



Tierrasanta Village of San Diego **Village Vibes**

"Living for Today: Planning for Tomorrow"

January 2022

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.

Holiday Party 2021



Visit: <https://rigdon.smugmug.com/TVSD-Holiday-Party-2021/>
to see all photos of this Event



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

Board of Directors

President

Marilyn Bente

Vice President

Marc Narkus-Kramer

Co - Treasurers

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Rhoda Keegan

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Member at Large

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Operations Manager

Greg Zweibel

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

'Someone' You Should Know

YOU

US



2008

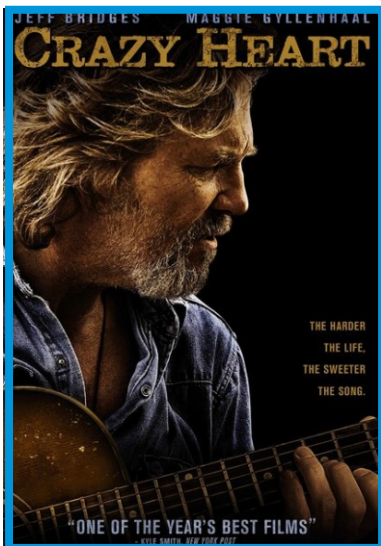
*Susan K Deininger and Candy Walsh,
two extraordinary women,
founded this village.*

2022

*We extraordinary women and men are still
reaching out our hands in friendship, caring,
celebrating, and living.*



*2022, we are ready for you!
Tierrasanta Village of San Diego*



Sack Lunch and a Movie

Thursday, January 20, 2022, 12:45 PM until 2:45 PM

Enjoy a movie with fellow Villagers at the VMC!
Bring yourself, a snack or sack lunch if you'd like,
or just bring yourself and enjoy the movie.

Crazy Heart (2009)

When reporter Jean Craddock (Oscar nominee Maggie Gyllenhaal) interviews Bad Blake (Oscar winner Jeff Bridges) -- an alcoholic, seen-better-days country music legend -- they connect, and the hard-living crooner sees a possible saving grace in a life with Jean and her young son. But can he leave behind an existence playing in the shadow of Tommy (Colin Farrell), the upstart kid he once mentored?

Robert Duvall produces and co-stars.

Cast: Jeff Bridges, Maggie Gyllenhaal, Colin Farrell, Robert Duvall

Acrylic Rock Painting – Pouring Technique

January 17, 2022

9:30 am until noon.

Register On TVSD Website

Home of Jim and Jinny Batterson

**Capacity is limited but a second event
will be offered if there is interest.**

**This is a hands-on workshop
limited to the host plus three others.**

**Did you ever want to make a beautiful art
project but didn't think you had the artistic talent?
Learn a simple technique that requires no talent
and creates beautiful objects.**



Passions & Talents Series

Fabric Art: A life Story

January 26th 3-4 p.m.

Visit the website for more
information and to register



**Sue Christian & Dave Millikan
during Holiday Party Set-up**



OFFICE HOURS

Monday - Friday

8:30 AM - 12:30 PM

Village Business

General Meeting
January 3, 2022 – 3 PM
Online via Zoom
Look for link on E-mail

Cover Photo

Holland American
Koningsdam

PRESIDENT'S MESSAGE -- HAPPY NEW YEAR!

I'm wishing each and every one of you all the best in 2022. May the New Year bring you hope for happiness, peace, and good health!

If you look at our Village calendar for January, you will see that 2022 has brought a plethora of new activities and new opportunities for you to stay fit, to improve your mind, to steady your emotions, and to socialize and make new friends. Be sure to check it out and register for an activity or an event that piques your interest. There is a presentation from the Care Team on the topic of Ageism. You'll find the new Wednesday morning Stretch and Balance class which has been lauded by its December attendees. There's a course on memoir writing and two new events featuring arts and crafts. Try disc golf for a fun activity. And we are starting a caregiver's support group. So much to choose from, along with our regular menu of exercise classes, games, lunch bunch, and chat groups.

I also want to take this opportunity to express my gratitude to all who contributed so generously to our Annual Donor Drive. With \$12,500 in donations thus far, we have exceeded our goal of raising \$10,000 and are beginning the new year with a good financial base. And donations are still coming in! Elsewhere in this issue of the Vibes, you'll find a list of all of our donors.

With the new year comes the setting of goals for our Village by the Board of Directors. This year we will be meeting with the Core Team Leaders to do some strategic planning and to determine long-term goals. I would like to have input from you, our members, as we tackle this project. So I'm asking you to reflect on the following questions and inviting you to e-mail me your responses. Please, please contact me with your ideas and suggestions!

- 1.) What goals do you think that our Village should be working towards in 2022?
- 2.) What would you like to see our Village become?
- 3.) How do you envision TVSD 5 years from now? In 10 years?
- 4.) What needs improving? Any ideas for how we can accomplish these improvements?

Please share your suggestions for 2022 and your dreams and hopes for our Village in the long run.
Let your imagination soar for a better TVSD!

Marilyn Bente

Our first Wednesday Stretch and Balance Class

Instructor Merilee Post.

Three Village Marilyn:

Marilyn Licht
Marilyn Bente
Marilyn Millikan

**We thought it was fun that the three
Marilyns were all together for once.**



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|--|---|--|--|-----|
| 2 | 3 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 3:00 PM - TVSD General Meeting | 4 9:00 AM - Balance Class | 5 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting 11:30 AM - Virtual Lunch Bunch (Zoom) | 6 9:00 AM - Balance Class 10:15 AM - Mah Jongg | 7 10:00 AM - Chair Yoga 11:00 AM - Games and Grub | 8 |
| 9 | 10 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) 1:00 PM - Laurie Brown's Stronger Memory Meeting | 11 9:00 AM - Balance Class 1:00 PM - Core Team Meeting/Workshop | 12 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting 3:00 PM - Arts and Crafts with Bob & Carol 4:00 PM - Care Partners Support Group 7:00 PM - Poker Night | 13 9:00 AM - Balance Class 10:15 AM - Mah Jongg 3:00 PM - Village Book Club | 14 10:00 AM - Chair Yoga 11:00 AM - Games and Grub | 15 |
| 16 | 17 Martin Luther King Jr. Birthday – Holiday 9:30 AM - Acrylic Rock Painting 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) | 18 9:00 AM - Balance Class 11:30 AM - ROMEO 11:30 AM - Tuesday Lunch Bunch | 19 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting (Zoom) 1:00 PM - Fran's Monthly Chat | 20 9:00 AM - Balance Class 10:15 AM - Mah Jongg 12:45 PM - Sack Lunch and a Movie: "Crazy Heart" staring Jeff Bridges | 21 10:00 AM - Chair Yoga 11:00 AM - Games and Grub 1:00 PM - What is Ageism? | 22 |
| 23 | 24 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) | 25 9:00 AM - Balance Class 12:30 PM - Care Committee Meeting | 26 9:00 AM - Stretch & Balance 10:00 AM - Chair Yoga 11:00 AM - Carmela's Stronger Memory Meeting 3:00 PM - Fabric Art: A Life Story 6:00 PM - Bunko | 27 9:00 AM - Balance Class 10:15 AM - Mah Jongg 1:00 PM - Board Meeting | 28 8:00 AM - Mingei Museum Visit 10:00 AM - Chair Yoga 11:00 AM - Games and Grub | 29 |
| 30 | 31 10:00 AM - Chair Yoga 11:00 AM - Carol's Coffee Chat (Zoom) | Feb 1 9:00 AM - Balance Class | 2 11:30 AM - Lunch Bunch (Zoom) 1:00 PM - Groundhog Gala | 30 9:00 AM - Balance Class | | |

Tierrasanta Village of San Diego Village Business Supporters

| | | |
|--|---|--|
| Choice of Mandarin 10645-F Tierrasanta Blvd | 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 | 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 |
| Tierrasanta Mexican 10% off your bill; dine in only; with your membership card 5950 Santo Road | Long Island Mike's Pizza 20% off with membership card 5250 Murphy Canyon Road 858-569-7499 | Klassic Dry Cleaners and Formal Wear 5% off dry cleaning 5950-J Santo Road |
| Gaetano's Italian Restaurant | Tierrasanta Ace Hardware 5% discount with TVSD Card 10615-A Tierrasanta Blvd. 858-573-9600 | 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 |
| Sub-Marina #2 \$1 off any sandwich with your membership card 10645-Z Tierrasanta Blvd | | |

TVSD Book Club Selections — 2021

| | | | |
|--------------|--------------------------------------|-------------------------|------------------|
| Jan. | Where'd You Go, Bernadette | Maria Semple | 2012 |
| Feb. | The Art of Racing in the Rain | Garth Stein | 5/22/2018 |
| March | Being Heumann | Judith Heumann | 2/25/2020 |
| April | Indigo Girl | Natasha Boyd | 10/3/2017 |
| May | The Warmth of Other Suns | Isabel Wilkerson | 9/2010 |

TVSD Donor List for 2021

| | | |
|-----------------------|---------------------------------|---------------------|
| Barbara Allison | Denise Konigsbach | Jim & Beny Parker |
| Jim & Jinny Batterson | Ann Lasdon | Joann Reichenbacher |
| Marilyn Bente | Carol Lee | Diane Roland |
| Laurie Brown | Barbara Lester | Ken & Susan Ross |
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| Anne Hoffman | Patricia Mudd & Dorothy Grissom | Ginny & Thom |
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| Linda Juhasz | Bradlyn & Art Mulvey | Candy & PK Walsh |
| Barb Kanneman | Carol Mundell | Sheila Weiner |
| Rhoda Keegan | Marc & Grazina Narkus-Kramer | Greg & Fran Zweibel |
| Jean Kerr | Trish Newbill | |

Friends of the Tierrasanta Library Book Sale January 2022

**Friday, 1 / 7
11:30 a.m. to 5:00 p.m.**

**Saturday, 1 / 8
9:30 a.m. to 3:00 p.m.**

**Monday 1 / 10
11:30 a.m. to 5:00 p.m.**