVSD members are invited to join us for this day-long community event featuring a Patriot's Day Parade, an arts and craft fair, and concluding with a delicious barbecue dinner and fireworks!

TVSD will have 3 cars in the TierraFest Parade. We need riders and walkers to come out wearing their yellow or green TVSD Village shirts. This is a terrific way to show your support for our Village!

We will meet at Serra High School in the staging area (southern parking lot) between 9:00 and 9:45 am. The parade will begin at 10:00 am.

Registration is required so we know who will be participating, and also for the Sheehan's to be able to determine who will be riding in the cars. Thank-you Bev and Mike! Therefore, please contact Bev or Mike at (858) 278-9839 to let them know how you would like to participate. We are limited in how many folks can ride in the cars; the rest of us will walk. The parade will conclude at the Tierrasanta Library.

Following the parade, the Arts and Crafts Fair will begin in the Tierrasanta Town Center where Smart and Final is located. Marilyn Bente will be on hand to oversee a booth for the purpose of promoting TVSD as an active senior group in our community. Flyers about TVSD and copies of the Vibes will be available for distribution to interested community members. Marilyn and other members will also be there to answer questions related to our activities and potential membership.

We are asking TVSD members to consider giving one hour of their time to assist in the booth between 9 am - 3 pm. Volunteers will be working in small groups to assist Marilyn. (This is a lot of fun, and a good way to meet other seniors in Tierrasanta.) PLEASE call Marilyn at (858)-569-5919 if you would like to volunteer. You may also sign up to volunteer at our monthly meeting, Monday, May 1 at 2 pm, at the 7th Day Adventist Church.

In conclusion, a delicious BBQ dinner will be served from 4-9 pm in the Tierrasanta Community Park. Here you will find a Beer and Wine Garden and can enjoy a spectacular display of fireworks at the end of the evening.

We look forward to seeing many of you at TierraFest 2017!
Compiled by Linda Rees

Social Event of the Year – Cruise the Mexican Riviera Puerto Vallarta - Mazatlan - Cabo San Lucas

October 7 - 14, 2017

Deposits due May – Balance in July

