



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

July / August 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.

TVSD Board Officer Changes Effective August 1, 2017

Let me begin by saying how privileged I feel to have served on our Board for over six years. My experience began shortly after I joined TVSD in 2011. I initially came on as a Member at Large, followed by over four years as Vice President. In March 2015, I assumed the position of President and continued to have the honor, and lots of fun, in serving you, our TVSD members. The President's term is a two year commitment and my term expired April, 2017. However, I agreed to continue in this position until a replacement was found.

And lucky for us, we soon found a highly qualified and personable new president: Joyce Muinos! As you probably know, she currently serves on our Board as Community Liaison and Fundraiser. Last month while she and her husband Jerry were on vacation in Peru, I phoned Joyce to ask if she would consider accepting the President's position. She was in a jovial mood, as they were enjoying a lovely lunch, and probably a glass of Peruvian wine. So, without skipping a beat she agreed to do so.....

Now, let me tell you a little about our new president. Joyce has held numerous leadership positions in her lifetime. While working at Cubic Corporation in San Diego, she served as a Product Support Manager. Upon retiring, she joined the Tierrasanta Women's Club and has served several times as their president. Joyce and her husband Jerry, are active people and every year they can be found working on many of our community events. So it was only natural for Joyce, who served on the Tierrasanta Foundation, to assume their president's position for two years. During this time she also served as TVSD Treasurer for three years. Whew! When you see Joyce out and about, I know you will

want to join our Board in welcoming her to this new position!

You have heard the expression, “When one door closes, another one opens.” And this has occurred in my case. Our Board recently created a Past President position which will enable me to continue working with our awesome Board on your behalf! I look forward to assisting with the transition, and to continue to be involved with the activities, committees, and projects as needed. Working with these nine officers is indeed an enriching experience, and I never cease to be amazed by their hard work and dedication to our Village Mission! And I must add, their good humor adds a special touch as well....

Our Village is where it is today due to the energetic and passionate work of ALL of our VOLUNTEERS. Your amazing accomplishments have helped us to become a highly viable organization of which we can all be proud. Yes, we are still a work in progress, but please stop and take a minute to think how far we have come since the Core Teams were developed just a few short years ago. Thank you everyone from the bottom of my heart.

Linda Rees



Joyce Muinos



Village Business

Monthly Meeting

Our next monthly meeting

Monday August 7

3 - 4:30 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training

Dark in July

August 8– 12:30-2:30 PM

Time Dollar Ice Cream Social

For all Villagers who have a

Time Dollar to spend.

Sunday, August 13th, 2017

7:00 - 8:30 p.m.

Home of PK and Candy Walsh

Register online or call JoAnne Kuelbs

at 858-292-1578 by

Friday, Aug. 11th.

Website Training

2nd Monday only or on request.

10:30 am or by appointment

RSVP required

Greg Zweibel 858-569-8194

Balance & Strength Class

Tuesday & 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

US Flag
flies high over the
oldest iron hull sailing ship
Star of India at the
San Diego Maritime Museum



Independence Day Potluck

WHEN: Monday - July 3 - 11:30 to 2:00 pm

WHERE: VMHOA Clubhouse

RSVP: TVSD Website
or Mike Rigdon - 858-300-6821
Limited to first 40 registrants



ICE CREAM SOCIAL INVITATION

DATE: Sunday, August 13th

TIME: 7:00 to 8:30 p.m.

LOCATION: Candy Walsh's patio

COST: One Time Bank Dollar per person

RSVP REQUIRED by August 1st

All Villagers and their guests are welcome! You do NOT need to be a member of the Time Bank because every member is awarded Time Bank Dollars when they join or renew. For this special event, you can "borrow ahead" the 3 Time Bank Dollars you will receive for renewing your Village membership in September.

We are hoping you will bring your significant other plus potential members. This will be a lovely event with ice cream sundaes on a pretty, shaded garden patio.

The Time Bank Committee
(Candy, Carmela, Delise, JoAnne, and Joyce)

Board of Directors

President

Linda Rees

Vice President - Administration

Fran Zweibel

*Vice President - Fund
Development*

Janice Trantham

Treasurer

Mike Rigdon

Secretary

Patty Mudd

*Community Liaison
& Fundraising*
Joyce Muinos

Member at Large Membership

Ginny VanBenthuyssen

Member at Large

*Volunteers & Neighborhood
Groups*

Marilyn Bente & Jeanette Vlassis

Time Bank

Candy Walsh

Co-Founders

Candy Walsh

Susan Deininger LCSW

Operations Manager
Greg Zweibel

Front Desk Coordinator

Missy Rainier

569-9119

**TVSD is a 501c3 organization
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Vibes Staff

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Proofing, Event & Calendar

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Gayle Rolan

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

HOW ACTIVE ARE YOU IN THE VILLAGE ?

Question: How active can a member be in the Village?

Answer: As active as he or she wants to be!

or as active as 24 hours a day will allow!

What prompted this question? I was talking to some Village members the other day and we were discussing how many activities and social events the Village offers and I mentioned that this was my 7th Village activity so far this week and that there were three more days left in the week and three more Village activities on my calendar. How can this be? Do you not eat or sleep? Granted, this was not a typical week in my life with so many Village events that I wanted to attend falling within a one week period. But then again, thinking about it, I've become much more active in the Village since my husband passed away. Everything I choose to do with the Village has been beneficial to both my physical and emotional health and an enjoyable way to spend time with gracious and fun-loving people. Many of the activities have had both cultural and educational benefits as well. But the most important criteria in deciding what I choose to do is that it is enjoyable.

Here's what the week of June 19 looked like:

Monday: Met with **VAMP** (Village Arts and Musical Performers) where I heard about watercolor creations, listened to piano renditions of Joplin and John Philip Sousa's "Stars and Stripes Forever."

Tuesday: **Balance Class / Coloring / Bunko**

Wednesday: **Timken Art Gallery tour / Village Book Club**

Thursday: **Balance Class / Board of Directors meeting**

Friday: **Meeting for the 10th Anniversary celebration**

Sunday: **Village outing to the Scripps Ranch Theatre**

So, as you can see, it just so happened that several Village events that I was looking forward to fell during the same week. But what a fun and stimulating week it was! **Marilyn Bente**

Member to Member event

July 19th – 12:30PM to 2:30 PM at the Villa Monterey Clubhouse.
Members should register online.

Cooking for One

Is it possible to make Cooking for One:

Easy? Affordable? Healthy? YUMMY?

Come join us for some tips and tricks from a Registered Dietitian who does this every day for herself. Susan LaRue will be sharing some tips and tricks, a grocery list and menu ideas on how to do this. Please bring your own favorite recipes to share.

Susan LaRue is a Registered Dietitian passionate about eating healthy and yummy foods.

Time Bank event

"Mark your Calendar"

Time Bank Continental Breakfast

September 9

Saturday from 10:00 - 12:00

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|--|---|---|---|-------------------------------|
| | | | <div> SNAP Saturday July 15 – 4:45 PM Black AngusContact: Laurel 560-7826 </div> | | | 1 |
| 2 | 3 9:00 AM - Chair Yoga 11:30 AM - INDEPENDENCE DAY POTLUCK 3:00 PM - NOTE: THERE IS NO MONTHLY MEETING IN JULY | 4 Independence Day 8:30 AM - Clubhouse Closed Today | 5 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch | 6 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games | 7 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <i>"Annie Hall"</i> 1977 Romantic Comedy Woody Allen, Diane Keaton, Paul Simon, Christopher Walken | 8 |
| 9 | 10 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - Website Training 12:30 PM - Monday Bridge | 11 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Time Bank Orientation & Training | 12 9:00 AM - Chair Yoga 10:00 AM - Tai Chi | 13 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games | 14 9:00 AM - "1 hour/1 mile (Introductory) Hike" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi y | 15 SEE BOX SNAP |
| 16 | 17 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge | 18 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 6:00 PM - BUNCO | 19 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Cooking for One 7:00 PM - Tierrasanta Village Book Club--Will not meet in July | 20 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 2:30 PM - Games | 21 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies <i>"An Unfinished Life"</i> Robert Redford, Morgan Freeman Jennifer Lopez | 22 |
| 23 | 24 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 31 9:00 AM - Chair Yoga 12:30 PM - Monday Bridge | 25 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party Hidden Figures Octavia Spencer/Kevin Costner | 26 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh | 27 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games | 28 9:00 AM - Chair Yoga 10:00 AM - Tai Chi | 29 |

Tierrasanta Village of San Diego Village Business Supporters

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Tierrasanta Mexican Restaurant

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5950 Santo Road Suite E-F
858-277-3412

Gaetano's Italian Restaurant

Monday-Thursday

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10615-H Tierrasanta Blvd
858-565-1665

Sub-Marina #2

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858-560-5420

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4240 Kearny Mesa Rd #105

858-616-7377



San Terra
PROPERTIES

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

Primo Market

proudly opens a new

Deli / Meat Market

& Hot Lunch Area

It's Great & Inexpensive!

DVD Movie Party

Tuesday, July 25, 6 pm.

Hidden Figures

Octavia Spencer/Kevin Costner
RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

4th Wednesday – July 26

12:30 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 Office to get on the list for new groups.

Village Book Club

No Event in July

Wednesday August 16– 7 PM

"Being Mortal"

by Atul Gawande

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

Lunch Bunch

July 5 – 11:30

Maggie's Café
on Greyling Drive

Marilyn Bente: 569-5919

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

12:30 pm at the Clubhouse

Friday – July 7 – 12:30 - 2:30 PM

"Annie Hall"

1977 Romantic Comedy
Woody Allen, Diane Keaton,
Paul Simon, Christopher Walken
Oscars for Best Picture & Actress

Alvy Singer (Woody Allen) is one of Manhattan's most brilliant comedians, but regarding romance, he needs help. His best friend introduces him to Annie Hall (Keaton), a delightful nightclub singer. When his insecurities sabotage their affair, Annie is forced to leave Alvy for a new life & lover (Simon) in LA. Knowing he may have lost Annie forever, Alvy goes to any lengths – even driving LA's freeways – to recapture the only thing that mattered --true love.

Friday – July 21

"An Unfinished Life"

2005 Drama

Robert Redford, Morgan Freeman
Jennifer Lopez, Josh Lucas

Heartbroken, Einar Gilkyson (Redford) quietly lives in a rugged Wyoming ranch with his only friend (Freeman). Still mourning his son's death, Einar resents his son's wife who drove the car that killed him 10 years ago. Suddenly she (Lopez) appears along with her daughter - the granddaughter he's never known. Buried anger resurfaces, but an unexpected connection & forgiveness mend their unfinished lives.

Gloria Stevens: 858-505-4188

Romeo Club

Thursday, July 20 - 11:30 to 2 PM

Casa Muchado at Montgomery Field
RSVP on Website ASAP

SNAP

(Singles Network of Active People)
All Village singles are welcome.

Saturday – July 15 – 4:45 PM

Black Angus

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 Regional Park - MTRP, West Fortuna section); south mesa loop up toward twin towers (- water pipeline overflow towers), around & back: On Fri, 14 Jul 2017 (second Friday) at 9 AM we gather at the "L" shaped intersection of Calle de Vida & Colina Dorado. (Drive east on Clairemont Mesa Blvd. to the last right turn - Rueda Drive; go south three blocks to Calle de Vida, turn left; drive to Colina Dorado; stop/park). This route gives you a great view, across a deep valley, of the Fortuna Mountain ridge. We'll be on utility roads at least 6 feet wide, most of the way. There's some up & down, but not too much. Chaparral is the prevalent vegetation, with some cactus.

Bob Muldrew: 858-292-8405

Friends of the Tierrasanta Library Used Book Sale

Friday, June 30 11:30 to 5 PM

Saturday, July 1 9:30 to 3:00

Monday, July 3 9:30 to 5:00

Friday, August 4 - 11:30 to 5:00

Saturday, August 5 - 9:30 to 3:00

Monday, August 7 - 9:30 to 5:00

June Membership General Meeting



June Time Bank Meeting



VAMP Village Art & Music Program



Your Membership Team

We are happy to report we have 3 new members recently join our Village. Our newest members are **Laurie Brown, Joe Green, and Nancy Fletcher**. We welcome all three and hope to see them around the Clubhouse and at our various upcoming events! If any of you have friends who you think might be interested in the Village, remember they are welcome to come to three activities before joining.

**STONE
BREWING**
World Bistro and Gardens
LIBERTY STATION



August Social Event
Stone Brewery Lunch at Liberty Station
11:00 am -- Meet at McDonald's to carpool

When: Friday, Aug 11, 2017, 11:00 AM until 3:00 PM
Where: Naval Training Center at Liberty Station
Point Loma San Diego, CA
RSVP online by August 4
Contact: Marilyn Millikan (858) 560-6040



TVSD Social:
Lunch at the Prado in Balboa Park.
Then Marti Batchelder gave us a private tour of the Timken Museum of Art. Great art of Europe and Icons from Russia.

