



Tierrasanta Village of San Diego **Village Vibes**

“Living for Today: Planning for Tomorrow”

May 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.

2019 TVSD Annual Meeting



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

May 6 – 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
Stern View of
USS Midway
CV-41



Bernardo Winery – June Social Outing

Spend a lovely afternoon outing with the Social Committee at the Bernardo Winery. This is the oldest winery in Southern California and has been family owned since 1927.

Date: Wednesday, June 5, 2019

Time: 11 AM to 3PM

We will meet at McDonalds at 11 AM
and take a private van.

Place: Bernardo Winery
13330 Paseo Del Verano Norte,
San Diego, CA 92128

Cost: \$8 for transportation plus cost of your lunch

Lunch will be at The Kitchen Restaurant followed by a brief tour by co-chair Patty Mudd. The remainder of time attendees will be free to do wine tasting for \$16 in the tasting room, wander through the Village Shops, or simply enjoy the shaded patio--perhaps with a glass of wine in hand.

Please register online or call the TVSD office. **RSVP** by May 29th. Registration is not complete until you send an \$8 check made out to Patty Mudd (11005 Pallon Way) or drop it off at the clubhouse.





Here is your chance to visit the Marine Corp Museum located at MCRD. The Social Committee has arranged for a one-and-a-half hour docent-led tour of this museum.

The Museum, which was opened in 1987, focuses on the history of the Marine Corp in the 20th and 21st centuries, and the history of the Marines in Southern California.

Date: Monday – May 20, 2019
Time: 9:20 AM – Meet at McDonalds
10 AM – 11:30 PM Tour
Where: Day Hall, Bldg. 26
1600 Henderson Ave -- Ste. 112,
San Diego 92140
Cost: No fee for Tour

**Lunch to follow at The Bay View Restaurant
on the Marine Base at member's expense.**

RSVP by Monday, May 13. Please register online or call the TVSD office.
Important: We must turn in a spreadsheet by May 14th to the Marine Base with the following information: (1) First, middle, & last name & suffix if applicable; (2) date of birth; (3) driver's license number & (4) state where issued.

If you have questions, contact Jocelyn Brierton
at 858-495-0121 or jocelynbrierton@hotmail.com.

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TVSD - COMMUNITY OUTREACH EVENT



Share the love with your
neighbors in need.

Give Today

Would you like to participate in an excellent team-building opportunity in our San Diego community? If so, you might enjoy getting together with some of your TVSD friends to serve a hot meal to those in need at Father Joe's Villages. With only a few hours of your time, you can improve the lives of many people!

If you are interested in participating, you will need to fill out the Volunteer Memorandum of Agreement and the Food Handler Test prior to this event.

We are planning to serve lunch on May 29, from 10:30-1:00. We will meet at McDonalds at 9:45 and can go out to lunch afterwards, if interested.

Care Committee Updates

On March 27 the Care Committee sponsored a presentation and discussion on Safe Driving for Seniors. It was attended by about 18 people and most of the attendees indicated that they found it very useful. Information presented at this meeting is on the TVSD website under the link:

https://tvsd.clubexpress.com/content.aspx?page_id=22&club_id=77594&module_id=187525

It contains a variety of information on safe driving suggestions for seniors and a self-evaluation test that you can take. This test will help inform you if you should be concerned about driving. Also under the same link there are phone numbers and websites for important organizations associated with healthcare and mobility issues. ***Please review them. – Marc Narkus-Kramer***



Arthritis Foundation Presentation

Learn about the many faces of arthritis

Arthritis is very common but is not well understood. Actually, “arthritis” is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. This presentation provides a general overview of what is arthritis, common symptoms, treatment options (clinical and non-clinical), and prevention. Find out much more about this disease with your fellow Villagers

May 22nd – 12:30 - 2:00 pm at the Villa Monterey Clubhouse
Presented by the Care Committee

About the Speaker:

Isela Monterrosas is an experienced nonprofit health professional specializing in community engagement. She currently serves as Community Engagement Director; where she oversees strategic health care provider relationships, volunteer engagement processes and consumer response strategy for field services in Orange County, Riverside, San Bernardino, San Diego County and Hawaii.



JOIN US FOR A GARDEN COFFEE

For Prospective Members



WHEN: Monday, May 13, 2019

WHY: Enjoy the fellowship of Tierrasanta neighbors.
Learn more about Tierrasanta Village!
(<http://www.tierrasantavillage.org>)



PLACE: Home of Jeanette and Jim Vlassis
10846 Uvalde Court (Near Tierrasanta Elem. school)

TIME: 10:00 AM- 11:30
R.S.V.P. by Thursday, May 9

Ginny VanBenthuyssen
gvanbenthuyssen@gmail.com

Or Missy at the Clubhouse M-F 8:30-12:30
858-569-9119

Note: Village members may come if they bring a guest

SUN	MON	TUE	WED	THU	FRI	SAT
	<div> <div>SNAP</div> <div>Khan's Cave</div> <div>May 18</div> <div>5 PM from McDonalds</div> </div>	<div> <div>Cover Photo</div> <div>Stern View of</div> <div>USS Midway</div> <div>CV-41</div> </div>	<div> <div>1</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> <div>11:30 AM - Lunch Bunch</div> <div>Tierrasanta Mexican</div> </div>	<div> <div>2</div> <div>9:00 AM - Balance Class</div> <div>10:00 AM - Mah Jongg</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Games</div> </div>	<div> <div>3</div> <div>8:30 AM - Hikes with Bob -</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> </div>	<div> <div>4</div> <div>SD</div> <div>Rose</div> <div>Show</div> <div>El</div> <div>Cajon</div> </div>
<div> <div>5</div> <div>SD</div> <div>Rose</div> <div>Show</div> <div>El</div> <div>Cajon</div> </div>	<div> <div>6</div> <div>9:00 AM - Chair Yoga</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Monday Bridge</div> <div>3:00 PM - Members</div> <div>Monthly Meeting</div> </div>	<div> <div>7</div> <div>9:00 AM - Balance Class</div> </div>	<div> <div>8</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> </div>	<div> <div>9</div> <div>9:00 AM - Balance Class</div> <div>10:00 AM - Mah Jongg</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Games</div> </div>	<div> <div>10</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> <div>12:30 PM - Classic Movies</div> <div>"Tea with Mussolini"</div> <div>Comedy / Drama - 1999</div> <div>Cher - Maggie Smith</div> <div>Judi Dench - Lili Tomlin</div> </div>	<div> <div>11</div> </div>
<div> <div>M</div> <div>12</div> <div>O</div> <div>T</div> <div>H</div> <div>E</div> <div>R</div> <div>S</div> </div>	<div> <div>13</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Garden Coffee</div> <div>for Prospective Members</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Monday Bridge</div> </div>	<div> <div>14</div> <div>9:00 AM - Balance Class</div> <div>12:30 PM - Lunch Bunch II</div> <div>Homestyle Hawaiian</div> <div>Restaurant by UPS Store</div> </div>	<div> <div>15</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> <div>7:00 PM - Village Book Club</div> <div>"BECOMING"</div> <div>Michelle Obama</div> </div>	<div> <div>16</div> <div>9:00 AM - Balance Class</div> <div>10:00 AM - Mah Jongg</div> <div>10:15 AM - Billiards</div> <div>11:00 AM - ROMEO</div> <div>Gaetano's Italian</div> <div>12:30 PM - Games</div> </div>	<div> <div>17</div> <div>8:30 AM - Hikes with Bob -</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> </div>	<div> <div>18</div> <div>S</div> <div>E</div> <div>E</div> <div>S</div> <div>N</div> <div>A</div> <div>P</div> <div>E</div> </div>
<div> <div>19</div> </div>	<div> <div>20</div> <div>9:00 AM - Chair Yoga</div> <div>9:20 AM - Carpool</div> <div>10 AM - Marine Corp</div> <div>Museum Tour</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Monday Bridge</div> </div>	<div> <div>21</div> <div>9:00 AM - Balance Class</div> <div>6:00 PM - BUNKO</div> </div>	<div> <div>22</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> <div>12:30 PM - Arthritis</div> <div>Foundation Presents:</div> <div>Are All Arthritis Alike?</div> <div>12:30 PM - Knit & Nosh</div> </div>	<div> <div>23</div> <div>9:00 AM - Balance Class</div> <div>10:00 AM - Mah Jongg</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Games</div> </div>	<div> <div>24</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> <div>12:30 PM - Classic Movies</div> <div>"My Big Fat Greek Wedding"</div> <div>Romantic Comedy - 2002</div> <div>Nia Vardalos - John Corbett</div> </div>	<div> <div>25</div> </div>
<div> <div>26</div> </div>	<div> <div>27</div> <div>Memorial Day</div> <div>Clubhouse Closed Today</div> </div>	<div> <div>28</div> <div>9:00 AM - Balance Class</div> <div>12:30 PM - Care Committee</div> <div>Meeting</div> <div>6:00 PM - DVD Movie Party</div> <div>"On the Basis of Sex"</div> <div>Felicity Jones/Armie Hammer</div> </div>	<div> <div>29</div> <div>9:00 AM - Chair Yoga</div> <div>9:45 AM - Father Joe's</div> <div>Event</div> <div>10:00 AM - Tai Chi</div> </div>	<div> <div>30</div> <div>9:00 AM - Balance Class</div> <div>10:00 AM - Mah Jongg</div> <div>10:15 AM - Billiards</div> <div>12:30 PM - Games</div> </div>	<div> <div>31</div> <div>9:00 AM - Chair Yoga</div> <div>10:00 AM - Tai Chi</div> </div>	<div> <div>June</div> <div>1</div> </div>

Ciao, Villagers!

By the time you read this, I hope to have already gained a few “pasta pounds” in Firenze and be starting my holiday in Roma! Gosh... I wish you were here! (By the way... Marilyn Bente is a couple of weeks ahead of me in Florence and she's already sent pictures of places & food. It helped get me prepared!)

You, too, should be looking forward to a fun-packed couple of months. Tierrasanta's TierraFest/Patriot's Day Parade is on Saturday, May 18th and the TVSD will be well represented in the Parade and at the Craft Fair. Mike R. has agreed to get everyone organized for the Parade & Linda & Sue will be looking for help at our TVSD Booth. I hope everyone signs up for a short shift working our booth. It's an opportunity to share our enthusiasm for our TVSD and to invite our neighbors to join in the fun!

In case you missed the news, we're adding a 2nd Tuesday Lunch Bunch each month. The next lunch will be at Homestyle Hawaiian on May 14th at 12:30 pm. Just another opportunity to get out and enjoy your Village friends!

I want to thank Donna Dobey for her long-time support of the Thursday Game Group. Donna has been organizing Thursday afternoons for a long time – maybe since the beginning! Well, she's ready to move on to bigger and better things, so our Clubhouse is now free on Thursday afternoons. All we need is someone to come up with an idea, and gather a few friends who share that interest. I'm thinking poker parties, crafters' corner, scrapbooking, tea parties? Until we fill the calendar, the space is available one time only, once or twice a month, every week, or?? You name it. This is your TVSD. Let's see if we can fill Thursday afternoon with another fun or informational event.

Arrivederci! I'll see you in a couple of weeks!

Joyce

PASTOR LICHT TO LEAD PASSION PLAY TOURS

Pastor Ken Licht will be leading two tours in 2020 to the famous Passion Play of Oberammergau, which is produced every ten years. The 12-day “Germany, Prague & Austria” Tour will leave on June 2, and includes Berlin, Dresden, Prague, Vienna, Salzburg, Munich and Oberammergau. The 11-day “Best of Poland & Prague” Tour will leave on September 8, and includes Warsaw, Krakow, Prague, Munich and Oberammergau.

Both tours are planned by Nawas International Travel, and each is limited to the first 40 participants who register. Contact Pastor Licht @ KJLicht@gmail.com if interested. Interest world-wide is building, and tickets for the Passion Play are becoming quite limited.



The San Diego Rose Society's 92st Annual Rose Show

Saturday, May 4, 2019	1:00 PM to 5:00 PM
Sunday, May 5, 2019	10:00 AM to 3:30 PM
Sunday Sale of blooms	3:30 PM - 4:00 PM

**Ronald Reagan Community Center
195 E. Douglas Avenue – El Cajon, CA**

*Admission: \$5.00 per person. Children under 12 free.
Rose Show Tours available upon request. We would love
to show you around and answer any rose questions.*

DVD Movie Party

Tuesday, May 28, 6 pm

"On the Basis of Sex"

Felicity Jones/Armie Hammer

See Page 7 -- for Details

RSVP: Diane Levine 858-292-0610

Knit & Nosh

3rd Wednesday – May 22

12:30 PM until 2:30 PM at VMC

Virginia Inouye – 858-278-8847

Village Book Club

3rd Wednesday – May 22

"Becoming"

Michelle Obama

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

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 – 5/21

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 – 5/18

Khan's Cave

Ruffin Road

5:00 – McDonalds

Carpool

Nancy Fahien - 560-7431

Village Interest Groups

Film Classics

Friday -- May 10– 12:30 – 2:30 PM

"TEA with MUSSOLINI" –

Drama / Comedy -- 1999

Cher – Judi Dench – Maggie Smith

Lili Tomlin – Joan Plowright

Florence, Italy 1935 -- on the brink of World War II – it was a time of social unrest and, of course...afternoon tea. Pre-War Florence was the place to be for any proper British woman who relished culture and the arts. These ladies had everything they could ever need – including a promise from Dictator Mussolini himself that not even the imminent World War II will impose upon their lifestyle.

But when it appears that his word was not kept, and these ex-patriots (who chose to stay in Italy instead of seeking refuge in their own country) were in trouble, it took a young outcast boy, and a brazen American woman (Cher) to keep them in the high life and out of harm's way.

Friday -- May 24 – 12:30 – 2:30 PM

"MY BIG FAT GREEK WEDDING"

Romantic Comedy – 2002

Nia Vardalos – John Corbett

Toula is 30. And unmarried. Which means – as a nice Greek girl – she is a failure. All her cousins did the right thing – they married Greek boys and made Greek babies. So everyone worries what will become of Toula.

Then one day she sees the ultimate unattainable guy, and realizes that the only way her life will get better is if she gets away from her big, fat Greek family. Toula escapes from working in the family restaurant. She exchanges her seating and hostess jacket for a college diploma, and convinces her Aunt to give her a new job in her travel agency. She trades in her coke-bottle glasses for contact lenses just in time for "him" to walk back into her life.

Ian Miller (John Corbett) is tall and handsome, but definitely not Greek. Their courtship is an Olympian culture clash. Can Ian handle Toula, her parents, her aunts, uncles, cousins, and several centuries of Greek heritage? Will Toula discover the love she's been missing right in the middle of her big, fat, family?

One thing is for sure, for better or worse, for richer or poorer, with Ian's proposal Toula is heading for her big, fat Greek wedding.

Gloria Stevens: 505-4188

Lunch Bunch I

Wednesday – May 1 – 11:30

Tierrasanta Mexican

Lunch Bunch II

Tuesday – May 14 – 12:30

Homestyle Hawaiian Pub & Eatery

next to UPS Store

Romeo Club

May 16 – 11 AM

Gaetano's Italian

Hiking With Bob

The second event this month is an introductory hike. These beginner hikes are given in February, May, & November each year; so there's a long wait -- six months -- until the next one in November.

Two+ hour/two+ mile (Mission Trails), CM Blvd entrance to San Diego River crossing & the Visitor Center (& back): On **Fri, 03 May 2019 (first Friday)**, we gather at 8:30 AM at the east end of CM Blvd; park on the street. This day hike gives you the chance to touch the water in a running river and spent up to one half a hour searching the recesses of the Visitors Center building.

One+ hour/one+ mile (Tierrasanta Canyons), North Shepherd Canyon to the pond in East Shepherd Canyon (& back): On **Fri, 17 May 2019 (third Friday)**, we gather at 8:30 AM at Villarrica Way. (From the US Post Office shopping center, drive east on Portobello Drive to the second intersection - Villarrica Way Turn right & go 25 yards, or so. Stop/park.) This route is comprised of two of the most accessible trails in Tierrasanta, in the center of our community. There's quiet; there's beauty; there's a pond (that many have never seen) - with fish in it. This is a great opportunity to see what's possible to experience out there in our open space.

In general, utility roads are at least 6' wide, and trails are at least 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 super lush this year.

Bob Muldrew: 292-8405

bobmuldrew@yahoo.com



CLASSIC MOVIES

“Tea with Mussolini”

Comedy/Drama- 1999

Cher - Maggie Smith

Judi Dench - Lili Tomlin

May 10, 2019

12:30 – 2:30 PM

VM Clubhouse

See Prior Page for Details

“My Big Fat Greek Wedding”

Romantic Comedy - 2002

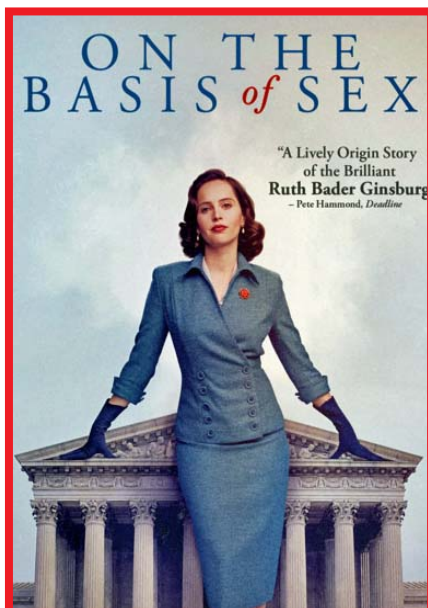
Nia Vardalos - John Corbett

May 24, 2019

12:30 – 2:30 PM

VM Clubhouse

See Prior Page for Details



Tuesday - May 28 - 6 PM

“ON THE BASIS of SEX”

Felicity Jones / Armie Hammer

An inspiring true story about a young **Ruth Bader Ginsburg** who, as a struggling attorney and new mother, faces adversity and numerous obstacles in her fight for women's equal rights. **Ruth (Felicity Jones)** decides to take on a groundbreaking tax gender case with her supportive husband, attorney **Martin Ginsburg (Armie Hammer)**.

Against deep odds, the couple argue their case before a negative U.S. Appeals Court. The Court finally renders an historic decision that would forever change the direction of Ruth's career and the way courts view gender discrimination.

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



**Romeo
Men's Group
enjoy a
sunny lunch
at Mike's
Hamburger
House**

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

Tierrasanta Mexican Restaurant

10% discount; dine in only
with your membership card
5950 Santo Road

Gaetano's Italian Restaurant

Monday-Thursday

10% off your bill dine in only
with your membership card

Sub-Marina #2

\$1 off any sandwich
with your membership card
10645-Z Tierrasanta Blvd

Island Style Café

10% off your bill; dine in
only with your membership
card 5959-K Santo Road

Tierrasanta UPS Store

10% off all products and services
except UPS shipping and USPS
with your membership card
10601-G Tierrasanta Blvd.
858-292-8633

Long Island Mike's Pizza

20% off with membership card
5250 Murphy Canyon Road
858-569-7499

Tierrasanta Ace Hardware

5% discount with TVSD Card
10615-A Tierrasanta Blvd.
858-573-9600

Magic Mel Hair Creations

Van T. Truong – Aesthetician
10% off with membership card
10601 Tierrasanta Blvd. - Suite J

San Terra Properties

Property Management-1 month FREE
+Reduced Rate - Buying or Selling?
Discount for Villagers 619-261-9612

Elam's Hallmark

"Your Neighborhood Gift Store"
10% discount with your TVSD
card 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

Klassic Dry Cleaners

and Formal Wear
5% off dry cleaning
5950-J Santo Road

Dr. Paul V. Koepke, D.D.S.

Family & Cosmetic Dentistry
4926 La Cuenta, Drive Ste. 100
858-279-7680
10% Senior Discount
www.drpaulsmiles.com

**Support Our
Local Businesses**

Villagers Toured the KPBS Studio in April



Kudos to the Social Committee for setting up this special event. Thirteen Villagers had a blast with Tom, our Tour Guide.

Below, Jocelyn and Marilyn Licht are on the monitor in the News Studio.

