



Tierrasanta Village of San Diego **Village Vibes**

“Living for Today: Planning for Tomorrow”

March 2019

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.



Thirty two Villagers braved a wild winter storm to attend an excellent Valentine Day Lunch at Andiamo's Italian Restaurant. Each lady received a red rose and box of chocolates.



To see all photos: <https://rigdon.smugmug.com/TVSD-Material/Valentine-Day-Lunch-at-Andiamos/>

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

March 4 – 3 PM
7th Day Adventist Church
11260 Clairemont Mesa Blvd.

Time Bank

Orientation and Training
By appointment only,
Office at 858-569-9119

Website Training

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

Balance & Strength Class

Tuesday 9 AM
Instructor: Lesley Norris
Thursday 9 AM
Instructor: Robert Tillung

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.

Cover Photo
Colors
of the Season
Valentines Day



TVSD's Annual St. Patrick's Day Potluck

When: Friday, March 15, 2019
Time: 12:00 P.M. to 2:00 P.M.
Where: Clubhouse

RSVP required as space is limited.
Please register online or call the Clubhouse.

Sign-up at Clubhouse with the type of dish you are bringing to the Potluck.

Questions? Contact Marilyn Millikan at
mmillikan01@icloud.com



The All-Volunteer Tierrasanta Village of San Diego
Invites You to a

VOLUNTEER WINE, CHEESE & DESSERT PARTY

Friday, March 15th, 2019, 4:00 – 6:00 pm

At the Portofino Clubhouse ~ 10690 Escobar Drive, Tierrasanta

Let's celebrate the generous volunteers who donate their time & talent to our TVSD.
We'll have wine, water, tea, coffee, a variety of cheeses & desserts.

It's just for fun! Help us celebrate YOU!

Registration is a must! www.tierrasantavillage.org

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TIERRASANTA VILLAGE

Of San Diego

"Living for Today; Planning for Tomorrow"



Please Join Us

- What:** Tierrasanta Village Informational Happy Hour for Prospective Members
When: Tuesday, April 30, from 3:00-5:00 PM
Where: Villa Monterey Clubhouse - 5275 Rimpark Lane, 92124
Why: Enjoy visiting with Tierrasanta friends and learn about the Tierrasanta Village
RSVP: by Tues., Apr. 23, to the Village office at 858-569-9119 (Mon.-Fri. 8:30-12:30)

Informational Happy Hour for Prospective Members

The Membership Team is sponsoring an *Informational Happy Hour* for prospective members on **Tuesday, April 30, from 3:00-5:00 PM at the Clubhouse**. Our guests will learn about how we are organized and why members love the Village. It's a great opportunity for guests to meet other Tierrasanta residents and learn about our Village. Light refreshments will be served. Village members are invited to come if they bring a prospective member. Please consider inviting your friends and neighbors.

TVSD Event: Seniors Driving Safely

Wednesday, March 27, 2019 (12:30 - 2:30 pm) @ the VMC

Members Only / Must Register Online

There are many medical issues and issues just associated with aging that can significantly impact our driving ability. This event addresses these issues and makes recommendations regarding what seniors need to do to remain safe. The issues are related to changes in health which include vision, hearing, cognition and medications used.

You will receive a handout which will enable you to evaluate your ability to drive, and will include website information.

Marc Narkus-Kramer will share research and will ask for you to provide your own ideas.

Tidbits from the Time bank

Spring is near! Time to think of new beginnings. One of the core values of time banking is to strengthen community by sharing time and talents with each other. There are more than ten categories of OFFERS on the website. If you haven't listed an offer or a request please review the categories and see how you can help or be helped. There is such a variety; from help with gardening to companionship to go to sporting events and restaurants. There is help with computers and smart phones and offers of items to borrow for special occasion.



Chinese New Year Event
on February 23



Old Globe Tour, Monday Feb 18, 2019

This tour includes all three theaters: Old Globe, White (theater in the round) and Festival (Shakespeare in the summer time). The Villagers were divided into two groups, each with its own docent.

Cheers, Villagers!

I sincerely hope that you've all managed to stay warm and dry over the last few weeks. Our weather is crazy! It's a busy time for your Board. We start with the Annual Retreat on March 1st. It's the one day that we lock ourselves in a room and "talk TVSD" all day! There are no golf games, cocktail parties or fancy dinners for your hard working, dedicated board. We'll set our long-term and short-term goals, establish our 2019 budget, discuss the successes and failures of 2018 and discuss our strategy for continued success!

After the Retreat, the Board will start preparing for the Annual Membership Meeting, which will be held on April 1, 2019 in the community room on the Seventh Day Adventist church campus. At that time, we'll have the opportunity to present our retreat findings, the budget and some things you might want to know about the Core Teams and the dedicated volunteers who help keep our Village running.

Speaking of volunteers...please plan to join us at the Volunteer Wine, Cheese and Dessert Party on Friday, March 15th at the Portofino Clubhouse from 4:00 – 6:00 pm. This is an evening just for us! Celebrate our wonderful organization, thank all the volunteers and enjoy each other's company! All are invited to this "just for fun" party!

Of course, (you knew it was coming) registration is a must for both the Annual Meeting and the Volunteer Party. You don't want to be the reason someone stands with an empty plate! Register now on the website: tierrasantavillage.org

See you around the TVSD, Joyce Muinos

Correction to Annual Donor Drive Report from February Vibes:
Marc and Grazia Marcus-Kramer were inadvertently left off the list

SUN	MON	TUE	WED	THU	FRI	SAT
			<div> SNAP Troy's Greek Restaurant March 16 5 PM at McDonalds </div>		1 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga	2
3	4 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge 3:00 PM - Members Monthly Meeting	5 9:00 AM - Balance Class	6 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 11:30 AM - Lunch Bunch Filippi's Italian Kearny Mesa	7 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	8 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "The Music of Silence" Andrea Bocelli	9
10 Daylight Savings	11 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	12 9:00 AM - Balance Class	13 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	14 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games 2:00 PM - Membership Team Meeting - Offsite	15 8:30 AM - Hikes with Bob - 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:00 - 2 PM PM St. Patrick's Day Potluck 4:00 - 6 PM - Volunteer Appreciation Party	16 S N A P
17	18 9:00 AM - Chair Yoga 10:15 AM - Billiards 10:30 AM - COFFEE & CONVERSATION 12:30 PM - Monday Bridge	19 9:00 AM - Balance Class 6:00 PM - BUNKO	20 Vernal Equinox 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 7:00 PM - Village Book Club "The 100-Year-Old Man who Disappeared"	21 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 11:30 AM - ROMEO Oggi's Mission Valley 12:30 PM - Games	22 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Classic Movies "Seabiscuit" - 2003 Jeff Bridges / Elizabeth Banks William H. Macy	23
24	25 9:00 AM - Chair Yoga 10:15 AM - Billiards 12:30 PM - Monday Bridge	26 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting 6:00 PM - DVD Movie Party - "Green Book" Viggo Mortensen / Mahershala Ali	27 9:00 AM - Chair Yoga 10:00 AM - Tai Chi 12:30 PM - Knit & Nosh	28 9:00 AM - Balance Class 10:00 AM - Mah Jongg 10:15 AM - Billiards 12:30 PM - Games	29 9:00 AM - Chair Yoga 10:00 AM - Tai Chi	30
31						

DVD Movie Party

Tuesday, March 26 – 6 PM

"Green Book"

Viggo Mortensen/Mahershala Ali

See Page 7 for details

RSVP: Diane Levine 858-292-0610

Knit & Nosh

Wednesday, February 20

12:30 PM until 2:30 PM at VMC

Virginia Inouye – 858-278-8847

Village Book Club

3rd Wednesday – March 20

"The 100-Year-Old Man Who
Climbed Out the Window and
Disappeared"

Jonas Jonasson

Contact: JoAnne - 858-292-1578

Bridge Games

Offsite

Want to get in on a bridge game?

Groups are pre-arranged but
substitutes are needed.

Jean Kerr – 858-268-4448

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 – 1/15

3rd Tuesday of Month

6:00 PM (offsite)

This is an RSVP game
limited to 16 players.

Ginny VanBenthuyzen
858-268-8348

Billiards

Mondays & Thursdays 10:15 AM

Bob Muldrew - 292-8405

SNAP

5:00 at McDonalds

Troys in Mission Gorge

March 16 – Noon to 2 PM

Village Interest Groups

Film Classics

Friday -- March 8 – 12:30 – 2:30 PM

"THE MUSIC OF SILENCE" – 2017

Biography of Tenor Andrea Bocelli

Italian Actors + Antonio Banderas

The "Music of Silence" is a biographical film based on the 1999 true novel of the same name, written by the tenor Andrea Bocelli. It was inspired by his childhood life from birth until the beginning of his very successful career. He narrates his story, and physically appears in a last scene of the film.

Born in 1958, Bocelli had an eye condition that led to his blindness soon after birth. His upper middle class family devoted every possible opportunity to help him live a productive life despite his handicap. Eventually, he is separated from his family (mother, father, brother) to enter an institute for the visually impaired. Driven by great ambition, he continued despite repeated challenges until he managed to achieve his first major success on stage. From there, he began a life studded with victories, and became one of the most celebrated opera singers in the world, as well as a song writer and record producer. He received a star on the Hollywood Walk of Fame in 2010.

Friday -- March 22 – 12:30 – 2:30 PM

"SEABISCUIT" – 2003 –

Historical Equestrian Sports Drama

Jeff Bridges – Elizabeth Banks – William

H. Macy – Chris Cooper – Toby Maguire

"Seabiscuit" is an American equestrian sports film based on the best-selling non-fiction book Seabiscuit: An American Legend by Laura Hillenbrand. The film describes the life and racing career of Seabiscuit (May 23, 1933 – May 17, 1947), an undersized and overlooked thoroughbred race horse, whose unexpected successes made him a hugely popular media sensation in the United States during the Great Depression.

An inspiring true story of three men – a jockey, a trainer, and a business man – and the small racehorse who took the entire nation on the ride of a lifetime. Seabiscuit had an inauspicious start to his racing career, winning only a fourth of his first 40 races, but soon became an unlikely champion and a symbol of hope to many Americans. He became the top money winning racehorse up to the 1940s, as noted in films and books, and was voted American Horse of the Year for 1938.

The film "Seabiscuit" was nominated for seven Academy Awards and won four.

Gloria Stevens: 505-4188

Lunch Bunch

March 6 – 11:30

Filippi's

Kearny Villa Road

Romeo Club

March 21 – 11 AM from – McDonalds

Oggi's Mission Valley

Hiking With Bob

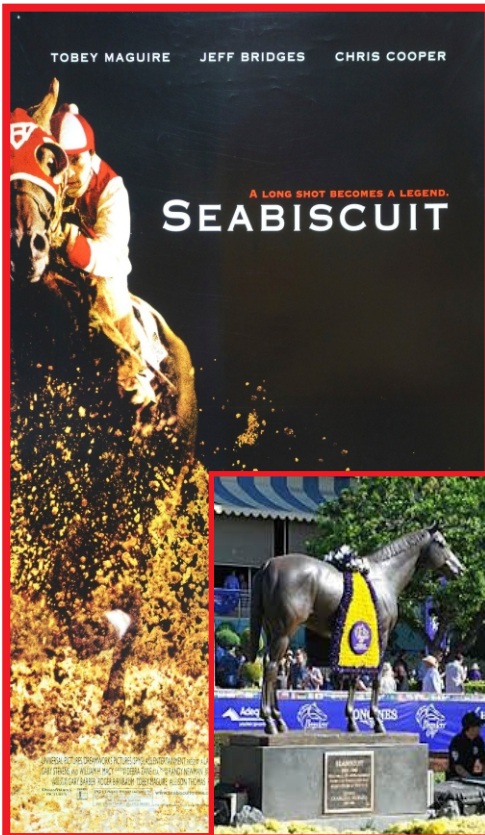
**Do not register on Website.
Phone, E-mail, or just show up.**

The original two hour/two+ mile (Tierrasanta Canyons), Tambor Connector-North Rueda Canyon Loop, day hike publicized in the February Vibes for **Fri, 01 Mar 2019** been replaced by the Introductory event - which was rained out in early February. This is also a good time for anyone to come along to do a "(palm) stump tour". Finally (two weeks later), we'll try again (under hopefully dryer conditions) to get to the top of our mountain.

One hour/one+ mile (Introductory), North Rueda Canyon - walk north from Tierrasanta Blvd up-a-ways in the canyon, & then back to the starting point: On **Fri, 01 Mar 2019 (first Friday) at 8:30 AM**, we gather on Rueda Drive next to Tierrasanta Blvd. (Drive east on Tierrasanta Blvd, past the library & down the hill to Rueda Drive, turn left & park.) The route is relatively flat along the canyon floor. The trail starts as a six foot wide utility gravel road but eventually narrows to a three foot wide trail. This season the vegetation is very diverse & lush.

2.5 hour/3+ mile (Mission Trails), Catalina entrance to North Fortuna Mountain Peak (& back): On **Fri, 15 Mar 2019 (third Friday), we gather at 8:30 AM** (at Catalina entrance to MTRP). A walking stick is recommended on this hike. (Go east on Clairemont Mesa Blvd; make a left turn on Villa Vallarta. Go two blocks, and make a right turn on to Collegio Drive - up the hill to a "T". Turn left on to Alejo Street - which curves around to the right. At the third left, turn left on to Belardo Drive. Go one block, & turn right on to Camino Playa Catalina. The road eventually curves around to the left; a canyon appears off to the right - with no houses on that side. Keep climbing; park on the right near where the road ends.)

Bob Muldrew: 292-8405
bobmuldrew@yahoo.com



CLASSIC MOVIES

“The Music of Silence” Biopic of Andrea Bocelli

March 8, 2019
12:30 – 2:30 PM
VM Clubhouse

See Page 6 for Review

“Seabiscuit”

Jeff Bridges
Elizabeth Banks
William H. Macy

March 22, 2019
12:30 – 2:30 PM
VM Clubhouse

See Page 6 for Review



DVD MOVIE PARTY

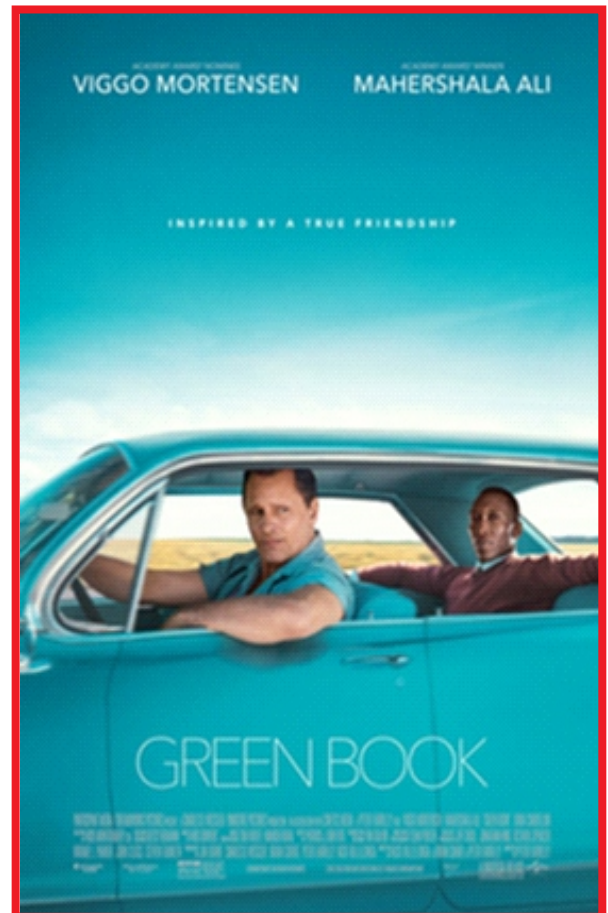
Tuesday, March 26 – 6 pm

“Green Book”

Viggo Mortensen/Mahershala Ali

Tony Lip, a Bronx nightclub bouncer, is hired to drive Dr. Don Shirley, a world class Black pianist, to concerts from Manhattan to the Deep South. They rely on a **Green Book** to guide them to the few safe establishments for African Americans. Confronted with racism and danger, they use friendship and humor to help survive a ride of a lifetime.

RSVP: Diane Levine - 858-292-0610
Space is limited to 10 members



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Lobby of the Old Globe



Old Globe Theatre Tour



In the White theater



In the Festival theater



Inside the Old Globe theater

To see all photos: <https://1drv.ms/a/s!Asmq8FF8Qe0Qgr5rtN8VlctBcQAcQ>