

50th ANNIVERSARY SPECIAL EDITION

DAY 1 - DIGITAL STORYTELLING

Sponsored by



Thank You for making this
50th ANNIVERSARY event happen!



Board Members

Nickie Williams
President

Mark J. Weaver
Vice President

Jack Schirner
Secretary

Howard Salmon
Treasurer

Tom Mintun

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FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
Executive Director

Jeffery Dionisio
Administrative
Assistant

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Donor Development &
Marketing Specialist

Araceli Flores
Server/Facilities

Rodolf Pedroza
Chef

Veronica Orozco
Kitchen Assistant

The Fallbrook Senior
Center Form 990 can be
viewed and printed from
the guidestar website:
www.guidestar.org

Fallbrook Senior Center
399 Heald Lane
Fallbrook, CA 92028

OFFICE HOURS

Monday-Friday 8am - 4pm
Closed Saturday & Sunday
(760) 728-4498

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com

THRIFT SHOP

760-723-4602

Monday- Friday 9am-3pm
Closed Saturday & Sunday

Manager: Saliha Raddani
Driver/Sales: Robert
Mesquita

DAY 2 - MARIACHI



DAY 3 - MAGICIAN & MENTALIST



DAY 4 - BARRY ALLEN COHEN



DAY 5 - FALLBROOK VINTAGE CAR CLUB WITH THE FALLBROOK UKULELE STRUMMERS



FALLBROOK SENIOR CENTER JUNE 2024 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Marisco's Chili Relleno Rice Beans Salad/Roll Fruit	4 Baked Chicken Vegetable Butternut Squash Salad/Roll Dessert	5 Turkey Stuffed Bell Pepper Vegetable Barley Salad/Roll Fruit	6 Panda Express Broccoli Beef Chow Mein Vegetables Salad Fruit ▲	7 Vegetable Noodle Soup Tuna Sandwich Sweet Potato Salad/Roll Fruit
10 Beef Burger on Bun Vegetable Baked Fries Salad/Roll Cookie	11 Dominick's Deli Italian Combo Sandwich Potato Salad Vegetable Salad/Roll Fruit ▲	12 Cheese Omelet Sausage Roasted Potatoes Fruit/Muffin	13 Birthday Lunch Chicken Pot Pie Spinach Salad/Roll Fruit Cupcake	14 Baked Cod Vegetable Barley Salad/Roll Fruit
17 Marisco's Chicken Enchilada Beans Rice Salad/Roll Fruit ▲	18 Beef Meatballs with Spaghetti Vegetable Salad/Garlic Bread Fruit	19 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	20 BBQ Chicken Vegetable Baked Potato Salad/Roll Fruit	21 Cilantro & Lime Cod Vegetable Barley Salad/Roll Dessert
24 Pork Chop w/salsa verde Vegetable Baked Potato Salad/Roll Fruit	25 Dominick's Deli Roast Beef Sandwich Baked Beans Baby Carrots Salad/Roll Fruit ▲	26 Honey Mustard Chicken Vegetable Butternut Squash Salad/Roll Dessert	27 Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	28 Fish Taco Vegetable Barley Salad/Roll Fruit
We are excited to introduce some new options to the menu this month, featuring food from a few of our local restaurants.				Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.

▲ Denotes meal that is > 1,000 mg of sodium.

FALLBROOK SENIOR CENTER JUNE 2024 ACTIVITY SCHEDULE

399 Heald Lane - Fallbrook, CA 92028 760-728-4498

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

3 9:00 Exercise Class 9:00 NO PICKLEBALL 10:00 Spanish I Class 12:00 Pinochle 12:15 Safety Presentation	4 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	5 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	6 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	7 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full) 12:00 Camera Club
10 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 10:30 Gardening Class 12:00 Pinochle	11 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	12 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	13 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	14 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
17 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 10:30 Gardening Class 12:00 Pinochle	18 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	19 9:00 Exercise Class 9:30 Veterans Support Group 10:00 Spanish II Class 12:00 Pinochle 12:30 Dominos	20 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	21 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
24 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 10:30 Gardening Class 12:00 Pinochle	25 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	26 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	27 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	28 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)

Members



Rosa Mike Cruz Carmen Eloine Mick Carol



Pat Bill Hanh Joyce Aroxy Bob Irma



Dorothy Russ Jean Barbara Bea John Louise



Fred Rose John Ronnie Don Betty Richard Lyn

On the occasion of our 50th Anniversary, we would like to take the time to recognize some of our longtime active members. We celebrate these members and others who has been with us for over 15 years and some for even decades.

Volunteers



Dorothy

Russ

Carlotta

Jan

Barbara

Jack



Eloine

Mary

Jessica

Nickie

Tom

Susan

Howard



Richard

Alejandro

Danny

Alissa

Elsa

Mark

Last month, we acknowledged many of our volunteers, and this month we continue by expressing our gratitude to several more.

Sponsors

Hundreds of our Senior Center and community members joined us in celebrating our 50th Anniversary. Our daily festivities were made possible by the generous support of the following sponsors, to whom we extend our deepest gratitude.



Barry - Bell and Hall
Fallbrook

Shamrock Foods
DELIVERING SATISFACTION

ROYAL BENEFITS
INSURANCE SERVICES

Thank you

We sincerely thank everyone who came out to support our Senior Center's 50th Anniversary week. Your presence and support mean the world to us.

Did you know?

Operating the Senior Center costs over \$500,000 annually. As a non-profit, we need to raise this entire amount each year.

Upcoming Events

Pedestrian Safety

Join us on Monday, June 3rd at 12:15 in the Senior Center Auditorium. Vista Community Clinic will be presenting an Adult Guide to Pedestrian Safety and How to be a good Pedestrian.

Snacks and Giveaway's!

Vegetable Gardening 101

US Certified Master Gardener Victor Santos will conduct a beginner vegetable gardening class. It will be a series of three classes on the following dates:

Monday, June 10, 10:30-12:30

Monday, June 17th, 10:30-12:30

Monday, 24th, 10:30-12:30

Space is limited, must RSVP - 760-728-4498.

SUPPORTERS



Bonsall Woman's Club



PARTNERSHIPS



IN KIND DONORS



National Charity League, Inc.®



Regency Fallbrook
A Retirement and
Assisted Living Community
A REGENCY PACIFIC COMMUNITY

Bringing independence to living and quality to life



Don't forget to save your receipts from Major Market and bring them to the Senior Center.

We total all of the receipts and submit them to Major Market in return for a donation each month.

Every little bit helps.

VOLUNTEER OPPORTUNITY

"Those who bring sunshine to the lives of others cannot keep it from themselves."

-James Matthew Barrie

Consider volunteering at the Senior Center just a few hours a week. Call the office to see how you can help.

760-728-4498

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WEBSITE



DONATE



The Mission of the Fallbrook Senior Center is to promote healthy aging, independence and well being of active, older adults in the communities we serve. We will provide programs and services which support the dignity and enrichment of life for seniors 50 and above. The center Provides a place to gather with activities and services including:

- Nutrition Services including Lunches
- Health Education & Exercise Classes
- Legal Reference & Tax Service
- Educational and Cultural Programs
- Recreational & Social Activities such as bridge, chess, & billiards

The center is a membership organization but has a goal to coordinate services, skills and knowledge to benefit our seniors in the wider community