



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

December 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.

December News by Joyce Muinos

Recently, TVSD Board Member, Janice Trantham, set out to capture the meaning of the Tierrasanta Village to members. She asked: “What difference has TVSD made in your life? What do you value about your membership in TVSD?” Here are just a few of the responses:

The Village and all its many offerings: games, bridge, tai chi, outings, Time Bank....all make up a major part of my waking hours. I am very thankful for TVSD.

Through the Village we've come to know so many friends in our community that we wouldn't know otherwise. The Village provides many opportunities to socialize through activities and events, both fun and educational. We've been fortunate to have received help when we've needed it, and are grateful to pay it forward to fellow Villagers when we can.

As retirees, we realized we still had skills that could be utilized and needs that we could seek out.

We have attended many social and educational events and if and when the time comes to call on the Care Committee for support or guidance, I feel we have a “safety network” in place. It gives me something to do. It helps singles feel less lonely.

Tierrasanta Village is very dear to my heart in knowing that I'm surrounded by very caring people. One member talked about the help and support she received while caring for her husband as he struggled with Alzheimer's.

All responses were positive and, many echoed the same theme: staying active and involved! Two of the most serious issues that seniors deal with every day are isolation and inactivity, both mental and physical. The TVSD is an organization of “over fifties”, founded in 2008, with the purpose of helping Tierrasanta seniors remain in their

homes as long as possible. The TVSD provides a network for local seniors with various interests, capabilities and talents. Members enjoy: weekly exercise classes, lectures and activities emphasizing brain health, day trips to museums, restaurants, movies and local attractions and social gatherings like wine and cheese parties, pot lucks, etc. For the male membership, there is a “Romeo” club (Retired Old Men Eating Out) and a few “sharks” gather each week for a friendly billiards game.

The TVSD also provides help and support to our injured and ailing members. The Team will call or stop by to see what you might need and, then help you get it! They'll call members who want to be checked up on and make sure everything is ok.

So, “how do they do it”, you ask? Well, since 2014, the TVSD is a total volunteer Village! Volunteers are divided into Core Teams and each team is responsible for some area of the Village. They work very hard to keep it interesting and keep it fresh! You can always find a friend at the Village! No one is left behind! The TVSD is truly a Tierrasanta treasure!

The Tierrasanta Village of San Diego is kicking off the 2016 Annual Appeal! This is the time, each year that TVSD invites members, community residents, vendors and merchants to consider a tax-deductible donation of cash or in-kind services to assist with programs for seniors throughout the coming year. If you would like to contribute or have a service to donate, please call the TVSD office at 619 569-9119 or, for more information, check the website at www.tierrasantavillage.org.

Thank you, Tierrasanta, for your support!



Belardo Lights in Tierrasanta

Village Business

Monthly Meeting

Our next monthly meeting is scheduled on Monday
January 2 (6 – 7:30 pm)
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Board of Directors Meeting

January 26 – 1 PM
Fran & Greg's Home
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.
Usually 2nd Tuesday
January 10 – 12:30-2:30

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.



Photos
by
Ken
Ross



Social Field Trip to Mt. Soledad Veterans Memorial



November 22

Ken Ross, John Bukowski, Mike Rigdon, Susan Linsley, Donna Dobey, and Joanne Kuelbs enjoyed a guided tour of the Soledad Veterans Memorial on a beautiful Fall afternoon.



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

Co-Founders

Candy Walsh

Susan Deininger

Operations Manager

Greg Zweibel

Front Desk Coordinator

Melissa Rainier

569-9119

**The Village is a 501c3
organization
Federal Tax ID 26-2975168**

Vibes Staff

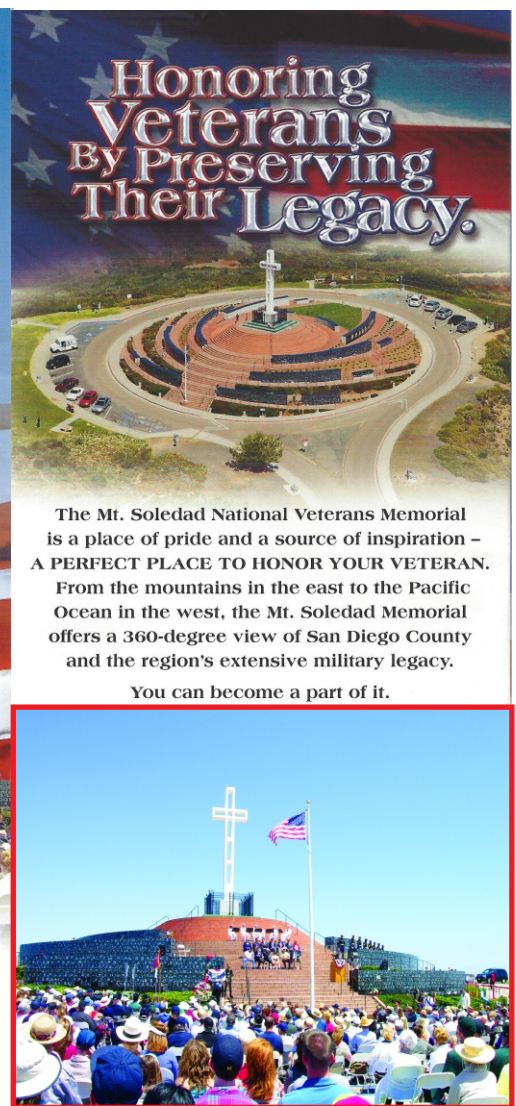
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**Contact Mike at 858-300-6821
or E-mail
mikerigdon2000@yahoo.com**



TIME DOLLAR FAIR - BIG HIT

Thank you Villagers for enjoying the Time Dollar Fair, and thank you, Debbie Richardson, for hosting this event in your home on Sunday, November 6th. Your Time Dollar Fair Committee (Delise Konigsbach, Marilyn Bente, Danielle Deaton, Joyce Munios, Janice Trantham, and Candy Walsh) pulled together many raffle prizes and wonderful silent auction items not to mention the many choices offered as potential holiday gifts. There were 3 Time Bankers who were vendors at the Fair. They chose to sell their own items and earned their own time dollars. Villagers shopped and spent 350.75 time dollars while enjoying treats and visiting with others. Of that amount, 288 time dollars were donated to the Time Bank Donation Fund.

Currently, there are two ways to earn time dollars 1) become a Time Banker and provide services to other Time Bankers (one time dollar equals one hour of service given) and, 2) receive 3 time dollars when you renew your membership. Tierrasanta Village Time Bank is a membership benefit. Those Villagers who have not yet opened their Time Bank Account, please contact your Time Bank Coordinators, JoAnne Kuelbs or Candy Walsh to schedule Time Bank Orientation and Training. Time Banking is a great way to serve others AND earn time dollars. Start earning those time dollars now so you have plenty to spend at the next The Time Dollar Fair.

SUN	MON	TUE	WED	THU	FRI	SAT
		<div>December 17 - 5 PM</div> <div>94th Aero Squadron SNAP - Singles Network of Active</div>		1 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	2 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "The Good German" George Clooney Kate Blanchette	3
4	5 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 6:00 PM - Holiday Party December 5, 2016	6 9:00 AM - Balance Class - CANCELLED TODAY 10:00 AM - Armchair Traveler - Tribute to Pearl Harbor 75th Anniversary 10:00 AM - Grocery Shopping	7 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch 94th Aero Squadron 75th Anniversary of Pearl Harbor	8 9:00 AM - Balance Class - CANCELLED TODAY 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	9 9:00 AM - Chair Yoga 9:00 AM - TVSD - "1.5 hour/1.5 + mile" Hiking Group 10:00 AM - Tai Chi	10
11	12 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	13 9:00 AM - Balance Class 10:00 AM - Grocery Shopping	14 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	15 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg - CANCELLED 10:15 AM - Billiards 12:30 PM - Games	16 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Operation Amsterdam" Peter Finch & Eva Bartok 1959	17 S N A P
18	19 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	20 9:00 AM - Balance Class 10:00 AM - Grocery Shopping	21 Winter Solstice 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club	22 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	23 9:00 AM - Chair Yoga 9:00 AM - TVSD - "2 hour/2 + mile" Hiking Group 10:00 AM - Tai Chi	24 X-mas Eve
25 X-mas Day Hanukkah (1st day)	26 Kwanzaa (1st Day) Clubhouse Closed Today	27 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Meeting	28 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	29 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	30 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	31 New Year's Eve

**HELP !!!!
PLEASE !!!**

Information Technology Member Survey

**HELP !!!!
PLEASE !!!**

December 1-30, 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 December 30.

RETARDED GRANDPARENTS (this was actually reported by a teacher)

After Christmas, a teacher asked her young pupils how they spent their holidays.

One child wrote the following:

We always used to spend the holidays with Grandma and Grandpa.

They used to live in a big brick house but Grandpa got retarded and they moved to Batemans Bay where everyone lives in nice little houses, and so they don't have to mow the grass anymore!

They ride around on their bicycles and scooters and wear name tags because they don't know who they are anymore.

They go to a building called a wreck center, but they must have got it fixed because it is all okay now. They do exercises there, but they don't do them very well.

There is a swimming pool too, but they all jump up and down in it with hats on. At their gate, there is a doll house with a little old man sitting in it. He watches all day so nobody can escape. Sometimes they sneak out, and go cruising in their golf carts!

Nobody there cooks, they just eat out. They eat the same thing every night --- early birds.

Some of the people can't get out past the man in the doll house. The ones who do get out, bring food back to the wrecked center for pot luck.

My Grandma says that Grandpa worked all his life to earn his retardment and says I should work hard so I can be retarded someday too.

When I earn my retardment, I want to be the man in the doll house. Then I will let people out, so they can visit their grandchildren.

Kids Say the Darndest Things!

While I sat in the reception area of my doctor's office, a woman rolled an elderly man in a wheelchair into the room. As she went to the receptionist's desk, the man sat there, alone and silent. Just as I was thinking I should make small talk with him, a little boy slipped off his mother's lap and walked over to the wheelchair. Placing his hand on the man's, he said, I know how you feel.

My mom makes me ride in the stroller too!

Activity Log Sheets

We hope every Village member will fill out the Activity Log each month as this is part of how we create the necessary information to apply for Grants to support our future programs and activities.

Fill it out online at <https://tvstd.clubexpress.com/> log-in and scroll to the online Activity Log

It takes 3 minutes!

Submit online or print it out for us.

DVD Movie Party

No Movie in December

Tuesday, January 31, 6 pm

Ladies in Lavender

Judi Dench / Maggie Smith

RSVP to Diane 858-292-0610

Space is limited to 10 members

Knit & Nosh

4th Wednesday - Dec. 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

January 21 – 7 PM

"The Nightingale"

by Author – Kristin Hannah

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, Dec. 2 from

11:30 a.m. to 5:00 p.m.

Saturday, Dec. 3 from

9:30 a.m. to 3:00 p.m.

Monday, Dec. 5 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

12:30 pm at the Clubhouse

Friday – December 2 – 12:30 PM

"The Good German"

2006 WWII – Romance / Drama

George Clooney

Cate Blanchette (Oscar Winner)

A zig-zag thriller that's an homage to 1940's film noir. An American war correspondent (Clooney) covered WWII & now returns to post-war Berlin to find his pre-war lover there. Instead, he finds a trail of secrecy, deception, & a murder cover-up by the American sector authorities. If you loved "CASABLANCA," you'll love this haunting film.

Friday – December 16 – 12:30 PM

"Operation Amsterdam"

1959 WWII Spy Thriller

Peter Finch (Oscar winner) Eva Bartok

Upon news that Hitler is about to invade Holland any minute, England's Winston Churchill helps the Dutch government by sending 3 British agents to Amsterdam to take as many of the City's industrial diamonds as they can before the Nazi invasion. As bombs drop & clocks tick, will these brave agents complete their mission & bring the diamonds back to England, or will they be trapped in a volatile city full of enemies & no means of escape?

Gloria Stevens: 858-505-4188

Armchair Traveller

Next Video will be

**December 6 – 10 AM in honor of
75th Anniversary of Pearl Harbor**

Contact: Mike Rigdon

858-300-6821

Lunch Bunch

First Wednesday of the month

December 7 – 11:30

94th Aero Squadron

Marilyn Bente: 569-5919

Romeo Club

Next meeting will be in January 19

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – December 17 – 5:00 PM

94th Aero Squadron

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), North Shepherd Canyon, Villarrica Way to Antiqua Blvd, & back: On Fri, 09 Dec 2016 (second Friday), we gather at 9 AM. (From the US post office shopping center, drive east on Portobello Drive to the second intersection - Villarrica Way, turn right & go 25 yards or so, stop/park.) There is a slope down into the canyon (& back out), but the rest of the way is essentially flat, on a six foot wide utility access road. This is a starter hike in a quiet canyon that is not very well known to a lot of residents in Tierrasanta.

2 hour/2 + mile, Northwest Tierrasanta Loop. On Fri, 23 Dec 2016 (fourth Friday) at 9 AM, we gather in the Von's shopping center at the outside ATM up in the north corner, next to Santo Road. Portions of open space/park lands north of Tierrasanta Blvd and west of Santo Road are separated from each other by streets to a certain extent. This loop - which includes some private walkways - connects them all together in an interesting way. Most of the time we are in or on the rim of canyons that include some grasslands - which are mostly laying-flat this time of year. Long pants & a walking stick are recommended (- some spare sticks are available to use). This time of year can be a great time to be outdoors.

Bob Muldrew: 858-292-8405



TVSD Holiday Gift Drive 2016 Benefitting New Alternatives

“**New Alternatives** is a Sub-acute psychiatric facility serving a special group of foster children not eligible for foster homes. These children have all been victims of physical abuse, sexual abuse and neglect and display significant psychiatric problems as a result.

The facility is a **non-profit** that strives to provide safety and shelter within a nurturing, structured environment. The majority of the children have no family involvement and only a few have court ordered advocates to take them off grounds once a month. The children attend school, see the doctor and have all their therapeutic services on the facilities' grounds. These children came to **New Alternatives** from environments where no one cared to meet even their basic needs. Many feel that there is no one to genuinely care about them.”

Here's how TVSD Members can help:

Purchase a Gift Card and Bring it to the **Annual Holiday Party** on Monday, December 5th. The cards will be delivered to New Alternatives in time to provide Holiday Gifts to the resident children! **Ages range from 13 to 17 years old.** Cash donations are also accepted! Make checks payable to: **New Alternatives.** **Missy will also accept gift cards, cash or checks at the VMHOA Clubhouse from Nov. 1st thru Dec. 5th!**

Suggested Gift Cards:

I-Tunes	Google Play	In 'n Out	Target
WalMart	Jack in the Box	Bath & Body Works	Michaels
McDonald's	Ulta	Best Buy	Pizza
Kohls	Old Navy	Baskin Robbins	Claire's
Amazon	Dairy Queen		

Any amount will be appreciated – Please indicate the Value of the card!

All donations are tax-deductible.



TVSD Holiday Dinner & Entertainment

7th Day Adventist Church
December 5, 2016 - 6 to 8 pm



Thanksgiving Dinner at Andiamo Ristorante

November 24

15 Villagers & 2 Guests
enjoyed a Turkey or
Italian Dish and
delightful conversation
rather than cooking all
day. This is the 2nd
Annual Social
Thanksgiving Day Event
thanks to Gloria Stevens
and Mike Rigdon

