



# Tierrasanta Village of San Diego

## Village Vibes

“Living for Today: Planning for Tomorrow”

November 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.

### Aloha Villagers by Joyce Muinos

Well, October, 2017, was not a good month for the Tierrasanta Village. In one week's time, we lost two long-time members and very good friends! Our sincerest sympathy to Marti Batchelder and Mike Rigdon. We will hold them and their families and friends in our thoughts and prayers!

It's a good time to reflect on our own lives and to be thankful for our blessings. For me, I realize what a wonderful opportunity I've had to meet and get to know so many of you! My BFF list grows every day that I am active in the TVSD! As the Golden Girls theme song says: “Thank you for being my friend”!

Both John and Clem lived and enjoyed life to the fullest and we all want to copy them! Check the articles in this issue of the Vibes for all the great activities the Village has going on in the next two months. You have every opportunity to enjoy a fun-filled holiday season and... add to your BFF list!

Your Board of Directors continues to try to make our Village better by creating and documenting practices that will serve us for many years; by establishing set dates for events that occur annually; by putting procedures in place to make the management of the Village easier for anyone who comes after the current board; and, by keeping enough events, classes, lectures, etc. on the calendar to satisfy everyone. We welcome your ideas! Please call, email, text or talk to any BOD member to share your ideas! Let us know what you want and what you like or dislike. We will be establishing goals and making plans for 2018 in the next few weeks. Make sure your voice is heard!

Finally, we saw recently how quickly a “limited-space” event could sell out. As you review the upcoming socials and outings, keep that in mind! If you want to be included, register today! The planning committee will thank you! Now...go make a new friend!



#### Care Committee Presentation

Attorney on Necessary Legal Documents

Jean Kerr



# Village Business

## Monthly Meeting

Our next monthly meeting

**Monday November 6**

**3 - 4:30 pm**

7th Day Adventist Church  
11260 Clairemont Mesa Blvd.

## Time Bank

**Orientation and Training  
November 14– 12:30-2:30 PM**

Calling All Time Bankers  
Register online or call the  
Office at 569-9119

## Website Training

**2nd Monday only or on request.**

10:30 am or by appointment  
RSVP required  
Register online or call the  
Office at 569-9119

## 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

A rather unusual  
Flag Pole  
Downtown San Diego

## 2017 Annual Donor Drive Kick Off

It is that wonderful time of year again when we start thinking about the holidays, giving thanks with family and friends at Thanksgiving, and holiday gift giving.

On December 1<sup>st</sup> we will be kicking off our TVSD 2017 Annual Donor Drive. It is time to start thinking about how much the Village means to us and how much we enjoy and appreciate our membership.

This year, our goal is \$18,000. Funds received during the Annual Donor Drive will be used to help cover expenses which are expected to increase in 2018. Your generous donation ensures that we can keep offering the wonderful activities, classes, socials, and events that make a difference in our lives.

We hope you will consider donating to our Annual Donor Drive. When considering a donation, think about why the Village is important to you. If the Village was not here, what would you miss the most?

Donating is easy and 100% tax deductible. On the TVSD website [www.tierrasantavillage.org](http://www.tierrasantavillage.org) click Support Us. Click: Making Donations, click: Donations-Year End. Your donation can be anonymous, if that works for you. Or, stop by the VMC and drop off your check.

The TVSD Board and Fund Development Core Team appreciate your support.

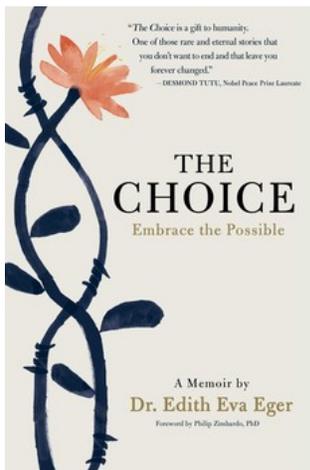
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## Author Talks – Cole & Dove Library

### 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 on 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*

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Jeanette Vlassis

*Volunteers*

*Marilyn Bente -*

*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 & Calendar

*Barbara Kanneman*

*Gayle Rolan*



**Special *Monet* Social Outing**

**November 2**

**Timken & San Diego Museum of Art in Balboa Park**

**9:30 Carpool from McDonalds**

10 – 11:30 Tour of Monet Paintings at Timken

Marti Batchelder will lead Tour

Restaurant for Lunch

**12 – 1 Restaurant for Lunch**

1 – 1:30 Walk to **San Diego Museum of Art**

1:30 – 2:30 Docent Tour of 3 Monet Paintings

**3 PM – Back to Tierrasanta**

**Applause to TVSD 2016 Annual Donor Drive Contributors**

TVSD raised \$21,045 during our 2016 Annual Donor Drive. A tremendous thanks to all who donated. Contributions were used to fill the gap between our income from membership, and the expenses required to keep our Village running.

A total of 51 members donated, representing 47% of our memberships. The TVSD board members would like to convey our thanks and appreciation to the following members, who agreed to be recognized, and were among the 2016 Annual Donor Drive contributors:

Barbara Allison

Marilyn Bente

Sue Christian

Nancy Fahien

Barb Kanneman

Jean Kerr

Barbara and John Lester

Trish and Ray Newbill

Gayle Rolan

Mike Rigdon

Judy and Martin Sandman

Janice Trantham and Mick Tartaglia

Eva Turner

Ginny VanBenthuyzen

Fran and Greg Zweibel

SUN	MON	TUE	WED	THU	FRI	SAT
		2:00 PM - 4 PM <b>Dr. Edith Eger- The Choice: Embrace the Possible</b>	1 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch	2 9:00 AM - Balance Class 9:30 AM - Monet Exhibit Timken + San Diego Museum of Art and Lunch 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	3 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Arabesque" <i>Spy Thriller</i> Gregory Peck - Sophia Loren	4
5 Daylight Savings Time Ends	6 9:00 AM - Chair Yoga 10:15 AM - Billiards 3:00 PM - MEMBERS MONTHLY MEETING - 3:00 P.M.	7 8:00 AM - <b>ELECTION DAY - VILLAGE OFFICE CLOSED FOR VOTING</b> 9:00 AM - Balance Class - <b>CANCELLED DUE TO ELECTION DAY - VOTING</b>	8 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	9 9:00 AM - Balance Class 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games	10 9:00 AM - 2 hour/2 + mile (Mission Trails) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	11
12 <b>See Box Above</b>	13 9:00 AM - Chair Yoga 10:15 AM - Billiards 11:00 AM - Website Training	14 9:00 AM - Balance Class 12:30 PM - Time Bank Orientation & Training	15 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Tierrasanta Village Book Club	16 9:00 AM - Balance Class - Canceled 10:00 AM - Mah-Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Men's Pampas Argentine Grill 12:30 PM - Games	17 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Poseidon Adventure" Gene Hackman - Shelley Winters (Oscar Nom.)	18 <b>S N A P</b>
19	20 9:00 AM - Chair Yoga 10:15 AM - Billiards	21 9:00 AM - Balance Class - Canceled	22 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	23 Thanksgiving <b>VILLAGE OFFICE CLOSED OVER THANKSGIVING</b> 5:00 PM - Thanksgiving Dinner @ Andiamo's	24 <b>VILLAGE OFFICE CLOSED OVER THANKSGIVING</b>	25
26	27 9:00 AM - Chair Yoga 10:15 AM - Billiards	28 9:00 AM - Balance Class 6:00 PM - BUNKO 6:00 PM - DVD Movie Party - Off Site	29 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	30 9:00 AM - Balance Class 10:00 AM - Mah-Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 PM - Board Of Directors Meeting	<b>SNAP</b> Saturday Nov. 18 - 5:30 PM Aladdin Mediterranean Café McDonald's 5:00 pm	



**Tierrasanta Village of San Diego  
THANKSGIVING DINNER  
Andiamo! Ristorante - 5950 Santo Rd.  
November 23, 2017 - 5 to 8 PM**



No plans for the Thanksgiving holiday? Why not join other Villagers for a special holiday group dinner at Andiamo Ristorante on Thanksgiving Day! Chef Antonio has planned a special 4 - course turkey dinner with all the trimmings for \$26 per person + tax / tip.

Regular menu choices are also available at listed prices.  
Reserve a place by Thursday, November 16th. Call the Office (858) 569-9119 or online ([www.tierrasantavillage.org](http://www.tierrasantavillage.org)).

Homemade Butternut Squash Soup  
with fresh cream, butter & pepper

**SLOW ROAST TURKEY**

Stuffing with giblet gravy, sausage, walnuts  
golden raisins \* brown butter sage  
Cranberry Sauce  
Yukon Gold Mashed Potatoes  
French Green Beans Almondine

**PUMPKIN TIRAMISU DESSERT**



Homemade Butternut Squash Soup  
with fresh cream, butter & pepper

**“BRODETTO” (Similar to “Cioppino”)**

Clams, mussels, calamari, shrimp & scallops  
sauteed with garlic & pepperonccini (mild  
red pepper spice). Finished with white wine  
& touch of tomato broth, fresh basil  
Herb/Garlic Flat Bread for dipping

**PUMPKIN TIRAMISU DESSERT**



## DVD Movie Party

Tuesday, Nov. 28, 6 pm.

### MAUDIE

Sally Hawkins/Ethan Hawke  
RSVP to Diane 858-292-0610  
Space is limited to 10 members

## Knit & Nosh

4th Wednesday – Nov. 29  
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 Nov. 15 – 7 PM

### “A Gentleman in Moscow”

by Amor Towles

The Book Club will not meet in December

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

Nov. 1 – 11:30

Choice of Mandarin  
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 – Nov. 3 – 12:30 - 2:30 PM

#### “Arabesque”

1966 Romance / International  
Spy Thriller  
Gregory Peck – Sophia Loren

Middle Eastern espionage thriller finds an Oxford professor & hieroglyphics expert (Peck) who gets hired by a mysterious Arab oil magnate to decipher a secret message. He then meets a beautiful spy who helps him to outwit paid assassins trying to kill a Middle East prime minister. But is she an ally or the enemy?

Friday – Nov. 17 – 12:30 - 2:30 PM

#### “Poseidon Adventure”

1972 Adventure

Gene Hackman – Shelley Winters  
(Oscar Nom.) – Leslie Nielsen – Ernest Borgnine – Red Buttons

On New Years Eve, a luxury ocean liner, SS Poseidon, is en route from New York to Athens, when suddenly a 90' tidal wave capsizes the ship. The few desperate survivors struggle against unbelievable odds & terror to climb UP to the BOTTOM of the ship, which is now upside down. Hopes of escaping are slim. The victims' intimate & personal stories, together with incredible special effects create a heart-pounding drama.

Gloria Stevens: 858-505-4188

### 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

## Romeo Club

Thursday, Nov. 16 - 11:30 to 2 PM

### Pampas Argentine Grill

RSVP on Website ASAP

### SNAP

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

Saturday – Nov. 18 – 5:30 PM

#### Khan's Cave

McDonald's 4:50 pm, Leave 5:10 pm  
Rhoda Keegan 278-3632  
Nancy Fahien 560-7431

## Village Hiking

Two hour/two + mile (Mission Trails), Shepherd Pond (/Tunnel) Loop On Fri, 10 Nov 2017 (second Friday) at 9 AM, we gather on Playa Cancun. (Drive east on Clairemont Mesa Blvd to Via Vallarta - by Catholic Church, turn left. Go past the Chinese Community Church to Playa Cancun, turn right. Open space appears on the right; go up to the gate opposite 5132 Playa Cancun, stop/park.) There's a gradual up-slope trek, then a 150 foot climb (on a 6 foot wide graded utility road) to the top of the mesa, then along the rim trail, and back down to the starting point. The route is partially 3 foot wide trail, & partly 6 foot wide graded gravel road. Chaparral is the predominant vegetation.. Bringing a hiking stick is recommended.

Two hour/two + mile (Tierrasanta Trails), Power-line Canyon (down)-Rueda (up)-Promesa Plateau (level) Loop. Fri, 24 Nov 2017 (fourth Friday) at 9 AM, we gather on Calle de Vida (under the power-lines). (Drive east on Clairemont Mesa Blvd. to the last right turn - Rueda Drive. Go south three blocks to Calle de Vida, turn left; drive a short distance to near the power-lines, stop/park.) This loop gives a good overview to some of the canyons we have in Tierrasanta. The view goes all the way to San Diego State University. The route is mainly utility roads, but there is some cross country. Bringing a hiking stick - we have some loaners, is definitely a good idea, as is long pants - to protect the legs.

Bob Muldrew: 858-292-8405

## 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

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## TVSD Happy Hour Informational Social For Prospective Members





Join the Social Committee and other villagers at Tom Ham's Lighthouse Restaurant for dinner and viewing the 46th annual San Diego Bay Parade of Lights. Boats will be decorated to fit this year's theme: "Arrgh. A Pirate's Christmas."

Date: December 17, 2017

Attendees are responsible for the cost of their own meals and drinks  
If you have questions or need a ride to this event.

Registration is now full but if you're interested in going, call the Front Desk to have your name put on the Wait List.

