

Tierrasanta Village of San Diego **Village Vibes**

“Living for Today: Planning for Tomorrow”

January 2023



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 and create activities for different passions and interests.

President's Message

HAPPY NEW YEAR!

I'm wishing each and every one of you all the best in 2023. May the New Year bring you hope for happiness, peace, and good health!

If you look at our Village calendar for January, you will see that 2023 has brought a plethora of new activities and new opportunities for you to stay fit, to improve your mind, to steady your emotions, and to socialize and make new friends. Be sure to check it out and register for an activity or an event that piques your interest. There is a presentation from the Care Team with a representative from HICAP, Health Insurance Counseling and Advocacy Program, dealing with Medicare and social security. You'll find the Wednesday morning Stretch and Balance class which has been lauded by its attendees. The Arts and Crafts Group is organizing an outing to the Scripps Ranch Playhouse and the social committee is planning the Groundhog Day Gala for early February. So much to choose from, along with our regular menu of exercise classes, games, lunch bunch, and chat groups.

Please don't forget the monthly General Meeting on January 9. With the perseverance of our IT Team, it will be a hybrid presentation, both in person at the Seventh Day Adventist Church, and also on Zoom. Ken Ross will be presenting the strategic plan that has been worked on by both the Board of Directors and the Care Team Leaders. Ken has done an impressive job of putting together all their ideas to create this plan, which will serve us for the next several years, and will be the basis for our long-term goals.

I also want to take this opportunity to express my gratitude to all who contributed so generously to our Annual Donor Drive. We are more than 75% on the way to meeting our goal of raising \$12,000 and are hoping to begin the New Year with a good financial base. Please keep those donations coming in! If you haven't yet made your donation, it's not too late. The annual donor drive doesn't end until January 15. We want to keep our dues low (They have not been raised for over six years now.) and depend on the donor drive monies to help cover our operating expenses. Please consider a contribution to TVSD as a way of saying thank you to the Village for the impact it is making on so many lives. We appreciate you.

Please take care and stay safe. ***Marilyn Bente***



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Happy New Year from the Social / Membership Team An Invitation to all Members

The social/membership has been busy planning for the New Year! We have events scheduled for each month of the year. Now we need your input / help. We will introduce our plan at the general meeting on January 9th, but since not all members can attend the general meeting, we have another gathering planned.

WHEN: Wednesday, January 18, 1:30-2:30 ish

WHERE: TVSD Clubhouse

WHY: For each event we need members to sign up to be part of a planning team. Maybe you'd like to help set up, clean up, or bring food.

We are a caring community working together to create programs and services. Joining a planning team of any kind is a great way to contribute to the Village, get to know members and have fun!!!! All these events cannot be carried out by just a few members. ***"It takes a Village!"*** Please come to the general meeting and/or the gathering on the 18th.



Blast from the Past – 2015

TVSD's **Social Committee**
organized a great outing to
Balboa Park for lunch & the
IMAX film Jerusalem

SNAP Dinner

Saturday, January 21
1:00 – 2:30 PM
Filippi's Pizza Grotto
5353
Kearny Villa Rd

Library Book Sale – January 2023

Friday, 1 / 6
11:30 a.m. to 5:00 p.m.
Saturday, 1 / 7
9:30 a.m. to 3:00 p.m.
None on Monday
Library Closed for that Week

OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

General Meeting Meeting
January 9, 2023 – 3 PM
7th Day Church & Online

Cover Photo
Seagull View
of
San Diego Bay

Welcome New Members



Sally McArdle



Pat Pent



Rita Koett



LuAnn Benton



Richard Benton

There is exciting news to share!

The final issue of the Tierra Times was published in September, and that means there is no longer a common medium of communication for the community. To fill this gap Tierrasanta Foundation, in conjunction with many other community groups, is working to start up a new online newsletter that will provide a new communication medium for Tierrasanta. If you want to sign up for this newsletter please surf to <https://www.tierrasantafoundation.org/newsletter>, scroll down a bit, and click where it says **"Sign Up"**.

Elder Law & Advocacy Program (HICAP)

January 31st, 1-2:30 p.m.

Do you have questions about changes to Medicare coverage, costs, and other concerns? Did you know there was an agency close at hand which provides information, counseling, and advocacy free of charge?

Pablo Carona, a spokesperson for Elder Law and Advocacy Program (HICAP) will describe the scope of these services including: recent changes to Medicare, why you might have been denied coverage, status of premiums, understanding the difference between Medicare and Medicare Advantage, comparison of Medicare plan offerings, and which drug plans and long term care policies may be best for you.

We plan to have this program "in person" at the Seventh Day Adventist Church, on January 31, 1:00-2:30. If necessary, we will change it to **zoom format**. Hope you can join us for this informative session.

If you are unable to attend this session, the HICAP office is located at
5151 Murphy Canyon Road.
They provide individual counseling on these topics by appointment.

SUN	MON	TUE	WED	THU	FRI	SAT
1 JAN 1 2023	2 8:00 AM - VMC CLOSED FOR HOLIDAY 11:00 AM - Carol's Coffee Chat (Zoom)	3 9:00 AM - Balance & Strengthening 11:30 AM - Eating Well	4 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 11:30 AM - Lunch Bunch (Zoom) 1:00 PM - Bridge Group 1:30 PM - Closed Planning Meeting	5 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group	6 10:00 AM - Chair Yoga 11:00 AM - Games and Grub	7
8	9 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 11:30 AM - Volunteer Shift (JFS) 3:00 PM - TVSD General Meeting – 7th Day Church	10 9:00 AM - Balance & Strengthening 11:30 AM - Volunteer Shift (JFS)	11 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group 2:00 PM - Care Partners Support Group 6:00 PM - Bunko	12 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 3:00 PM - Village Book Club	13 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	14
15	16 Martin Luther King Jr. Birthday 8:00 AM - VMC CLOSED FOR HOLIDAY 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Laurie Brown's Stronger Memory Meeting (Zoom)	17 9:00 AM - Balance & Strengthening 11:30 AM - Tuesday Lunch Bunch 1:00 PM - Core Team Meeting	18 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group 1:30 PM - Social / Membership Committee Joint Planning	19 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 1:00 PM - Cal. Village Rep Meeting 4:00 PM - Administrative Meeting 4:30 PM - Happy Hour at Fifty9Fifty	20 9:30 AM - IT Meeting 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	21 1:00 PM SNAP for Singles See Box Below
22	23 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 4:00 PM - Administrative Meeting	24 9:00 AM - Balance & Strengthening 12:30 PM - Care Committee Meeting 4:00 PM - Prospective Member Happy Hour	25 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Bridge Group	26 9:00 AM - Balance & Strengthening 10:15 AM - Mah Jongg 1:00 PM - Bridge Group 1:00 PM - Board Meeting	27 10:00 AM - Chair Yoga 11:00 AM - Fun & Games	28
29	30 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	31 9:00 AM - Balance & Strengthening 1:00 to 2:30 PM - Elder Law & Advocacy Program Seventh-day Adventist Church	Feb 1 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 10:30 AM - Village Golfers 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 11:30 AM - Lunch Bunch (Zoom) 1:00 PM - Bridge Group	<div> SNAP Saturday, January 21 1:00 – 2:30 PM Filippi's Pizza Grotto 5353 Kearny Villa Rd </div>		



Cinnamon Roll Making Activity by: Marilyn Bente

This year TVSD provided several holiday activities, the dinner party at the Butcher Shop Restaurant and the Holly Jolly Trolley Tour of Christmas Lights, but one of my favorite holiday activities was making “Perfect Cinnamon Rolls” with six Village friends. Bradlyn Mulvey organized this baking activity and opened her kitchen to share this family tradition with our Village. She set the date for November 30, and as we entered her kitchen on that crisp, chilly morning, she was just taking a batch of these delicious harvest cinnamon rolls out of the oven, so we could taste and enjoy first-hand what we were going to make. I was reminded of a favorite holiday story “A Christmas Memory” by Truman Capote. The opening line is “Imagine a morning in late November Oh my, it’s fruitcake weather.” I was saying to myself: “Oh my, it’s cinnamon roll weather.” The story continues with a description of the aromas of holiday baking from the kitchen: “Vanilla sweetens the air, cinnamon spices it, melting, nose-tingling scents saturate the kitchen, suffuse the house, drift out to the world.” This is exactly how it felt that morning in Bradlyn’s kitchen!

And, oh, what fun we had! Our rolling pins went round and round as we flattened the dough, getting it just so before rolling it with the cinnamon filling. Bradlyn supervised our progress every step of the way and we all ended up dusted in flour, but with a dozen of these yummy rolls to share with friends and family.

Shown in the photos are Diana Keyes, Cindy Palenske, Carmela Caverio, Fran Zweibel, Marilyn Millikan, Marilyn Bente, and our hostess and chef extraordinaire Bradlyn Mulvey.

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TVSD Book Club Selections – 2023

Meeting at Tierrasanta Library – January 2023 – 3 pm

January: Hamnet – by Maggie O'Farrell
February: The Personal Librarian – by Marie Benedict & Victoria Murray
March: The Plot – by Jean Korelitz
April: The Perfect Predator – Steffanie Strathdee
May: Finding Dorothy – Elizabeth Letts
June: A Long Petal of the Sea – Isabel Allende



**Sally McArdle, Marilyn Bente, Becky Lunneberg,
Kathy Farrington, Sheila Weiner, Linda Rees**

THANK YOU

to everyone that donated
to the baby toiletry kits!

Our members filled 24
bags full of baby wash,
cream, lotion, diapers
and more.

Jewish Family Services
was thrilled to receive
this donation for the
parents it supports.

Thank you donors and
package assemblers!

