



# 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

*President*

***Linda Rees***

*Vice President*

***Vacant***

*Member at Large*

***Janice Trantham***

*Treasurer*

***Mike Rigdon***

*Secretary*

***Fran Zweibel***

*Community Liaison*

*Fundraising*

***Joyce Muinos***

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*Co-Founders*

***Candy Walsh***

***Susan Deininger***

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*Operations Manager*

***Greg Zweibel***

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*Front Desk Coordinator*

***Melissa Rainier***

***569-9119***

**The Village is a 501c3  
organization  
Federal Tax ID 26-2581124**

### **Vibes Staff**

**Editor.....Mike Rigdon**

**Proofing.....Gayle Rolan**

**Photography.....Mike Rigdon**

**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. 28<sup>th</sup> or Nov. 1<sup>st</sup>. 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.

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## **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 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>.

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 – 10<sup>TH</sup> 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 Farb Middle 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**

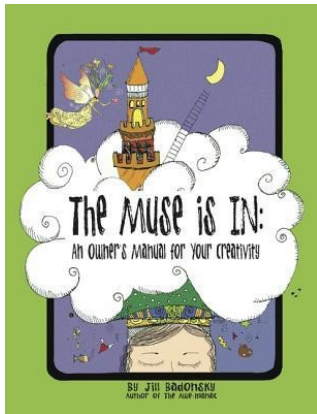
**Cost: \$10** per person

### Venue:

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

### Information/Reservations:

[www.adventuresbythebook.com](http://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**

