



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

January 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.

December Holiday Party



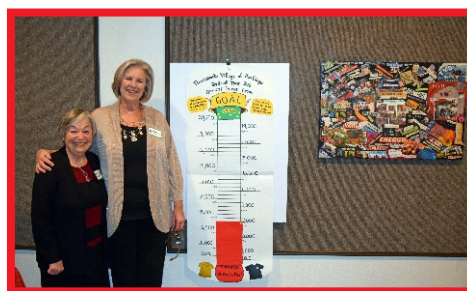
92 Villagers attended the 2016 Holiday Party. We enjoyed a great catered buffet, fine Entertainment and chance to visit with members we see only on such occasions. The Social Committee thanks all who made it such a great event!



Jocelyn Brierton coordinated the Social Events for 2016, including the great Holiday Party. Mike Rigdon will replace her in 2017. Gloria Stevens, Evelyn Benner, Karen Muldrew, Marilyn Millikan, and others---Kudos for making the whole evening work.



Trish Newbill displayed the historical records of the Village.



Fran & Missy pose with Donor Drive Chart & Collage.



Janice Tranthan updated Donor Drive. Marilyn Bente gave a great Testimonial about TVSD

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.



**TVSD Collage of
photos and art work
done by the students
in Kim Chartrand's
Brain Class to show
off our talent. See it
at the Clubhouse
everyday.**

TVSD Recap of 2016 by Joyce Muinos

Hola from Tampa, Florida!

I trust that everyone enjoyed a Merry Christmas, Happy Hanukkah or Kwanza and you're ready to take on the New Year!

There are two things that I always like to do at this time each year – I like to reflect on the good, the bad and the ugly of the past year and lay out my hopes and plans for the coming year.

So... not a lot of “ugly” for our TVSD in 2016, other than the loss of some dear friends, but, having had them in our lives and part of our community is a “good” thing! I can't come up with any other “bad” or “ugly”. The “good”, oh my, there's so much!

We said “goodbye” to our sweet Kira, and, found a new fabulous administrative assistant in Missy!

We announced the Core Team Leaders, their Charters and the Organization Chart for our All Volunteer Village!

The TVSD, led by Fran and Marilyn, made an impact on the fight for more birthdays at the Relay for Life!

We lost Kathy Guilfoyle as VP of the BOD, but...added Janice Trantham! A few other willing volunteers decided to join the BOD fun!

Most Villagers learned how to make reservations for our events – thank you & keep up the good work!

Of course, we had trips and

lunches and games galore, but, geez...the Socials kept us so busy:

The membership Committee sponsored a Casino Night to spread the Village word.

There was a Volunteer Appreciation Night where we patted ourselves on the back with wine and dessert!

The Zweibels were recognized as Village to Village Volunteers of the YEAR!

The Script-in Hand Players performed in Tierrasanta!

Kim Chartrand returned to coach us on “Thirty Lifestyle Hacks to improve Mind, Body and Spirit Health”! (Check out the TVSD Collage at top of this page!)

St. Pat's, Halloween and Thanksgiving gave us an opportunity to share some laughs and good food!

The Time Bank Fair provided some easy shopping and great deals for members!

Finally, the annual Holiday Party was, once again, a celebration of all things Village: Music, food, friendship, speeches, laughs and generosity! Our TVSD gave some children at New Alternatives a very merry & happy holiday!

Wow! What a year! Thanks to each and every one of you for your contribution to this fabulous organization! We may be “aging”, but, we're doing it with style, fun and enthusiasm!

Now, see what just happened? I ran out of space! Mike will be furious! Guess we'll save the hopes and plans for February.

Happy New Year!

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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Photography.....Mike Rigdon

Circulation.....Mike Rigdon

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

2016 Annual Donor Drive - Huge Success!

When the Fund Development Committee set \$20,000 as the goal for the Annual Donor Drive, we knew it was a stretch from last year's goal. But, like all the challenges we have faced as a Village, we did it together!

Thank you so much to all who gave. Your donations will help us continue to offer the trips, socials, games, learning events, and physical well ness programs that enrich our lives. We go into 2017 with a financial cushion that helps ensure we won't have to dip into our savings for all the extras that make our experiences with the Village so valuable.

The Board and Fund Development Team are grateful to you and your contribution. Many thanks for continuing to share your time, talent, and treasure!

News from the Membership Team

First: Our next meeting will be January 15, 2:00-3:30, at Bev Sheehan's home. If any members are interested in coming to our meeting we'd love to have you. Just sign up on the Village calendar so we know you are coming or contact Ginny VanBenthuyssen.

Second: Since our clubhouse is located in Villa Monterey the membership team is having an Open House for Villa Monterey residents to provide them an opportunity to learn about our Village. Village members who live in Villa Monterey are encouraged to come and bring a neighbor with them. The Open House will be Wednesday, Feb. 8, from 1:00-3:00. The event is on the calendar. Notice of this event will appear in a Villa Monterey newsletter and residents will RSVP to Missy.

Special Feb IT Meeting

Our February IT Meeting will offer our fellow Villagers a chance to meet with us, the IT guys, in an informal casual way. This will be our regular meeting; however, we will encourage all attendees to ask questions and/or make comments or suggestions about general or specific IT problems at any time.

Our meeting will take place on Friday, February 24, 2017 from 1pm to 2:30pm at the VMC. We plan to schedule this time for a few months, and if it works well, we will continue to set aside the 4th Friday of each month at the same time for this open meeting.

So, mark your calendars and be sure to join us for our first "Meet with your IT Team"!

Your IT Guys: Greg Zweibel, Don Stewart, Martin Sandman

SUN	MON	TUE	WED	THU	FRI	SAT
1 New Years Day	2 8:30 AM - Clubhouse Closed Today 6:00 PM - MEMBERS MONTHLY MEETING	3 9:00 AM - Balance Class 10:00 AM - Armchair Traveler - 2016 Social Events Recap 10:00 AM - Grocery Shopping	4 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	5 9:00 AM - Balance Class 9:00 AM - Village Walkersg 10:15 AM - Billiards 12:30 PM - Games	6 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Bridges of Madison County" – Clint Eastwood & Meryl Streep	7
8	9 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	10 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Time Bank Orientation & Training	11 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	12 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games 2:00 PM - Membership Team Meeting - Offsite	13 9:00 AM - Chair Yoga 9:00 AM - TVSD - "1.5 hour/1.5 + mile" Hiking Group 10:00 AM - Tai Chi	14
15	16 MLK Jr. Birthday 9:00 AM - Chair Yoga 10:15 AM - Billiards Noon: Lunch + IMAX in Park details in Weekly E-Blast 12:30 PM - Monday Bridge	17 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Program by Sharp Mesa Vista Hospital 6:00 PM - BUNKO	18 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club	19 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 11:00 - ROMEO Men's Club Admiral Baker Field 12:30 PM - Games	20 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Notting Hill" Julia Roberts & Hugh Grant	21 S N A P
22	23 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	24 9:00 AM - Balance Class 10:00 AM - Grocery Shopping 12:30 PM - Care Committee Meeting	25 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	26 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 Meeting	27 9:00 AM - Chair Yoga 9:00 AM - TVSD - "2 hour/2 + mile" Hiking Group 10:00 AM - Tai Chi	28
29	30 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	31 9:00 AM - Balance Class 10:00 - Grocery Shopping 12:30 - Introductin to Genealogy 6:00 PM - DVD Movie Party	Feb 1 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	Feb 2 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	<div> January 21 – Noon Choice of Mandarin SNAP - Singles Network of Active People </div>	

Tierrasanta Village of San Diego Village Business Supporters

Choice of Mandarin

10% off your bill; dine in only;
with your membership card
10645-F Tierrasanta Blvd
858-268-0979

Tierrasanta UPS Store

10% off all products and services
except UPS shipping and USPS
With your membership card
10601-G Tierrasanta Blvd.
858-292-8633

Elam's Hallmark

"Your Neighborhood Gift Store"
10% off any purchase except
Christmas ornaments...with your
membership card and Gold
Crown Rewards card
10621 Tierrasanta Blvd.
858-268-0810

Tierrasanta Mexican Restaurant

10% off your bill; dine in only with
your membership card 5950 Santo
Road Suite E-F 858-277-3412

Long Island Mike's Pizza

20% off with membership card
Cannot use with other coupons
5250 Murphy Canyon Road
858-569-7499
longislandmikespizza.com

Computer Services Computer Consulting

and Set-up
\$5 off the hourly rate Art
Larkin
858-277-4131
pctraining@pacbell.net

Gaetano's Italian Restaurant Monday-Thursday

10% off your bill dine in only
with your membership card
10615-H Tierrasanta Blvd
858-565-1665

Tierrasanta Ace Hardware

Mike and Susan Scruggs, Owners
5% off with your membership card.
10615-A Tierrasanta Blvd.
858-573-9600
TierrasantaAce.com

Klassic Dry Cleaners

and Formal Wear
5% off dry cleaning
with your membership card
5950-J Santo Road
858-292-5049

Sub-Marina #2

\$1 off any sandwich
with your membership
card 10645-Z
Tierrasanta Blvd
858-560-5420

**These local
businesses support
the Village.
Be sure to support them.**

Beautician

Brittany Killen-Scruggs
15% off for Villagers
4240 Kearny Mesa Rd #105
858-616-7377

Island Style Café

10% off your bill; dine in
only with your membership
card 5959-K Santo Road
858-541-7002

Magic Mel Hair Creations

Van T. Truong
Aesthetician
10% off with membership card
10601 Tierrasanta Blvd. - Suite J
San Diego
858-204-8204 (cell)



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

Baskin Robbins

10% off any drink; 10% off ice
cream cakes over \$20 and
10% off 2 scoop sundaes
with your membership card
10601-C Tierrasanta Blvd
858-560-6931

Dr. Paul V. Koepke, D.D.S.



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10% Senior Discount Offered

Primo Market

proudly opens a new
Deli / Meat Market
& Hot Lunch Area
It's Great & Inexpensive!

DVD Movie Party

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 - Jan 25 – 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, Jan 6 from
11:30 a.m. to 5:00 p.m.

Saturday, Jan 7 from
9:30 a.m. to 3:00 p.m.

Monday, Jan 9 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 – January 6 – 12:30 - 3PM

"The Bridges of Madison County"

1995 – Romance / Drama

Meryl Streep / Clint Eastwood

When a world-traveled National Geographic photographer (Eastwood) has a chance encounter while on the job with an Iowa housewife (Streep) they weren't looking to turn their lives upside down. Yet 4 days after they meet, they don't want to lose the love they've found. Each is at a mature point in life where expectations are behind them. Based on Robert Waller's best seller novel. Who wins – love or family values?

Friday – January 6 – 12:30 PM

"Notting Hill"

1999 – Romantic Comedy

Julia Roberts / Hugh Grant

Anna Scott (Roberts) is the world's most famous movie star. Her picture has been plastered on the cover of every magazine, & every time she makes a move, the entire world knows about it. William Thacker (Grant) owns a travel bookstore in the quaint neighborhood of Notting Hill (London) His business is stagnant, he has the roommate from hell & his love life is completely nonexistent. Then one day their paths cross & the couple faces the ultimate question: Can 2 people fall in love with the whole world watching?

Gloria Stevens: 858-505-4188

Armchair Traveler

Recap of Village Socials 2016

January 3 – 10 AM

Contact: Mike Rigdon

858-300-6821

Lunch Bunch

January 4 – 11:30

Gaetano's Italian

Marilyn Bente: 569-5919

Romeo Club

January 19 - 11:00

Carpool to Admiral Baker Field

RSVP on Website ASAP

SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – January 21–12 Noon

Choice of Mandarin

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

1.5 hours/1.5+ miles (MTRP - Mission Trails

Regional Park), Shepherd Pond, & back: On Fri, 13

Jan 2017 (second Friday), we gather at 9 AM.

(From the US post office shopping center, drive east on Portobello Drive to Playa Cancun, turn left. After a while there are no more houses on the right - that's open space. Stop/park opposite 5132 Playa Cancun by a fence/gate.) This hike is to the "original" Shepherd Pond, not the pond in our community park which is sometimes called the same name. The route is not flat. In general, there's a gradual upward slope in and a gradual descent back. There are some six foot wide gravel trails, but most are three foot wide paths. The foliage is mostly chaparral, and it's turning beautiful green this time of year.

2 hours/2+ miles (Tierrasanta Canyons),

Powerline Canyon Loop (which includes other canyons). On Friday, 27 Dec 2017 (fourth Friday), we gather at 9 AM. (Drive east on Tierrasanta Blvd past the library, down the hill to the last left turn, Colina Dorada Drive. Turn and go to Pendiente Court, turn left & go to the end of the cul de sac.

Stop/park.) Overall, this is moderate hike. A walking stick is definitely recommended for the last downhill which is the toughest descent in Tierrasanta.

There's some six foot wide utility roads & three foot wide trails. The scenery is beautiful.

Bob Muldrew: 858-292-8405



In Memoriam – Elaine Moser

TVSD recently lost one of our first and most beloved members, Elaine Moser. She was a most delightful and inspiring lady, well loved by everyone she met. Over a hundred relatives and friends attended her Memorial Service last month.



A Beautiful Planet – Imax Theatre

Monday – January 16 – Noon
Lunch at Panama 66 in Balboa Park
Main Screening at 3 PM – See weekly E-Blast

This is a breathtaking portrait of Earth from space, providing a unique perspective and increased understanding of our planet and galaxy as ever seen

Narrated by Academy Award winner
Jennifer Lawrence

Directed by Toni Myers, who also directed
Hubble and Space Station

Filmed by astronauts aboard the
International Space Station!

Enjoy breathtaking, never-before-seen views of
Earth at night from space

See the natural beauty of land and sea and the
power of storms, fires and volcanic activity

Be dazzled by the aurora borealis

Learn about life aboard the International Space
Station with astronauts from the
U. S., Ukraine, Italy and Japan

See a 2 minute trailer of the film at:

<https://www.youtube.com/watch?v=WzbHi7Lbz00>

Coping With Life Transitions

Tuesday, January 17,
from 12:30 to 2:00 p.m.

A representative from Sharp Mesa Vista will speak at the Villa Monterey Clubhouse on “Coping with Life Transitions”. Please join your TVSD Care Committee for this presentation and learn more about the valuable programs for seniors at Sharp Mesa Vista. Light refreshments will be served.

Attention! For all you future genealogists!

Tuesday, January 31 at 12:30

Come and join us for a two hour class in getting started with your family history. We will cover how to begin this quest, where to look to find information about your ancestors and what to do with this information when you find it. It will be a fun afternoon, so bring your questions and your interest in telling the story of your family.



Pearl Harbor Memorial Ceremony on USS Midway

Every December 7, this event is held on the flight deck of the Aircraft Carrier Museum. This year over 600 attended an hour program with Speakers, Navy Band Southwest, 5 Pearl Harbor Survivors, and a Wreath Dropping at the exact time of the attack. In the Hangar Bay, a live feed from Pearl Harbor was shown. Amazingly, during the same week, 3 Chinese Naval vessels were in port with open house on a Destroyer, a clone of our Navy's FFG Class Destroyers.

See All Pics at: <https://rigdon.smugmug.com/Military/Pearl-Harbor-75th-Anniversary/>

