



Tierrasanta Village of San Diego

Village Vibes

“Living for Today: Planning for Tomorrow”

July 2018

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.

Summer is Here – Joyce Muinos

Happy Summer, Villagers! We'll be dark the month of July for meetings, but, get ready because we have lots going on from now until the end of the year!

First up is the July 4th Independence Day Party at Mike Rigdon's home! This event filled up before the General Meeting was over! Thank you, Mike, for hosting!

Next is the first Tierrasanta Concert in the Park, scheduled for July 13th. Let's gather our friends, chairs and snacks and celebrate together under the stars! This is a free event and it's close to home. We'll see you there!

Check the monthly calendar for other on-going events, classes and socials. No reason to be bored this summer!

Of course, many of us are involved in the “Lisa” trial. I'm so excited that we were given this opportunity and we look forward to a long and interesting relationship with our friends at Cuida. If you're involved, please take the time to work

with the device and prepare feedback for the team. That's how we'll make this program beneficial for all seniors! I'm actually enjoying Lisa's pleasant conversation in the mornings. What a great way to review your calendar and start the day!

I can't end this missive without a most important request. We have seriously begun our search for a new Care Team chair and co-chair. Please take a moment and ask yourself what you could do to help. Maybe you could head up the team, or, maybe, you have someone in mind that would be perfect. This is one of the most important teams in our Village! Talk to your friends. Some people just want to be asked!

Remember, you won't be on your own...Jean & Joan will happily share advice & guidance and Linda Rees has been the liaison for several years. She, too, will work closely with the “newbies”.

Thanks in advance, for helping us find the perfect candidates!Sunny skies!



Village Business

Monthly General Meeting

No Meeting in July

7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training
By appointment Only,
Call the Office at 569-9119

Website Training

By appointment Only, Call the
Office at 858-569-9119

Balance & Strength Class

Tuesday & Thursday 9 AM
Instructor: Mary Maine

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 AM – VM Clubhouse

Aging & Independent Services

Tai Chi Class

Wednesday and Friday at 10 AM
Open to the entire community.

Friends of the Tierrasanta Library Used Book Sale

Friday, July 6

11:30 to 5:00

Saturday, July 7

9:30 to 3:00

Monday, July 9

11:00 to 5:00

Cover Photo
US Flag at Heritage Park

Coral Tree Tea House – Heritage Park June 2018 – Social Event



Daytime Bunko Group

Daytime Bunko has started! It is held on the 2nd Thursday
of the month, which is Game Day at the Clubhouse.
Sign up on the calendar for the next bunko day,
July 12, from 12:30-2:30.

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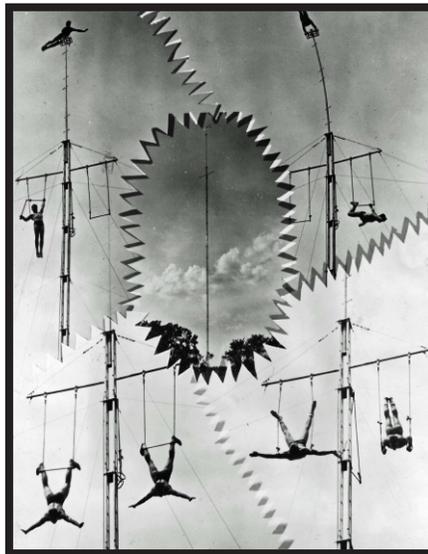
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Vibes Staff

Editor.....Mike Rigdon

Proofing, Event & Calendar

Missy Rainier - Gayle Rolan



"Can You Believe it"

Back in his College Days in Illinois John Witt was on the Gymnastics Team. The members would perform without a net from 50-60 foot towers for competition and entertainment.



John Witt is still an Ace Pool Player

I would like Villagers to submit photos and stories for future Vibes like the one you see here!!!

Mike Rigdon

Eva Turner and Carmela Cavero, Viacha neighborhood captains, entertaining their Villagers with a delightful afternoon tea.



Midway Speakers Bureau - Talks at the Tierrasanta Library

July 13: Surprises, Milestones & Disasters

The USS Midway—America's longest-serving aircraft carrier of the 20th century—had its share of hair-raising missions, pranks, heartbreaking disasters, and remarkable accomplishments. Shared by about 150,000 sailors whose average age was only 19! Find out why "Midway Magic" became universally known throughout the Navy.

Time Bank

Reciprocity, that is the title of one of the 5 Core Values of our Time bank. It further states that "we need each other. Giving and receiving are the basic building blocks of positive social relationships and healthy aging in place." The illustration of this value has been the experience of members who have used their time credits last month for airport transportation, cooked meals at home and even obtaining home cooked chicken stock. If you have not looked at the website, please take a look, there are more offers as well as requests. You may be able to respond!

The Ice Cream social scheduled for August 11 at the Walsh's will be rescheduled for a later date due to travel plans changing.

Tierrasanta Village of San Diego

July 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - No Members Monthly Meeting	3 9:00 AM - Balance Class	4 Independence Day CLUBHOUSE CLOSED! 12:00 PM - 4Th Of July Mike Rigdon's Social	5 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	6 8:30 AM - Walks with Bob 1.5 hour/1.5+ mile (Mission Trails) 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	7
8	9 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	10 9:00 AM - Balance Class	11 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	12 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games BUNKO	13 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Chicago" Renée Zellweger, Catherine Zeta-Jones Richard Gere	14
15	16 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	17 9:00 AM - Balance Class 6:00 PM - BUNKO	18 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Village Book Club	19 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Pampas Grill 12:30 PM - Games	20 8:30 AM - Walks with Bob 1.5 Hr/1.5 Mile T. Canyons 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	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 6:00 PM - DVD Movie Party "PHANTOM THREAD" Daniel Day-Lewis & Vicky Krieps	25 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	26 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	27 CLUBHOUSE CLOSED FOR PRIVATE PARTY	28
29	30 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	31 9:00 AM - Balance Class	August 1	2	<div style="border: 2px solid black; padding: 5px;"> <p>SNAP (Singles Network of Active People) Saturday - July 21 - 5 PM McDonalds Carpool at 5 PM Admiral Baker Field Restaurant Mission Gorge</p> </div>	

DVD Movie Party

Tuesday, July 24 at 6 pm

PHANTOM THREAD

Daniel Day-Lewis & Vicky Krieps

RSVP to Diane Levine 858-292-0610

Knit & Nosh

4th Wednesday – July 24

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
phone: 278-8847

Village Book Club

No Book Club in June.

July Book:

Sandcastle Girls
by Chris Bohjalian

Contact: JoAnne Kuelbs
858-292-1578

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.

Cool Games

Thursdays 12:30-2:30

Come join us for games on Thurs. afternoons.

Donna Dobey
858-279-0964

Mah Jongg

Thursdays -- VMC – 10 to Noon

This is an RSVP game...A new group can be formed for beginners.

Contact: Fran Zweibel

Evening Bunko – 7/17

3rd Tuesday of Month
6:00 PM (offsite)

This is an RSVP game limited to 16 players.

A daytime bunko group may start soon.

Interested? Contact: Ginny VanBenthuyzen

Village Interest Groups

Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 292-8405

The pool table area is open for play anytime weekdays.

8:30 am – 2:30 pm

Film Classics

“Chicago”*

Friday – July 13 – 12:30N-2:30PM

Musical – 2002

Richard Gere – Catherine Zeta-Jones –

Renee Zellweger –

Queen Latifah – John C. Reilly

The Musical CHICAGO is a dazzling spectacle cheered by audiences & critics alike in 2002. It's a rowdy, rollicking, jazz-soaked big-screen adaptation of the small-hit musical about 2 beautiful dancers' competitive, deadly desires for fame & fortune, & what they'll do to achieve them.

The story is set in the City of Chicago during the roaring 1920's, with alcohol Prohibition in full force, and a proliferation of jazz, booz, speakeasies, and rampant crimes of passion. At a time when crimes of passion resulted in big celebrity headlines, nightclub sensation VELMA KELLEY (Zita-Jones) & spotlight-seeking ROXIE HART (Zellweger) both find themselves sharing space at Chicago's famed “Murderess” Row prison (both for murder of cheating men)!

They also share the services of Billy Flynn (Gere), the town's slickest lawyer with a talent for turning notorious defendants into local legends. When Flynn makes ROXIE a tabloid sensation, he sets up a musical catfight between the all-too-willing rivals. In Chicago, there's only room for one legend – VELMA or ROXIE – not both!* Winner of 6 OSCAR Awards (Best Picture, Supporting Actress, Art Direction, Sound, Film Editing, Costume Design) – as well as 7 OSCAR Nominations (Cinematography, Director, Music Song, Adapted Screenplay, Best Actress, Best Actor, Best Supporting Actress).

NOTE: There will be no movie on Friday, July 27th. A private party booked the Clubhouse for the day.

Gloria Stevens: 858-505-4188

Lunch Bunch

Dark in July

Mike's 4th of July Event

Mike Rigdon: 858-300-6821

Romeo Club

July 19 – 11:30

Pampas Argentine Grill

8690 Aero Drive by Montgomery Field
Carpool at 11:15 from McDonalds

SNAP

(Singles Network of Active People)

Saturday – July 21 – 5:30 PM

Admiral Baker Field Restaurant

Carpool from McDonalds at 5 PM

RSVP to Nancy at 560-7431

or Rhoda at 278-3632

Hiking With Bob

Do not register on Website; email, phone, or just show up. From the monthly June Village meeting: Exercise is good - for your health; recent published studies indicate that you'll live longer. Regarding falls, our Village seems to have an above average number - perhaps over once a quarter, including some broken hips. With hiking (over uneven ground), we learn to look where we place our feet (& be more aware of balance).

1.5 hour/1.5+ mile (Mission Trails), Rim trail to four corners to Tierrasanta mini-mount to Suycott Wash loop. On **Fri, 06 Jul 2018** (first Friday), we gather at 8:30 AM on the east end of Clairemont Mesa Blvd. (Drive east on Clairemont Mesa to - just outside the staging area - entrance to the regional park; stop/park on the street.)

1.5 hour/1.5+ mile (Tierrasanta Cyns), South Rueda Canyon lower loop (including Viacha Ridge golf course overlook & cross canyon trail): On **Fri, 20 Jul 2018** (third Friday) at 8:30 AM, we gather at the the south end of La Cuenta Drive. (Drive south past the Tierrasanta library & fire station to the very end; stop/park.)

In general, utility roads are at least 6' wide, and trails are mostly at least 3' wide. Vegetation in Mission Trails is mostly chaparral - plus some cactus & oaks (in canyon bottoms). Tierrasanta Canyons receive more rain runoff (down bottom) from the slopes and are more lush.

Bob Muldrew: 292-8405



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May 30, 2018

Tierrasanta Village of San Diego
San Diego, CA 92124

Dear Friends:

Thank you so much for your support of the VA San Diego Healthcare System with your donation of 40 handmade crocheted lap blankets. We are very grateful for your concern for our patients.

It is donations such as yours that make the VA San Diego Healthcare System special for the men and women who need our assistance. Your donation contributes greatly to the welfare and comfort of our patients at the Medical Center as well as the Outpatient Clinics.

As the Chief of Voluntary Services, I am always proud of the support we receive from those who share their time, talents, and energy with our Nation's Heroes. An organization such as yours or one individual can make a big difference to our Veterans Nation's Heroes.

An organization such as yours or one individual can make a big difference to our Veterans.

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

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,

Thank you for your generous donation of lap and baby blankets. Your gift allows Armed Services YMCA San Diego to fulfill our mission of enhancing the lives of military members and their families in mind, body and spirit through programs and services that are relevant to the unique challenges of military life.

Because of donations like yours, last year **66,852** enlisted active duty military members and their families were able to participate in no-cost or low cost activities like:

- Enrolling their children in after-school programs, holiday and summer camps
- Obtaining individual, couples and/or family in-home clinical counseling
- Participating in classes and events that bring military families together
- Receiving rehabilitative services and family support while at the Naval Medical Center

Your thoughtful contribution means the world to those who serve our country so selflessly.

We would like to invite you to a special tour where you can see what we do in person and hear from our program staff exactly how military families are assisted. It will give us a chance to thank you in person for your kindness as well.

Ms. Inouye, if you would like to join us or have any questions, please don't hesitate to contact Teresa Contreras, Director of Donor Relations, at 858-751-5755 xt.104 or tcontreras@asymca.org.

We very much appreciate you joining us in honoring these truly deserving military members and their families here in our community. Thank you again.

With warm regards,

Tasha Castro
Office Manager / Development Associate



Tierrasanta Village of San Diego Village Business Supporters

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TierrasantaAce.com

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858-204-8204 (cell)

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10% off any purchase except
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858-268-0810

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858-277-4131
pctraining@pacbell.net

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with your membership card
5950-J Santo Road
858-292-5049

Beautician

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



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Kim Klecan Owner/Realtor,
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619-261-9612



**What's all the Buzz About?
Native Bees in Tierrasanta Gardens
Saturday, July 28 – 2:00 p.m. – Meeting Room**

Come hear the "buzz" about native bees in Tierrasanta gardens
This is a 45 minute presentation by Julie Serences of the Xerces
Society for Invertebrate Conservation. You'll learn about the
fascinating life cycle of our TS native bees, why backyards are an
important part of preserving biodiversity, and how we can attract
them to our landscapes. Watch out - bee watching can be addictive and can add a whole new
level of entertainment to your outdoor experiences. It's free. Sponsored by Xerces and The
Friends of the Tierrasanta Library for more information jpserences@gmail.com.



Residents of Tierrasanta Village Marilyn Bente and Bradlyn Mulvey chat during Bunco recreational activity.



Marilyn Licht, Jeanette Vlassis, Barbara Kanneman and Candy Walsh play Bunco, one of their many social interactions

Tierrasanta Village connects aging residents to one another. The goal is to help seniors stay longer in their homes, by everyone pitching to provide services they can barter.

National 'village' concept for aging in place catching on here

For people reaching retirement age, the future can seem daunting. How can they maintain their independence for as long as possible?

For those who are single and don't have children, who will help them as they need it? For those with children, is relying on their offspring undesirable or impossible? Will aging-in-place – living in one's home for as long as one can – be a viable option?

Possible answers to these questions may lie in a 21st century idea that is spreading across the country. Sometimes called "the village movement" or "virtual villages," it is the concept of building community among neighbors to provide social and practical support to each other.

Candy Walsh, 67, co-founded Tierrasanta Village of San Diego (TVSD), which officially began in 2008. The model was Boston's Beacon Hill, which was established in 2002 and is the first known such village in the United States. It was launched to create connections among people who want to live independently in their older years. Walsh is a longtime resident of Tierrasanta. She lives there with P.K., her husband of 46 years, and they have a son who lives abroad.

"When I retired, I realized that I hadn't kept the relationships I had during my son's childhood. Did I know my neighbors? Not so much. I needed to get to know who's who in the zoo. This village has helped us build a community within the community."

TVSD has 110 members and the group rents a neighborhood clubhouse five mornings a week for chair yoga, games and other activities. TVSD's annual fees are \$290 for single people and \$395 for a household.

The village's nine "core teams" handle administration, social activities and care, exercise and wellness. The latter,

three-pronged core team makes sure villagers who are sick or frail get needed help.

Walsh founded and manages TVSD's TimeBank, which has gained praise as a pioneering concept. "The concept is members helping members," she said, "We have 60-plus members who participate. If you're planning on an event and you need a table and chairs, you can see who has offered them and borrow them. Then you work out a time credit with them. Typically, it works where one hour equals one credit. Right now, it's whatever you think is fair. "We make sure that people offering to drive have driver's licenses and someone offering carpentry has the tools and skills to do it. It's basic common sense."

Beyond San Diego: The Village Movement

The Village to Village Network is a national organization dedicated to helping local villages thrive. Established in 2010, the network estimates that 200 villages are operating in the United States, with 150 more in development.

The state's villagers are also getting organized. Launching with two regional meetings last month, Village Movement California seeks to foster "a transformed experience of aging across the state." It promises to help members by helping them to develop and promote villages' individual brands and providing tools that help villages make a greater impact.

"I was 55 when I started with the village," Walsh recalled. "My family said: 'This is for older folks.' But I said to them: 'I'm going to be one.'"

"If more people take the time to organize themselves now, they will find this one of the best things they've done," she said. "If you're planning to stay in your home and your community, and you connect with those of like mind, it will work."