



# *Tierrasanta Village of San Diego* **Village Vibes**

**“Living for Today: Planning for Tomorrow”**

**October 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.

## **TVSD Watch Party 2017 by Joyce Muinos**

Another fabulous TVSD event! Thank you to all the many volunteers who helped organize or pull off the Celebrating Community watch party on Sept. 25<sup>th</sup>! We may have some new members as a result, and we surely impressed a few visitors! Ex-TVSD member, Catie Somers was her usual delightful self as our Mistress of Ceremonies. Our thanks to Catie for sharing her time with us!

Did everyone like the new TVSD nametags? If you missed the event, you have one waiting for you. Wear them to meetings and events just in case we forget who you are!

I thought the webcast was very interesting and the panel discussion, organized and facilitated by Janice Trantham, was the perfect addition to our program. The panelists that she assembled, including our own Jean Kerr & Joan McGeachy, were amazing! It was especially nice to hear Dr. Mario Garrett's remarks about how far our Village has come since he was first involved in 2007.

Thank you to the Watch Party Committee: Candy Walsh, Marilyn Bente, Fran Zweibel, Linda Rees, Ginny Van

Benthuisen, Janice Trantham and Greg Zweibel. What a team! Also, our “go-to” guy, Mike Rigdon for the beautiful photo displays! We'll have them at the Clubhouse for future use. Mike was under the weather and we send him our best for a speedy recovery, but, fortunately for the TVSD, Dave Millikan stepped up to fill in as our photographer – he even wore a Hawaiian shirt! Our behind-the-scenes guys, Martin Sandman, Don Stewart and Greg Zweibel made the whole thing happen! Thank you, IT!

The Opportunity drawing added a special excitement. Thanks to the prize donors: Janice Trantham and Mick Tartaglia, Linda and Dick Rees, Candy and Pk Walsh, and Marilyn Millikan.

There are so many others to thank, but I'm sure to miss someone if I try to list them, Mike only gives me so many lines so I have to be brief! Please know that you are appreciated so very much for your generous donation of time and your willingness to pitch in! Thank you TVSD volunteers! You make it so easy to love this organization!



Photos by  
Dave Millikan



# Village Business

## Monthly Meeting

Our next monthly meeting

**Monday October 2**

**3 - 4:30 pm**

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank

### Orientation and Training

**Oct. 10th, 12:30-2:30pm**

Register online or call

**JoAnne Kuelbs at 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

**Mt. Soledad  
Veterans Memorial  
La Jolla, California**

## Bingo Night Out

**Saturday, Oct. 7th 6:30-8:30 pm**

All Villagers invited - Cost to attend is 1  
Time Dollar. Bingo Cards \$.25. All money  
received will be awarded as prizes.



<http://www.tierrasantavillage.org>



## Please Join Us

**What:** Tierrasanta Village Happy Hour / Informational Social  
for Prospective Members

**When:** Thursday, Oct. 12, 2017 from 4:00-6:00 PM

**Where:** Villa Monterey Clubhouse -

5275 Rimpark Lane, 92124

**Why:** Enjoy visiting with Tierrasanta friends and  
learn about the Tierrasanta Village  
Members are welcome if they bring a guest  
(prospective member).

**RSVP:** by Mon., Oct. 9, to the Village office

at 858-569-9119 (Monday-Friday 8:30-12:30)

## Author Talks – Cole & Dove Library

### Dr. Edith Eger– *The Choice: Embrace the Possible*

**Sunday, Nov. 12, 2 p.m.**

Carlsbad City Library–  
Ruby G. Schulman Auditorium,  
1775 Dove Lane

Prominent psychologist and Holocaust survivor, Dr. Edith Eger will discuss her new book *The Choice: Embrace the Possible*, a moving, powerful memoir that recounts her time in concentration camps. She weaves her personal account with case studies from her practice, illustrating different phases of healing and forgiveness, and how people can escape their mental prisons and be joyous and free.

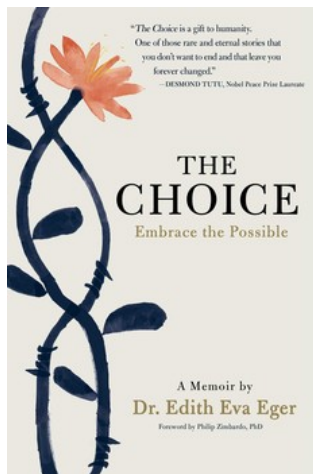
### Free Admission

Books will be available for sale and signing.

**Carpool from MacDonalds at 1 PM**

**October and November programs  
presented in partnership with  
Adventures by the Book  
[www.adventuresbythebook.com](http://www.adventuresbythebook.com).**

**Join Mike Rigdon for his Birthday  
with this special Presentation**





## Board of Directors

### *President*

Joyce Muinos

Linda Rees – “Past President”

### *Vice President - Administration*

Fran Zweibel

### *Vice President - Fund Development*

Janice Trantham

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Jeanette Vlassis

#### *Volunteers*

Marilyn Bente –

---

#### *Time Bank*

Candy Walsh

#### *Co-Founders*

Candy Walsh

Susan Deininger LCSW

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#### *Operations Manager*

Greg Zweibel

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### *Front Desk Coordinator*

Missy Rainier – 569-9119

TVSD is a 501c3 organization  
Federal Tax ID # 26-2975168

### **Vibes Staff**

Editor.....Mike Rigdon

Proofing, Event & Calendar

Barbara Kanneman

Gayle Rolan

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

## ARMED SERVICES YMCA SAN DIEGO

Ms. Virginia Inouye  
Knit & Nosh Ladies of Tierrasanta Village of San Diego  
10601 Tierrasanta Blvd #G-405  
San Diego, CA 92124

Dear Ms. Inouye,

Our military service members, their spouses and children make sacrifices to protect our freedom each and every day. We know that the individual enlists but the whole family serves. And when our service members are deployed or when challenges arise rest assured that the Armed Services YMCA San Diego is there to support them.

Because of you, we are able to provide programs and services to help our military families cope with the unique challenges of military life.

Thank you for your generous donation of 34 baby blankets. Together with the Armed Services YMCA San Diego, you have made an impact in the lives of our service members and their families at a time when they need it the most. Our programs provide support and connection through family & youth enrichment, clinical counseling and for those who are wounded, injured or ill.

Please do not hesitate to contact me at 858-751-5755 x100 or ncastro@asymca.org if you have questions, would like an update on current programs, or wish to volunteer with us.

Thank you for being a part of a community who honors our military members and their families. We truly appreciate your continued support.

With gratitude,

  
Tasha Castro  
Special Events Assistant / Office Manager



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Voluntary Service

San Diego VA HCS  
3350 La Jolla Village Drive  
San Diego, CA 92161-0002

July 31, 2017

In Reply Refer To: 664/135

Virginia Inouye  
Tierrasanta Village of San Diego  
10601 Tierrasanta Blvd.  
#G-405  
San Diego, CA 92124

Dear Virginia Inouye and Friends:

On behalf of the VA San Diego Healthcare System, patients and staff, we would like to extend our appreciation to you for the donation of knitted and crocheted lap blankets.

It is through the efforts of community partners like you that allow us to continue the quality care and services that we seek to provide for our deserving Veterans. We look forward to the opportunity to work with you again for future events.

Thank you for your continued support.

Putting Veterans First,



Donna M. Fischer, CAVS, FACHE  
Chief, Voluntary Service

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site 3:00 PM - MEMBERS MONTHLY MEETING - 3:00 P.M.	3 9:00 AM - Balance Class	4 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch	5 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	6 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "THE BABE" <i>John Goodman, Kelly McGillis James Cromwell</i>	7 6:30 PM BINGO NIGHT OUT
8	9 Columbus Day 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 - 12 Website Training 12:30 PM - Monday Bridge - Off Site	10 9:00 AM - Balance Class 12:30 - 2:30 - Time Bank Orientation	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 4:00 PM - TVSD Happy Hour Informational Social For Prospective Members	13 9:00 AM - One hour/one mile (Introductory) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	14
15	16 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site	17 9:00 AM - Balance Class 6:00 PM - BUNKO	18 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Important Medicine Issues for Seniors	19 9:00 AM - Balance Class 9:00 AM - Village Walkers 10:00 AM - Mah-Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Men's Club 12:30 PM - Games	20 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "GHOST" 1990 Mystery/Romance Patrick Swayze, Demi Moore, Whoopi Goldberg	21 <b>S N A P</b>
22	23 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site	24 9:00 AM - Balance Class	25 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	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 Of Directors	27 9:00 AM - "2 hour/2+ mi (T. Canyons) Hike" 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	28
29	30 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge - Off Site	31 Halloween 9:00 AM - Balance Class 11:30 AM - 2:30 PM Halloween Potluck	Nov 1 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch	Nov 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> <b>SNAP</b>            Saturday            Oct 21 – 5:30 PM            Aladdin            Mediterranean Café            McDonald's 5:00 pm         </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 Mexican Restaurant**

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## **Sub-Marina #2**

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TierrasantaAce.com

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## **Beautician**

Brittany Killen-Scruggs  
15% off for Villagers  
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858-616-7377



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

## **Primo Market**

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



## DVD Movie Party

Tuesday, Oct 24, 6 pm.

### Gifted

Chris Evans/Octavia Spencer  
RSVP to Diane 858-292-0610  
Space is limited to 10 members

## Knit & Nosh

4th Wednesday – Oct 18

12:30 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 Office to get on the list for new groups.

## Village Book Club

Wednesday Oct 18– 7 PM

“A Man Called OVE”

by Frederik Backman

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

## Lunch Bunch

Oct 4 – 11:30

Khan's Cave

Marilyn Bente: 569-5919

## 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 – Oct 6 – 12:30 - 2:30 PM

“THE BABE”

1992 Biopic/Comedy  
John Goodman, Kelly McGillis  
James Cromwell

John Goodman is ideally cast as BABE RUTH which chronicles the Baltimore-born slugger's amazing rise from his hard-knock childhood in an orphanage/reform school, to becoming a mainstay of the New York Yankees, & a baseball icon. His life & career included 7 American League pennants, 4 World Series championships, 2 tempestuous marriages, a rivalry with Lou Gehrig, & a wild lifestyle that earned him numerous suspensions – still resulting in one of the greatest players in baseball's history.

Friday – Oct 20 – 12:30 - 2:30 PM

“GHOST”

1990 Mystery/Romance  
Oscar for Best Screenplay  
Patrick Swayze, Demi Moore,  
Whoopi Goldberg  
(Oscar – Best Sup. Actress)

Two New Yorkers – Sam (Swayze) & girlfriend Molly (Moore) are out on a walk, when Sam is suddenly shot & killed by an unknown mugger. In order to still communicate with Molly, Sam returns to life (as an invisible “ghost”) & discovers his death wasn't just a random robbery gone bad. To reconnect with Molly & solve his own murder, he enlists the talents of a medium/psychic (OSCAR-Winner Whoopi Goldberg). Can he solve his own murder?

Gloria Stevens: 858-505-4188

## Romeo Club

Thursday, October 19 - 11:30 to 2 PM

TBD

RSVP on Website ASAP

### SNAP

(Singles Network of Active People)

All Village singles are welcome.

Saturday – Oct 21 – 5:30 PM

Aladdin Mediterranean Café

McDonald's 5:00 pm

Rhoda Keegan 278-3632

Nancy Fahien 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

One hour/one mile (Introductory),

Community Pond to Santo Road, & back:

On Fri, 13 Oct 2017 (second Friday) at

9 AM, we gather on Playa Veracruz by

the gate (down to the pond). (Go north on

Santo Road past the Vons shopping

center to turn right on Antigua Road. At

the next right turn (Playa Veracruz), go

east to just past the Playa Encino

intersection; stop/park.) The route is

essentially flat. The utility road is 6+ feet

wide. The scenery/terrain is lush, next to

a flowing stream.

Two hour/two + mile (Tierrasanta

Canyons), La Cuenta to So. Rueda

Canyon lower loop (including Viacha

Ridge Saddle golf course overlook): On

Fri, 27 Oct 2017 (fourth Friday) at 9

AM, we gather at the south end of La

Cuenta Drive.. (Drive south past the

Tierrasanta library & fire station to the

very end; stop/park.) We'll be hiking

down into South Rueda Canyon &

eventually back up). Along the way we'll

swing by the Viacha Ridge Saddle

overlook of the golf course; Clubhouse

peak is nearby. The trail is mostly three

feet wide, with some six + feet wide utility

roads. There's a flowing stream; and a lot

of down, then back up.

Bob Muldrew: 858-292-8405

## Billiards

Mondays & Thursdays 10:15 AM  
Bob Muldrew - 858-292-8405

Every year (the weekend after Labor Day) the San Diego Senior Games, specifically the Billiards Tournament, takes place. Three of our regular pool players (Steve Kiley, John Witt, & Bob Muldrew) attended. .... On Saturday when 8-Ball was played, Bob won a silver (second place) medal for Super Senior age range. .... On Sunday when 9-ball was played, John & Bob won gold (first place) medals for their age ranges. Bob also won silver for overall.

**The pool table area is open for play  
anytime weekdays.  
8:30 am – 2:30 pm**

## Friends of the Tierrasanta Library Used Book Sale

**Friday, Oct 6** 11:30 to 5 PM  
**Saturday, Oct 7** 9:30 to 3:00  
**Monday, Oct 9** 9:30 to 5:00

**Friday, Nov 3** - 11:30 to 5:00  
**Saturday, Nov 4** - 9:30 to 3:00  
**Monday, Nov 6** - 9:30 to 5:00

## Tierrasanta Kiwanis and Serra High School Key Club Discount Books

are now available for sale for \$20.  
(TVSD is a sponsor and has a sponsor page in the book).

Represented in the coupon book are 48 discount offers from local restaurants and services in the Tierrasanta, Kearny Mesa and Serra Mesa areas.

Profits from the sale of these books go to sponsor Tierrasanta youth activities and are available through

**P K Walsh at 858-775-5872.**

## Your Care Committee Cares!

Your Care Committee has scheduled two future programs which we hope will be of interest to many of you.

### Important Medicine Issues for Seniors

October 18 (12:30-2:30) VM Clubhouse

Pharmacist David Chen from Rite Aid will join us for a discussion of medicine issues important to ensure senior safety. Please let your Care Committee know in advance of any questions you may have (how/when to talk with your doctor about the medicines and supplements you are taking, possible ways of obtaining less expensive medications, and alternatives to opioids). — or just bring your questions to the session. If there is enough interest, and members sign up in advance, he will even give you a flu shot at the event!

### New Website

A new website has been developed by AIS (Aging and Independent Services) to help families find quality Assisted Living Facilities. Check out: [choosewellsandiego.org](http://choosewellsandiego.org). While still in the early development stages, this site lists many facilities in the region which have been evaluated using multiple criteria.



**Blast from the Past 2013  
Villagers enjoyed Paris and  
the Eiffel Tower**





## *The Season of Love*

### *Hi Villagers*

I am pleased to be sharing this information with you regarding a very special upcoming event. Jim Caputo, a friend and neighbor of ours is an Award winning playwright. I have invited him to be a guest speaker at our November business meeting November 6. Jim's plays have been produced from coast to coast and his latest, *The Season of Love*, will have its world premier at the **Scripps Ranch Theater** from November 10th through December 10th. The theater is located just 15 minutes north of us at 9783 Avenue of Nations, San Diego 92131.

***The Season of Love*** refers to the holiday season, the season that brings out the best in us. Four stories about the variety of love and its power to transform. At times hilarious, at times heartbreaking, each begins with an encounter of two people at a challenging time of their lives. At our November meeting, Jim will speak about his play, and is bringing along Jill Drexler, the Artistic Director of the Scripps Ranch Theater. She is also a member of the cast of *The Season of Love* and will perform an excerpt from the play. As an actor / director / playwright, Jim will be happy to answer any and all questions you may have about the theater and the playwriting process.

I believe many of you will wish to see this play and I have therefore reserved 20 seats, for Sunday, November 26th at 2 p.m. The tickets are \$31.00. I can obtain additional tickets if needed. **Tickets must be paid for by check and given to Missy no later than November 21st. Also, kindly sign up on line indicating that you are attending. We can arrange for transportation from McDonalds.**

If you have never been to this lovely little theater, I believe you will be pleasantly surprised. This is our second year of having season tickets, and we have enjoyed each one very much. Please don't hesitate to call me with questions. (858) 560-7908.

***Warmly, Linda Rees***



**Recent Neighborhood Group Meetings**



### **TIDBITS FROM THE TIMEBANK**

If you are planning a fall get away and need someone to water your plants, look no further than in Time Banks "Offers by Category", under Garden and Yard work and choose one of the three offers for watering your plants while you are away.

There is not a shortage of offers to help with computers and smart phone problems either. If you have talents to share with other members, we would love to see it listed in the offers!

### **Halloween Pot Luck Luncheon**

**Tuesday – October 31, 2017**

**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 – Entree – Side Dish – Dessert**

**PRIZES FOR BEST COSTUMES**