



Tierrasanta Village of San Diego **Village Vibes**

"Living for Today: Planning for Tomorrow"

December 2021

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 and create activities for different passions and interests.

PRESIDENT'S MESSAGE

My message this month is going to be short, but sincere.

First of all, I want to thank all of you who have given so generously to our Annual Donor Drive. As of today, in mid-November when I am writing this message, we have already reached 50% of our goal of \$10,000. We still have another 5 weeks until the end of this fund-raising effort, and I am feeling quite confident that we will reach our goal!

I also want to thank the Social Committee: Marilyn Millikan, Sue Christian, and Patty Mudd, for organizing our Holiday Dinner Party. At the present time we have over 50 members and guests registered for this event. Much time and effort has been put into planning with the Admiral Baker venue, plus the fund-raising efforts at Rubio's, Paneras, and Gaetanos. With your support, we have raised close to \$1,000 to help pay for this event, and to lower the dinner cost for our members. This Annual Party promises to be an enjoyable evening, socializing with your TVSD friends and neighbors!

In closing, I'm sending my best wishes as you prepare for and celebrate this holiday season. May your days be peaceful, joyful, and hopeful.

Please stay safe and healthy. **Marilyn Bente**

Thank you to everyone who showed up at our *Gaetano's Fundraiser* on November 6. We supported Gaetanos restaurant, had fun visiting, and made \$300 for the Village. Love our teamwork!!



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Someone You Should Know.....by Carol Lee

Jeanette Cornell was born in Woodlake, California and has an older brother--but it is her life in the city of Redlands that remains with her as fond memories. She began Junior High there and graduated from Redlands High School. She and her brother were active at RHS, even running for office. He was on the football team, and she was a cheerleader.

Jeanette spent some time studying at the University of Redlands, and it is there that she met Jim Vlassis. Within a few months of their marriage, Jim said, "We're moving to San Diego!" Jeanette hoped it would be temporary.

They bought a little house in Kearny Mesa and lived there for ten years. Then, they moved to Tierrasanta, where they put down deep roots-- many of their original neighbors have remained for the entire 50 years Jim and Jeanette have lived in their TS home. During the pandemic, this group of long-time neighbors got together every Sunday evening, bringing food and wine and good conversation. It has now become a cherished tradition. Jeanette is particularly known for her lovely yard—and her green thumb.

Back when the couple first moved to San Diego, Jeanette finished her BA at San Diego State and became a teacher, "balancing work with two babies at home," and being a stay-at-home mom for much of that time. She taught middle school art and science at Taft and Kroc middle schools for 25 years. Each subject is very high in hands-on activities, and she would go from students dissecting frogs to students creating art. Above all, she found her sense of humor to be useful! Jeanette retired at 60, "and has been in the garden ever since". Husband Jim had already retired from his job as principal of Mira Mesa High School. After retiring, Jim and Jeanette made several trips to Europe and exchanged houses with people in England and Canada. They have season tickets to Lamb's Players Theater, and often visit San Diego museums with their group of longtime friends.

The couple's daughter Julie's family lives in Melbourne, Australia. Julie's husband is an astro-physicist, and they offered him what he wanted at the University of Melbourne, and in Melbourne they remain. Julie and her husband have two adult children.

Jeanette and Jim's son, Jim, lives in Santee, and has two children in their 20s. Before COVID, Julie had been visiting her California family four times a year. Now, they haven't been together for two years. **"But--great news--everyone is coming home for Christmas!"** Jeanette shared with us. She plans on taking the whole family on long walks around San Diego. (She has spent many a Wednesday, walking four or five miles a day with Jocelyn, exploring a different community each week.)

Through the years that they have lived in San Diego, the Vlassis family enjoyed getting together regularly. When Julie's family moved away, Jeanette had more time and was going to the YMCA two days a week and enjoying her gardening at home. Joining TVSD was a natural move for her. She is active in Mah Jongg, Bunko, social activities, and is co-captain of the Portofino/ Barbados neighborhood group. We fellow Villagers are glad your move to San Diego was *not* temporary!

Jeanette's words of wisdom, assisted by John Lennon, are:

'Life is what happens to you while you're busy making other plans.'



TVSD Holiday Dinner Party

Monday December 6th

5:30 PM until 9:00 PM

Admiral Baker Club House – River Walk Restaurant

Celebrate the season with the Village's annual holiday dinner party. Our dinner will be held at the Admiral Baker Golf Club, 2400 Admiral Baker Road, San Diego 92120.

A Social Hour and no host bar will be held from 5:30 P.M. until 6:30 P.M. A staff served buffet dinner will follow with villagers being able to choose from either Herb Roasted Prime Rib or Baked Salmon with Honey Dijon Glaze.

Members can bring an unwrapped toy that will be donated to Toys for Tots.

Questions can be answered by

Sue Christian 858-278-6534
Marilyn Millikan 858-560-6040

Aging & Independence Services of the County of San Diego

Bradlyn Mulvey, our Care & Wellness Committee chairperson, has been appointed to the Board of the Aging & Independence Services of the County of San Diego Health and Human Services Agency! It is an honor and also a great opportunity. Kudos, Bradlyn!

Bradlyn, who was featured as **Someone You Should Know** in our October 2020 Vibes, has a master's degree in psychology and a PhD in Clinical Psychology. She has extensive experience in both teaching and as a marriage, family, and child therapist in private practice.

AIS provides programs and services to help older adults and persons living with disabilities to stay safe, healthy, engaged, and as independent as possible. The AIS Call Center is the gateway to information and assistance about AIS programs, as well as other community services for older adults, those living with disabilities, caregivers, and family members. Call Center Specialists also take reports of suspected elder and dependent adult abuse.

Find out more about their mission on their web site:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/About.html>



OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

**No General Meeting
in December
Holiday Party Instead**

Cover Photo

**San Diego
Skyline**

New Member this month



Don Peters

Arts & Crafts with Bob & Carol

January 12, 2022

3-4:30 pm

Zoom only (probably)

Bob will share his hobby of painting seascapes and sea life onsite near the Children's Pool in La Jolla, how he got started in mid-life and the joy it brings him.

Carol will share her sewing creations of photo-pillows and fabric baskets and her hobby of creating hard-bound photo books online ---a great way to preserve memories of the year's events, travels, family history, as well as creating photo gifts for grandchildren.

**CHOCOLATE IS
THE ANSWER.**

**THE QUESTION
IS IRRELEVANT.**

Book Club Webinars Bridge

Bunko Member to Member Sharing

Stronger Memory Balance Canasta

Chair Yoga Games and much more!

Register: brain/health & lots of fun!



SUN	MON	TUE	WED	THU	FRI	SAT
			1 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting 11:30 AM - Virtual Lunch Bunch (Zoom) 1:00 PM - Card Making: Make & Take	2 9:00 AM - Balance Class 10:15 AM - Mah Jongg	3 10:00 AM - Chair Yoga 11:00 AM - Games Group	4
5	6 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 5:30 PM - TVSD Holiday Dinner Party	7 9:00 AM - Balance Class 1:00 PM - Informational Meeting for Prospective Members-	8 9:00 AM - Disc Golf 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting	9 9:00 AM - Balance Class 10:15 AM - Mah Jongg 3:00 PM - Village Book Club	10 10:00 AM - Chair Yoga 11:00 AM - Games Group	11
12	13 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	14 9:00 AM - Balance Class	15 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting 4:00 PM - Bunko	16 9:00 AM - Balance Class 10:15 AM - Mah Jongg	17 10:00 AM - Chair Yoga 11:00 AM - Games Group	18
19	20 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	21 Winter Solstice 9:00 AM - Balance Class	22 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting	23 TVSD Clubhouse Closed	24 TVSD Clubhouse Closed	25 Xmas
26	27 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom)	28 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting	29 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting	30 TVSD Clubhouse Closed	31 New Years Eve TVSD Clubhouse Closed	Jan 1 New Years Day

Museum of Making Music

On November 10, 2021, 10 TVSD members attended a guided tour of the Museum of Making Music in Carlsbad. The museum is an excellent place to visit. Our tour guide, Brian, was very knowledgeable, informative, and even entertaining. Anyone interested in music, whether or not you play any instrument, should try to visit this museum. At this time, masks are required within the museum, but we were allowed to remove them for the group photo.

The museum was founded in 1998 and open only to NAMM members. Then in March 2000 they opened it to the public as well. During the pandemic the museum closed, renovated and “completely reimagined with new technology, new story line, and more interactivity.” It reopened again in June 2021.

The following paragraph is from an email sent to us by the Museum Operations Manager:

*The Museum of Making Music showcases the people and products that bring music to our world. The Museum is segmented into four areas: the **Making of the Instruments** (manufacturing), **Providing the Instruments** (retail), **Using the Instruments** (playing), and **Beyond the Instrument** (when an instrument comes to represent so much more than their physical selves – works of art, sanctuary, when the instrument finds their “niche” in uses not originally intended by their inventor, or when an instrument sparks a global shift in how we make music).“*

To learn more about the museum, click or type in the following link to access their website. Then click on the different tabs of interest on their home page to see additional information.

<https://www.museumofmakingmusic.org/>

Fran and Greg Zweibel



Are Memory Problems Causing You Concern?

Join a FREE online class of older adults 55+* with similar experiences

***18+ are also welcome**

This class featured on CNN with Dr. Sanjay Gupta in 2017

Enjoy stimulating discussions and learn ways to improve your memory and brain health



- Receive weekly emails with links to interesting online lessons about your brain health
- Get free access to Posit Science's BrainHQ brain training exercises that you can do in the comfort of your own home and at your own pace
- Join weekly online Zoom sessions for instructor-guided experiences that will start you on the path to a better memory and better brain health
- Engage in enriching group discussions with like-minded peers on brain health topics
- Make new friends and establish new connections
- Excellent program for healthy older adults as well as those with mild dementia, Parkinson's disease, stroke, and other brain injuries

REGISTER for Spring 2022 BRAIN FITNESS

Registration opens Monday, November 8th at 10:00 a.m.

Visit www.sdcestudent55.com for registration info.

SAN DIEGO
COLLEGE OF
CONTINUING
EDUCATION



Contact one of the Brain Fitness instructors listed below with questions.

Debbie Flores dsflores@sdccd.edu
Mindy Sloan msloan@sdccd.edu
Bridget Wright bwright001@sdccd.edu

Pey-Lih Littler plittler@sdccd.edu
Mary Burns mburns@sdccd.edu

Please Note: Brand new students must apply for and receive a Student ID# and create a Student Portal account in order to register for classes. Returning students may register through their Student Portal account for classes. No access codes are required.

YOU ARE INVITED!



PLEASE R.S.V.P.!



NEW GROUPS BEGIN, JAN/FEB, 2022!

GAMES AND CARDS

PLAY CARDS (GROUP'S CHOICE)

LEARN TO PLAY BRIDGE

LEARN TO PLAY MAH JONGG

WOMEN'S POKER

MEN'S POKER

BILLIARDS

DISC GOLF

SHARING COMMUNITY

POTLUCKS

HEALTHY COOKING & NUTRITION

CARE PARTNERS

PASSIONS AND TALENTS

WRITING MEMOIRS

TED TALKS DISCUSSIONS

PET OWNERS

**A BIG THANK-YOU & WELCOME TO ALL
WHO HAVE ALREADY SIGNED UP FOR A NEW
GROUP!**

MUSIC

TVSD CHORUS

FUN WITH MUSICAL INSTRUMENTS

VOICE LESSONS

ARTS AND CRAFTS

ARTS AND CRAFTS

NEEDLEWORK ANGELS

THE ARTS & LANGUAGES

MOVIES AT VMC

SPANISH

FRENCH

READERS THEATER

SIGN UP FOR A GROUP BY CONTACTING CAROL LEE:

cleameritech@gmail.com

or

815-319-5708

Tierrasanta Businesses Gift Ideas this Season

If you are looking for gift ideas this season remember we are lucky to have wonderful local vendors in our neighborhood. Many have worked with TVSD on projects and fundraising efforts throughout the years. Some vendors like Elam's Hallmark offer year-long discounts to our members. Others like Industrial Grind Coffee Shop (<https://www.industrialgrindcoffee.com/>) helped TVSD raise hundreds of dollars at the T-Town 50th Celebration. Industrial Grind offers delicious baked goods, has lots of great gift ideas like baking mixes, yummy jarred products, and of course great coffee. Also, when you buy a \$40 gift card, you get a beverage for yourself to enjoy at the time of purchase!

One of the newest vendors to the Tierrasanta area is Iris Delights Chocolates (<https://irisdelights.com/>) located in the same shopping center as the post office. Keep an eye out for any coupons that may come through the mail for these artisanal chocolates. This may be the perfect gift for those with a sweet-tooth. This chocolate store also offers a reward program based on frequent purchases so be sure to ask the store how to sign up.

Pure Spa & Chiropractic is hosting a Holiday Open House on December 9th 12:00-6:30 p.m. Guests will enjoy \$15 mini spa sessions, pre-book/pre-pay specials, gift bag giveaways and discounts on gift cards.

If you discover a local deal that other members might like to know about, please share the details with the Front Desk. Happy Holidays!



Monthly Bunko!

Who would think such a simple game with dice would be so much fun! The Bunko ladies enjoy the snacks, the beverages, the occasional wins, but most of all, the camaraderie!

Contact TVSD member Ginny Van if you would like to attend a Bunko game.





THE MEMOIR PROJECT

Are you ready to tell your story, use your memories, and create a legacy? Are you thinking about or starting your memoir and would like some inspirational guidance about the writing process? This kick-off introduction to memoir class will explain the

5-week course content which will support you as you journal and develop your life experiences into a meaningful plan. Course content:

- Explore key memories of our lifeline
- Brainstorm four ideas; narrow the focus
- Examine six elements of the memoir form
- Choose an author's memoir sample to share
- Research to augment your work
- You determine the size and scope of your project

Sharing your work contributes to the group community and builds momentum for your work. Memoirs can transform.

KICK OFF MEETING JANUARY 18, 2022 2:00 – 3:30 pm VMC

INTERESTED? WE'LL DISCUSS LOGISTICS, GET ACQUAINTED & GET STARTED!

Kathy

Kathleen Guilfoyle, EDD is author of *Overcoming the Dragon of MS* and is working on her second book *The Universal Elder*. She is founder of Artha Narratives, home of The Memoir Project.

Tierrasanta Village of San Diego Village Business Supporters

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10% off all products and services except UPS shipping and USPS with your membership card

10601-G Tierrasanta Blvd.
858-292-8633

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5250 Murphy Canyon Road
858-569-7499

Tierrasanta Ace Hardware

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10% Senior Discount
www.drpaulsmiles.com

TVSD Book Club Selections — 2021

Nov.	Furious Hours: Murder, Fraud, and the Last Trial of Harper Lee	Casey Cep	5/2019
Dec.	The Little French Bistro	Nina George	5/2017
Jan.	Where'd You Go, Bernadette	Maria Semple	2012
Feb.	The Warmth of Other Suns	Isabel Wilkerson	9/2010
March	Being Heumann	Judith Heumann	2/25/2020



Friends of the Tierrasanta Library Book Sale

Friday, 12 / 3
11:30 a.m. to 5:00 p.m.

Saturday, 12 / 4
9:30 a.m. to 3:00 p.m.

Monday 12 / 6
11:30 a.m. to 5:00 p.m.

**Your TVSD Editor
was an Astronaut for the
Blue Angels Air Show in 1961.
Sixty years ago!**