



Tierrasanta Village of San Diego

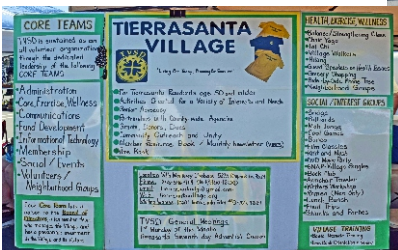
Village Vibes

“Living for Today: Planning for Tomorrow”

June 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.

Patriots Day Parade & TierraFest 2017



The 2017 Patriots Day Parade & TierraFest Activities were a huge success for the Community. Our TVSD Villagers figured prominently with our Yellow Shirts, Antique Cars, and Info Booth at the Town Center.



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 June 5

3 - 4:30 pm

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training

Tuesday, June 13 – 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

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
San Diego Maritime Museum



Come join the Social Committee for an afternoon of theater at the Scripps Ranch Theatre. The play **Loves and Hours** is the story of Dan Tilney who is a newly divorced empty-nester and a man at a loss of what to do with the rest of his life. Of course, his friends think he needs a girlfriend! It is a gentle comedy threaded with warmth and humor that offers insights into life and love and how complicated they can be for the young and the not-so-young.

Date: Sunday, June 25th – Time: 2 PM

Place: Scripps Ranch Theatre

9783 Avenue of Nations

San Diego 92131

Cost: \$28

We will carpool from McDonalds at 1:30 PM

REGISTER online or call the office by not later than Friday, June 16th. Payment is due at that time by check (cash is not accepted). Checks should be made payable to Jocelyn Brierton.

Questions should be directed to Jocelyn @ 858-495-0121 or jocelynbrierton@hotmail.com



Four newest Villagers:

Ruth Cleveland,
Jeanne Laughlin
Marilyn Licht
Karen Orr

Note: Ken Licht,
Marilyn's husband and
Richard Orr, Karen's
husband, also recently
joined the Village.

Event: Bunko Night

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
Federal Tax ID # 26-2975168

Vibes Staff

Editor.....Mike Rigdon

Proofing, Event & Calender

Barbara Kanneman

Gayle Rolan

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

ElderHelp's Services

If you missed the presentation at our April general meeting about ElderHelp's services that are available to TVSD members, below are some of the details:

ElderHelp's Seniors A Go Go Program provides transportation to seniors age 60+ to medical appointments and social activities.

Volunteers will pick you up from your home and take you to your destination, within a 15 mile radius.

Once enrolled, a 7-day notice is required to schedule a ride.

Please note that due to the increase in need for transportation services, there is currently a wait list for this program. However, when you call to inquire, please mention that you are a member of TVSD, and your application will be flagged. ElderHelp will be able to complete your enrollment process once we have identified volunteers in your community that are able to help you.

If you are looking for a ride to the grocery store or other errands, please call ElderHelp to learn more about the "Concierge Club Program". Through this program, you could be matched up with a volunteer to help with ongoing assistance and the enrollment process may be a lot faster!

All services are offered on a "donation basis" and dependent on volunteer availability. For more informaton, please call (619) 284-9281 or visit ElderHelp's website at www.elderhelpofsandiego.org.

More interesting offers from the "Time Bank"

Interested in pursuing Chinese cooking? Or even Chinese painting? Check the Time Bank offers! If you are going on vacation and need some pet care, it is available in home or at the sitter's home.

Rides to the airport and handyman tasks are popular requests. Check the request list on the Time Bank web page.

Special Social Event

Wednesday, June 21- 11:00 to 2 PM
Carpool to Prado Rest. in Balboa Park
then free Tour of Timken Art Gallery
Docent led by Marti Batchelder

SUN	MON	TUE	WED	THU	FRI	SAT
	<div>Time Bank Members Only</div> <div>Continental Breakfast and Conversation June 17th from 10:00 to 12 p m. - Candy's garage</div>	<div>"Loves and Hours" Sunday, June 25th – Time: 2 PM Scripps Ranch Theatre 9783 Avenue of Nations</div>	<div>SNAP June 17– 5 PM Troy's Greek Restaurant Contact: Laurel 560-7826 or Nancy 560-7431</div>	<div>1</div> <div>9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games</div>	<div>2</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "The Intern" Robert DeNiro, Anne Hathaway</div>	3
4	<div>5</div> <div>9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - MEMBERS MONTHLY MEETING - 3:00 P.M.</div>	<div>6</div> <div>9:00 AM - Balance Class 10:00 AM - Grocery Shopping</div>	<div>7</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Andiamo's Summer on the Patio</div>	<div>8</div> <div>9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games</div>	<div>9</div> <div>9:00 AM - "1 hour/1 mile (Introductory) Hike" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi</div>	10
11	<div>12</div> <div>9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - Website Training 12:30 PM - Monday Bridge</div>	<div>13</div> <div>9:00 AM - Balance Class 10:00 AM Grocery Shopping 10:30 AM - Interviews for 10th Anniversary Video 12:30 PM - Time Bank Orientation & Training</div>	<div>14</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi</div>	<div>15</div> <div>9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Club 12:30 PM - Games</div>	<div>16</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Absence of Malice" Paul Newman (1981 & Sally Field</div>	<div>17</div> <div>SEE BOX S N A P</div>
18	<div>19</div> <div>9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge</div>	<div>20</div> <div>9:00 AM - Balance Class 10:00 AM - Grocery Shopping 10:30 AM - Coloring Time 6:00 PM - BUNKO</div>	<div>21</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:00 AM - Carpool to Prado Rest. Balboa Park Tour of Timken Art Gallery</div>	<div>22</div> <div>9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 PM - Board Of Directors Meeting</div>	<div>23</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi</div>	24
25	<div>26</div> <div>9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge</div>	<div>27</div> <div>9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party "Lion" Dev Patel / Nicole Kidman</div>	<div>28</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh</div>	<div>29</div> <div>9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games</div>	<div>30</div> <div>9:00 AM - Chair Yoga 10:00 AM - Tai Chi</div>	<div>July 1</div>

Update from Joyce Muinos

Well, didn't we have fun at the TierraFest Patriots Day Parade, Craft Fair & Dinner? Our TVSD made a smashing appearance in their bright yellow and green shirts! If you missed the celebration, you must make a note to be there next year—always the 3rd Saturday of May!

As some of you know, Jerry & I were away for the past five months. Most of that time was spent with his parents in Tampa; just enjoying the family and old friends. We did, however, take a six-week trip to Argentina and Peru and I wanted to share a story from that trip.

We were really enamored with the Barranco area in Lima. It's a very old neighborhood, favored by artists and peppered with studios, galleries and quaint little bars and cafes. It's described on one of the historical markers as: "the



cultural, bohemian and tourist district of Lima". One early afternoon, as we walked down one of the main streets, we passed a doorway & I could see a display case with what looked like hand-made items. There were a few men sitting on benches in the foyer and, on the other side, a



couple of ladies were enjoying a lite lunch. It was very welcoming and I thought it was a studio or small shop. A very nice gentleman jumped up and greeted us and invited us in. He started explaining that this was a gathering place for "older" or senior people from the community! He was so very enthusiastic and insisted that we have the grand tour! He took us around all the rooms, explaining what each was used for. There was a game room with a pool table, a card table and several game tables plus a longer, conference table where the ladies could meet while they sewed, knitted or made jewelry or other crafts, etc. There was a sitting area for reading or studying and the entrance with benches, a fountain and plants where the guys could sit and exchange stories. A small kitchen was available for snacks or small lunches, little celebrations, etc. Our tour guide introduced us to every person we passed as if we were the most important visitors!

As we strolled from one room to the other and listened to his description, we kept saying to each other:

"This is their Village!!!" After we shook hands and thanked him and his friends for their hospitality, we headed off remarking that here we were, in Peru, and we find a place just like our own TVSD! Not all communities are lucky enough to have such a place and... we found, most likely, the only one in Lima!!

Sadly, I didn't think fast enough to take pictures or ask all the questions I had after we left, but, it was certainly one of the best experiences of our trip!

Joyce & Jerry Muinos

"WATCH PARTY"

**An invitation to: Tierrasanta Residents age 50+
Join Tierrasanta Village of San Diego (TVSD) to Celebrate 15 Years of the Village Movement –
Mark your Calendars for September 25th, 2017**

A grassroots effort of Tierrasanta residents launched Tierrasanta Village in 2008. Why did they start TVSD? Because these Tierrasanta residents want (like 95% of Americans) to live in their own homes and in the community they love for as long as it is safe to do so. TVSD promotes and supports 'aging in place' with a multitude of activities to keep us social and vital. Come and learn how special it is to have a Village in Tierrasanta.

To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston has invited Villages around the country to participate "virtually" in an event featuring Dr. Atul Gawande, MD, MPH, author of the seminal book *Being Mortal*. TVSD will broadcast the live event on September 25, 2017, at Tierrasanta Seventh-day Adventist Church in their Fellowship Hall located at 11260 Clairemont Mesa Blvd. Beginning at 12:30 p.m., join us for a social period prior to the Watch Party where we will serve refreshments, hold an opportunity drawing, and present information on TVSD.

For more information and to register attendance, please go online at www.tierrasantavillage.org or call 858-569-9119.

DVD Movie Party

Tuesday, June 27, 6 pm

"Lion"

Dev Patel and Nicole Kidman
RSVP to Diane 858-292-0610
Space is limited to 10 members

Knit & Nosh

3rd Tuesday - June 20
10:15 to 11:30

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

Village Book Club

Wednesday June 14- 7 PM

"The Sympathizer"

Viet Thanh Nguyen

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

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 – June 2 – 12:30 - 3PM

"The Intern"

2015 Comedy / Drama

Robert DeNiro, Anne Hathaway
Rene Russo

DeNiro plays Ben Whittaker, a lonely 70 year old widower, anxious to return to the business world. He gets a chance to work as a "Senior Intern" at an online fashion start-up, founded & run by a very ambitious go-getter (Hathaway). The generation gap of "old school" vs "hi-tech" youth of today results in a funny, smart, warm, & wise comedy of errors.

Friday – June 16 - 12:30 to 2:30

"Absence of Malice"

1981 Suspense / Drama

Paul Newman (1981 OSCAR
Nomination for this role)
& Sally Field

A misinformed, relentless newspaper journalist (Field) thinks she has a scandalous story about a rich businessman (Newman) who becomes the subject of a criminal investigation without his knowledge. Suddenly, all he has ever worked for is in jeopardy, & his life hangs in the balance. In America, can a man be unknowingly be made guilty until proven innocent?

Gloria Stevens: 858-505-4188

Lunch Bunch

June 7- 11:30

Andiamo's
Summer on the Patio
Marilyn Bente: 569-5919

Romeo Club

Thursday, June 15 - 11:00 to 1:30
Carpool at 11 AM to Maggie's Café
3232 Greyling Dr. San Diego, CA
RSVP on Website ASAP

SNAP

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

Saturday – June 17- 4:45 PM

Troy's Greek Rest. - Mission Gorge

Laurel 560-7826 or Nancy 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

Due to possible summer heat, Village day hikes in the four months from June to September will not plan outings to go past 10:30 AM. (This primarily affects Tierrasanta Canyons 2 hour/2 + mile walks which will be shortened to 1.5 hrs/1.5 mi.) Daily highs normally are 2-4 hours after 10:30 AM. Outside exercise is still possible in the summer!

One hour/one mile (introductory); community pond to Via Vallarta, & back: On Fri, 09 Jun 2017 (second Friday) at 9 AM, we will gather on Playa Veracruz - by the gate that is the entrance to the pond area. (Go north on Santo Road past the Vons shopping center, to turn right on Antigua Road. At the next right turn, go east on Playa Veracruz to just-past the Playa Encino intersection. Stop/park.) The route is essentially flat, except for a hill at the end which is optional. The utility road is at least 6 feet wide. The terrain/scenery is next to a stream bed, & more shaded than usual.

Bob Muldrew: 858-292-8405

Friends of the Tierrasanta Library – Used Book Sale

Friday, June 2

11:30 to 5 PM

Saturday, June 3

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

Monday, June 5

9:30 a.m. to 5:00 p.m.

Tierrasanta Village Recognizes Its Volunteers

If you have been a member of TVSD for over a year now, you probably remember keeping track of all of your volunteer hours and filling out the form to be turned in at the clubhouse or at the monthly members meeting. Those volunteer hours were kept on file as needed for grants that we applied for and to know who to call upon for various events and activities. Then we had a drawing at the monthly meeting and one lucky volunteer received a gift certificate.

The Board of Directors has decided that we no longer need to keep track of all of those individual volunteer hours, but still wanted to recognize the numerous hours and the amazing job that so many of our volunteers put forth. So the program of "Volunteer of the Month" was instituted at the beginning of this year. Thus far we have had four of our many, many volunteers recognized. They are: **JoAnne Kuelbs, Ginny VanBenthuyzen, Eva Turner, Trish Newbill**. These four hard-working ladies were recognized and applauded at our first Monday monthly meetings. But in case you were not able to attend, here is what they have contributed to our Village.

In February, Eva Turner was recognized for all of the hours she has worked at our clubhouse in filling in for Missy and the administrative assistants before her. She is also one of the Neighborhood Captains and can always be

counted on to bake for the Relay of Life fundraiser and to man TVSD booths at such events as the recent Tierrafest.

Trish Newbill was applauded in March for her leadership as our Historian: she collects memorabilia and photos from TVSD events and activities and keeps our scrapbooks up-to-date. Then she attends major events and displays our Village history. In this vein, she is spearheading our tenth anniversary celebration and envisions a video about our Village and a celebration dinner. She is also an original participant of the Membership Committee and helps coordinate the Lunch Bunch.

The month of April brought recognition for JoAnne Kuelbs, one of our Time Bank coordinators, a post she has held for eight years. She is also a Neighborhood Captain for the Villa Monterey area and hosts the Village Book Club which meets monthly.

In May we lauded Ginny VanBenthuyzen, who is a recent addition to our Board of Directors as liaison with the Membership Committee, of which she has been a very active participant, taking on several leadership roles there. She is also a Neighborhood Captain and organizes the monthly Bunko games. She is another one of our Relay bakers and often volunteers as needed to work at TVSD booths to represent us at community events.

Marilyn Bente, co-chair of the Volunteers Committee



The Lunch Bunch meets the first Wednesday of every month at 11:30.

Our May destination was in celebration of Cinco de Mayo at the Tierrasanta Mexican Restaurant.

We not only enjoyed the enchiladas, quesadillas, and combination plate specials, but also the comradery of Village friends and light and lively conversation!

Our next Lunch Bunch outing will be on **Wednesday, June 7, at Andiamo's Restaurant.**

Hope you'll be able to join us!





TVSD Hikers
prepare to take Mission Trails Canyons after the recent rains created a masterpiece of Color.



Certificate of Appreciation
Presented To
TVSD: Tierrasanta Village
As The 3rd Highest Fundraising Team
Thank you for helping
finish the fight against cancer!

Karen Cook
Karen Cook
American Cancer Society

Michelle Gonzales-Lopez
Michelle Gonzales-Lopez
American Cancer Society

TVSD raised \$2555 for this years Relay

Time Bank Members Only

Continental Breakfast and Conversation

June 17th from 10:00 to 12:00 p m.
In Candy's garage
Coffee, Croissants, Fruit and Coffee
Register online or call JoAnne Kuelbs,
858-292-1578

LAST CALL VILLAGERS

**Social Event of the Year – Cruise
the Mexican Riviera
Puerto Vallarta - Mazatlan -
Cabo San Lucas
October 7 - 14, 2017
Deposits due June 5
Balance in July**

