



Tierrasanta Village of San Diego **Village Vibes**

“Living for Today: Planning for Tomorrow”

October 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.

Villagers Celebrate TVSD 10th Anniversary Banquet



Top: TVSD Founding Members at the Butcher Shop Banquet, September 27, 2018

Below: Groups, Tables, and Special Guests..... See all photos at:

<https://rigdon.smugmug.com/TVSD-Material/TVSD-10-Year-Anniversary-Banquet/>



**TVSD, 10601 Tierrasanta Blvd. #G-405, San Diego, CA 92124....Phone 858-569-9119...Email...tierrasantavlg@gmail.com
We meet at the Villa Monterey Clubhouse, 5275 Rimpark Lane....On the Web: TierrasantaVillage.org**

Village Business

Monthly General Meeting

October 1 – 3 PM

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 9 AM

Instructor: Lesley Norris

Chair Yoga for Seniors

Monday, Wednesday and Friday
9 AM – VM Clubhouse

Aging & Independent Services

Tai Chi Class

Wednesday and Friday at 10 AM



**The Social Event for August was a hit
They enjoyed a great concert at the
Spreckles Organ Pavilion in Balboa Park**



Never Say Never

This is a short synopsis of my recent life. Years ago, when the Vibes was young, I wrote bios of several of our members. Then I changed gears to concentrate on more personal health issues. Why? Mushrooming symptoms with no cures in sight. By July 2017 I looked like the "before" photo on the left and could walk for only 5-10 minutes.

At that time I happened to attend a meeting of my Dystonia Support Group.

Almost all the members, who have movement disorders, get regular Botox injections. At the July meeting someone spoke about all her symptoms with no cures and how she made her comeback with whole body treatment: no drugs, no surgery, no doctors. The next week I, too, was doing squats, learning about core strength and starting the process of getting my body balanced. It would be slow, but safe and effective.

Six months later, the photo on the right showed better posture, and I was hiking up to two hours. Last month, on September 11, 2018 a three-hour hike with Friends of Tierrasanta Canyons took me to the top of North Fortuna

Mountain for the first time. My training team was impressed! I'm ready for the next level!

Lessons learned:

1. The body, even the brain and spine, can be restored in later life with exercise and restorative massage.
2. When traditional medical science doesn't have a treatment, look around for new alternatives.
3. I can't help others when I need care for myself. **Listen to friends!**

.....Arlene Hitchcock



**Long Time Balance Class
Instructor, Mary Maine at the
last Class in September.
Good Luck to Mary**

Cover Photo

US Flag
on the USS Constitution
in Boston Harbor



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

Annual Donor Drive Kicks Off November 1st

The Annual Donor Drive is a chance for all of us to pay it forward to ensure our Village thrives for many more years. This year's drive will be November 1st to December 31st. Our goal is to raise \$14,000, and with the help of all our members we'll easily go over the top.

Funds raised will be used to cover the gap between our income from membership fees and our operating expenses. We also use Annual Donor Drive donations to pay for extra programs and events like the Holiday Dinner.

In November, you'll receive a letter in the mail from the Village about the Annual Donor Drive. November is a time of giving thanks for all the blessings in our lives. We hope you will consider a gift to TVSD as your way of saying thanks for all the blessings the Village brings to your life.

HELP WANTED

Do you like to organize events and get people together to socialize?

The Fund Development Committee needs a Co-Chair to take the leadership on developing and overseeing about two fundraisers a year. You'll have a committee to help do the work, and make sure events are successful. This would be a fun way to get more involved with the Village and make new friends.

The following are potential fundraising events that might be selected for next year: Restaurant Fundraiser (like Square Pan Pizza), Bunco, or Raffles. These fundraisers would be like those that raised money to fund the 10 Year Anniversary. Money raised in future events would be used to help cover TVSD operating costs.

If interested, or for questions, contact Janice Trantham at 858.278.0016

Membership Team News

Memberships Renewals: We'd like to give a big shout out to all of the members who have renewed their membership in August and September. Cheers to getting started on another year of great activities!!

New Members: We'd like to welcome back *Becky Lunneberg* and *Jo Carle* and also welcome our newest members, *Margo Minan* and *Dorothy Grisson*.

October 16 Open House: Everyone is encouraged to invite prospective members to the Village Open House on October 16. Guests will see all we have done during the past 10 years and learn all about what our Village has to offer! The Membership Team will be there to greet guests and answer any questions they might have about the Village.

Scams and Frauds: What to Look For & How to Protect Yourself **Wednesday, October 17th, 11:30 am in the VMHOA Clubhouse**

It is estimated that one in five Americans over 65 has been subject to scams or financial fraud, often with disastrous consequences. In 2016, over 16 billion was lost to such schemes in just one year! But the numbers underestimate the true scale of the problems. AARP estimates that the three most common scams targeting seniors are Medicare cards, jailed grandchildren and IRS imposters. But other frauds can also steal your happiness, be they early-inheriting kids or self-rewarding brokers. Certain times of your life, such as retirement or death of a family member, can also make you vulnerable.

Join fellow TVSD members on Wednesday, October 17th, 11:30 am in the VMHOA Clubhouse for a lively discussion with Sue Rutledge, who is an internationally renowned financial expert based in Washington DC. She has advised over thirty countries worldwide on matters of financial-consumer policy. She will talk about common scams affecting seniors and what you can do to protect yourself.

This is a Lunch & Learn Program – Registration is required! A fee of \$5 per person will cover a lite lunch and drinks. Pay at the door or in advance to Missy. Limited space. Must register no later than Oct. 12, 2018!

2019 Fundraising Committee Needs Volunteers

Plans for fundraising events in 2019 are just getting started. It's not too soon to start thinking about 2019. It will be here before you know it.

A new Fundraising Committee is being formed under the leadership of Anne Hoffman--yeah!! Committee members include, Barbara Lohne, Marilyn Bente, Trish Newbill (Advisor), Jeanette Vlassis (representing Barbados) and Ginny VanBenthuyzen (representing the Rueda Group). Many thanks to Anne and all the committee members who have stepped up to say "Yes, I'll help."

Committee members will be using lessons learned from the 10th Anniversary Committee to plan restaurant fundraisers and raffles for 2019. Money raised will be used to help the Village keep offering all the great programs and events that we love.

If you would like to join the fun and help with 2019 Fundraisers, contact Janice Trantham; (858) 278-0016 or email: jtranth1@san.rr.com.

TVSD Board of Directors

The TVSD Board of Directors is pleased to announce that Bradlyn Mulvey and Marc Narkus-Kramer have agreed to step in and Co-Chair TVSD's Care Committee. Bradlyn will assume her responsibilities immediately and Marc will join her in a few months after he has finished moving into his Tierrasanta home.

As you all know, long-time Co-Chairs, Jean Kerr and Joan McGeachy informed us several months ago that they needed a break. Both served us for several years and it was time to give up some of the responsibilities of leading the Team. Both will continue to serve and continue to assist our new chairs. I want to thank Jean and Joan, again, for being so patient and staying with us while we recruited Bradlyn and Marc.

Once again, I am blown away by the generosity of our membership and their willingness to donate their time and talent to our TVSD. Both Bradlyn and Marc have the experience and qualifications to help our Care Committee continue to be a very important part of our Village. Let's give them all the support that they need or ask for!

Joyce Muinos

DON'T FALL FOR IT!

TUESDAY, OCTOBER 9, 2018: 1:00 – 2:30 PM AT THE VMC:

Have you or a loved one slipped or fallen lately? You are not alone! The good news is that many falls are preventable if you know what to do. A speaker from the San Diego Fall Prevention Task Force will teach you: 1) What can cause a fall 2) Interventions to help prevent falls
3) How to modify your home to make it safer and how to empower yourself.

Please register online if you wish to attend this session. Space is limited to 40 members.

FALL RISK ASSESSMENTS

WEDNESDAY, OCTOBER 10, 2018: 1 - 2:30 PM AT THE VMC:

Members from the County of San Diego Fall Prevention Task Force will join us at the VMC to evaluate your risk of a fall, and make recommendations to empower you. **Please register online for a 15-minute screening and recommendations. Space is limited to 40 members.** While you are waiting for your turn to be screened you will be able to view the AIS "Don't Fall For It" video.

Advice from the Care Committee

- 1) If you are 50 or older and had chickenpox, you are at risk of getting shingles. Find out about what to do—see the ***Tierrasanta Village of San Diego Website***.
- 2) Lunch and learn about innovations and tips for better hearing.
See the TVSD Website for more information!
3. Shots aren't for just kids! Flu season is almost here!
Talk to your doctor and get it covered.

Tierrasanta Village of San Diego

October 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - Members Monthly Meeting - 3:00pm	2 9:00 AM - Balance Class	3 9:00 AM - Chair Yoga 10:00 AM - Tai Chi - CANCELLED 11:30 AM - Lunch Bunch Pinto Thai Cafe	4 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 1:00 Membership Team Meeting (offsite)	5 8:30 AM - Walks with Bob - 1.5 hr/1.5+ mi Hike - Tierrasanta Canyons 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	6
7	8 Columbus Day 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	9 9:00 AM - Balance Class 1:00 PM - Don't Fall For it !!	10 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 1:00 PM - Fall Risk Assessment	11 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 3:30 PM - Rueda Group Social	12 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies -- Signs <i>Mel Gibson</i>	13
14	15 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	16 9:00 AM - Balance Class 4:00 PM - Village Open House 6:00 PM - BUNKO	17 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 - 1:00 PM - Lunch & Learn -- Scams & Frauds 7:00 PM - Village Book Club	18 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - Romeo - Choice of Mandarin 12:30 PM - Games	19 8:30 AM - Walks with Bob - 1.5 hr/1.5+ mi Hike - Mission Trails 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	20 S N A P
21	22 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	23 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting	24 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	25 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	26 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies The Astronaut's Wife <i>Johnny Depp</i> <i>Charlize Theron</i>	27
28	29 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	30 9:00 AM - Balance Class 6:00 PM - DVD Movie Party "Won't You Be My Neighbor?" <i>Joanne Rogers</i> <i>Francois Clemmons</i>	31 Halloween 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - 2 PM - Halloween Potluck & Party	<div>SNAP (Singles Network of <u>A</u>ctive <u>P</u>eople) Saturday - October 20 - 5 PM McDonalds Carpool at 5 PM Mimmie's Café Mira Mesa Blvd. off I-15</div>		

DVD Movie Party

Tuesday, October 30 – 6 pm

"Won't You be my Neighbor?"

Joanne Rogers – Francois Clemmons

RSVP to Diane Levine 858-292-0610

Knit & Nosh

4th Wednesday – Oct. 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

3rd Wednesday Oct. 17 – 7 PM

Factfulness

Hans Rosling

Contact: JoAnne - 858-292-1578

Bridge Games

Offsite

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 Thursday 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 – 10/16

3rd Tuesday of Month

6:00 PM (offsite)

This is an RSVP game limited to 16 players.

Contact: Ginny VanBenthuyssen

**HUSBANDS ARE THE BEST
PEOPLE TO SHARE YOUR
SECRETS WITH.**

**THEY'LL NEVER TELL
ANYONE BECAUSE THEY
AREN'T EVEN LISTENING.**

Village Interest Groups

Film Classics

"SIGNS" --Mel Gibson

Friday – October 12 – 12:30 N - 2:30 PM

Science Fiction Thriller – 2001

Graham Hess (Gibson) is a farmer in Bucks County, PA. One day he wakes up to find a 500-foot crop circle in his corn field. Thinking it's a prank by local kids, he calls Police. Then on radio & TV he hears that besides his & his neighbors, these circles have also appeared in other U. S. cities, & in other countries worldwide. They're told that invading extraterrestrial aliens are responsible for these signs.

There are also reports of lights from invisible objects over Mexico. Graham & his family watch, with dread, the news of more & more crop circles being found worldwide. Then they hear strange noises from a baby monitor in their house, but cannot find their source. Are aliens communicating? Are they here already? SIGNS is the emotional story of a family as they encounter the terrifying last moments of life as the world is being invaded.

"The Astronaut's Wife"

Friday – October 26 – 12:30 N - 2:30 PM

Science Fiction Thriller – 1999

Johnny Depp – Charlize Theron

Spencer Armacost (Depp), a NASA astronaut, & his school teacher wife (Theron) are a seemingly perfect couple. Their lives are momentarily shattered when Spencer & a second astronaut are sent into space on a mission to service a satellite.

Radio communication with the NASA Command Center was suddenly stopped & cut off for 2 terrifying minutes. Then, contact with Earth is mysteriously restored. What happened up there? Spencer & his partner return to Earth seemingly untouched by the experience--but are they really the same two people upon their return? They seem very different!

Neither Spencer nor his wife know that those 120 seconds of terror will ultimately threaten their sanity, their future, & their lives in this heart-stopping psychological thriller the critics call "One scary edge-of-the-seat nightmare!"

Gloria Stevens: 858-505-4188

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

Lunch Bunch

October 3 – 11:30

Pinto Thai Café

Romeo Club

October 18 -- 11:30

Choice of Mandarin

SNAP

October 20 -- 5 PM

Mimmie's – Mira Mesa

Carpool at McD – 4:30 PM

Hiking With Bob

**Do not register on Website
email, phone,
or just show up.**

1.5 hour/1.5+ mile (Tierrasanta Canyons), South Rueda Canyon loop. On Fri, 05 Oct 2018 (first Friday), we gather across the street from the pathway to open space between houses #10936 & #10940 on Baroque Lane at 8:30 AM. (Drive east on Tierrasanta Blvd to La Cuenta Drive; turn right. Go - past the library & fire station - to Baroque Lane; turn left. Go the equivalent of about six regular city blocks; the street descends & turns to the right - you're there.)

1.5 hour/1.5+ mile (Mission Trails), Tierrasanta Mini-Peak loop. On Fri, 19 Oct 2018 (third Friday), we gather at the east end of Clairemont Mesa Blvd (on the street outside the dirt parking area) at 8:30 AM. Along the way, we'll gaze at our own namesake mini-mountain.

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

Bob Muldrew: 292-8405



It's THAT spooky TIME of YEAR AGAIN! TIME for TVSD's HALLOWEEN potluck.

DATE: Wednesday, October 31, 2018

TIME: 12 NOON TO 2:00 PM

PLACE: TVSD Clubhouse



WEAR A COSTUME if you WANT A CHANCE TO WIN A door prize.

RSVP by Monday, October 29th online.

REGISTRATION is NECESSARY as space is limited.

SIGN up for the dish you ARE BRINGING at the clubhouse. QUESTIONS? Call Missy.

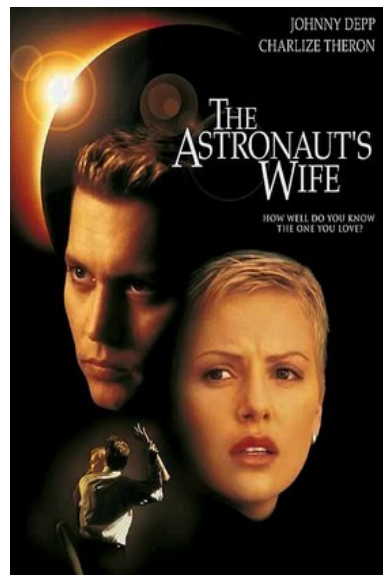


CLASSIC MOVIE

"SIGNS" Sci-Fi Thriller

October 12, 2018
12:30 – 2:30 PM
VM Clubhouse

See Page 6 for
Review



CLASSIC MOVIE

"Astronaut's Wife" Sci-Fi Thriller

October 26, 2018
12:30 – 2:30 PM
VM Clubhouse

See Page 6 for
Review



Won't You Be My Neighbor?

Joanne Rogers – Francois Clemmons

PG-13 – 1 hr 34 min.

Tuesday, October 30, 6 pm, at my home: 5429 Oakleaf Pt. Fred Rogers, an unassuming minister, puppeteer, writer and producer, was beamed daily for over 30 years into American homes. In his beloved television program, **Mister Rogers' Neighborhood**, Fred and his cast of puppets and friends spoke simply and directly to young children about some of life's weightiest issues. It was an unparalleled program never since duplicated.

RSVP to Diane Levine – 858-292-0610

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

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

Gaetano's Italian Restaurant Monday-Thursday

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10615-H Tierrasanta Blvd
858-565-1665

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Tierrasanta Blvd
858-560-5420

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858-292-8633

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Cannot use with other coupons
5250 Murphy Canyon Road
858-569-7499
longislandmikespizza.com

Tierrasanta Ace Hardware

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

**These
Local Businesses
support
our Village.**

**Be sure to
support them.**

Magic Mel Hair Creations Van T. Truong Aesthetician

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

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

Computer Services Computer Consulting

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

Klassic Dry Cleaners

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

Beautician

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

RUEDA Neighborhood Group Social

WHEN: Thursday, October 11, from 3:30-5:00 PM
WHERE: Patty Mudd's home (11005 Pallon Way)
WHY: Fun, snacks, camaraderie! It's nice to get to know
and visit with people in the Village who live near us!
RSVP: to **Ginny** at gvanbenthuyesen@gmail.com or
858-268-8348 OR **Patty** 858-278-3627