



## Board Members

**Nickie Williams**  
President

**Tom Mintun**  
Vice President

**Jack Schirner**  
Secretary

**Howard Salmon**  
Treasurer

**Mark Weaver**

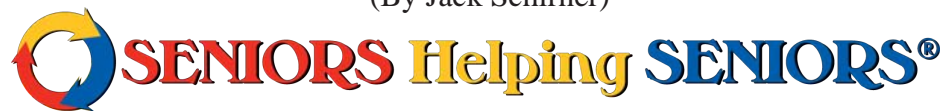
**Carmen Cervantes**

**David Schwartz**

**Richard West**

## Fallbrook Area Organizations You Should Know Part 2

(By Jack Schirner)



This is the second in a series of articles to introduce our members to other local organizations that may benefit them. As mentioned last month, there are some situations or circumstances that the Senior Center is just not capable of handling. The Senior Center strives to keep our members active mentally and physically for as long as possible. But what happens when we are somewhat active, but no longer able to drive, or cook, or keep up with necessary housework? That's when Seniors Helping Seniors may be just what you need.

Senior Helping Seniors is an in-house care service organization founded in 1998. Their main goal is to help seniors stay in their own home for as long as possible. I remember hearing a story years ago from a realtor friend of mine who was engaged to sell the home of an acquaintance of hers. She knew that the lady client loved her home and had previously told her that she planned to stay in her home for as long as she lived. When the realtor questioned her client as to why she was now selling, the lady told her that she could no longer bend down low enough to plug in her vacuum. The realtor arranged for a handyman to come to the lady's home and raise some of the electrical plugs a few feet off the floor. Her client was then able to continue to live in her home. Had this homeowner had access to an organization such as SHS, she wouldn't have had to consider selling her home, nor would she have had the expense of an electrician. There is a wide range of tasks that Seniors Helping Seniors (SHS) may be able to help you with that would allow you to stay where you are.

Seniors Helping Seniors was started with two simple ideas in mind:

- Seniors can help each other age more happily and gracefully.
- Seniors who give, and those who receive, benefit equally.



## FALLBROOK SENIOR CENTER STAFF

**Susie Gonsalves**  
*Executive Director*

**Jeffrey Dionisio**  
*Administrative Assistant*

**Araceli Flores**  
*Server/Facilities/Driver*

**Rodolfo Pedroza**  
*Chef*

**Veronica Orozco**  
*Kitchen Assistant*

**David Vidaca**  
*Home Delivered Meals Driver*

The Fallbrook Senior Center Form 990  
can be viewed and printed from the  
guidestar website: [www.guidestar.org](http://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](mailto:fallbrookscdirector@gmail.com)  
[www.fallbrookseniorcenter.com](http://www.fallbrookseniorcenter.com)

## THRIFT STORE

**(760) 723-4602**

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

**Manager: Saliha Raddini**  
**Driver/Sales: Robert Mesquita**

## Seniors Helping Seniors continued...

This program matches seniors who need help with seniors who want to help, creating a friendly and supportive relationship between the caregiver and the client. They offer a variety of non-medical services to assist seniors with their daily living needs, such as:

- Companionship and conversation
- Light housekeeping and laundry
- Cooking and Shopping
- Respite care for family caregivers
- Light Handyman Services and Small Repairs
- Pet Care
- Personal care and hygiene
- Alzheimer's and dementia care
- Transportation and errands
- Yard Work

*Seniors Helping Seniors* was originally begun at a single location in 1998. Since then, it has grown to hundreds of locations throughout the United States and internationally. Close to home there are locations in Escondido and Fallbrook. This organization is a win-win for those seniors who need some assistance to stay in their homes, and for seniors who want to provide services to others. They offer reasonable hourly rates for seniors who need help and reasonable hourly wages to seniors who provide them. You can learn more about getting help or providing help by contacting them at (760) 884-4111 or by visiting them online at [www.shshomecare.com](http://www.shshomecare.com).

## Join Us for Mexican Independence Day Fiesta!

**Mark your calendars for a fun celebration!**  
**We're happy to invite you to our Mexican  
Independence Day lunch on Friday,  
September 15th.**

**Enjoy mouthwatering fish tacos and immerse yourself in  
the festive atmosphere with lively mariachi music.**  
**It's an occasion you won't want to miss!**

**— Date: Friday, September 15th —**

**Time: Doors open at 10:30 and the band will already be  
playing. Lunch served at 11:15 a.m.**

**Location: Community Center Auditorium**

**To ensure we have enough tacos for everyone, lunch  
reservations are required for this special day. Secure your  
spot by either calling our office at 760-728-4498 or signing  
up at the lunch table Monday – Friday.**

**Reservation Deadline: September 8th**

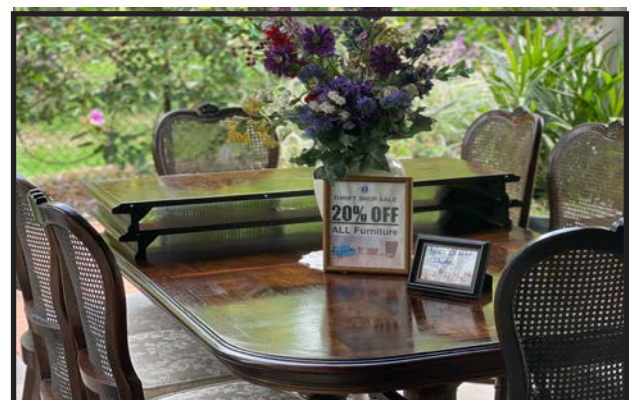
**Let's come together to celebrate Mexican culture, indulge  
in delicious food, and enjoy the spirit of independence.**

**See you there!**



# Fallbrook Senior Center Thrift Shop

The Thrift Shop has a large variety of medical and convalescent supplies for 20% off our low prices. Includes: Wheelchairs, walkers, canes, underwear and pads for incontinence, braces, and commodes.



Hours Monday - Friday 9am - 3pm

760 723.4602



# UPCOMING EVENTS

Mark Your Calendars



## Honoring our Veterans

In our upcoming November newsletter issue, we will have a page dedicated to honoring the veterans who have served our nation. To make this edition truly special, we invite all veterans to stop by the office Monday – Friday from 8:00 a.m. to 3:30 p.m. and no later than September 30th to have your picture taken.

Your presence and participation would mean a lot to us. Don't miss this opportunity to be a part of our special Veterans' feature.

Please call **760-728-4498** if you have any questions.



## Unleash your Creativity at Paint n' Sip

Join us on **September 18, 2023, at 12:15 p.m.** in the Senior Center Auditorium for a delightful Paint n' Sip event. Channel your artistic spirit as we guide you through an autumn painting while enjoying a sip of wine. Limited space available, so secure your spot for this artistic journey. RSVP at 760-728-4498 or drop by the office today!

## OUR COMMUNITY'S CHOICE

*Trusted since 1982*



*“We are committed to caring for our community and treat our patients as if they were our own family”*

*Leslee B. Cochran, M.D.  
Executive Medical Director*

**951-200-7800 • [www.HospiceoftheValleys.org](http://www.HospiceoftheValleys.org)**

# Happy Birthday



Alicia Contreras  
August 9



David Cervantes  
August 29



Estela Ramirez  
August 27



Lisa Boonstra  
August 11



Mari McComb  
August 29



Ned Richard  
August 19



Nieves Olivas  
August 5



Carmen Sanchez from  
**Right at Home**  
provided the Birthday  
Cupcakes

*Fallbrook Ukulele Strummers provided the entertainment.*

*A special Thank You to the Strummers for donating \$200.00 to  
Samaritans Purse for Maui relief.*



# FALLBROOK SENIOR CENTER SEPTEMBER 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 760-728-4498

**MONDAY**

**TUESDAY**

**WEDNESDAY**

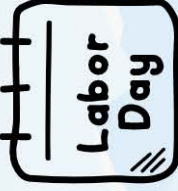
**THURSDAY**

**FRIDAY**

Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal ≥1,000 mg of sodium

**4**

**CLOSED**



**11**

Egg Plant Parmesan  
Cauliflower  
Three Bean Salad  
Whole Wheat Pasta  
Yogurt with Blueberries

**12**

Beef Stew  
Corn  
Sweet Potato  
Mixed Green Salad  
Whole Wheat Roll  
Banana

**13**

Honey Mustard Chicken  
Spinach  
Brown Rice  
Mixed Green Salad w/garbanzos  
Apple

**14**

Roasted Turkey  
Green Beans  
Mashed Potatoes  
Mixed Green Salad w/beets  
Whole Wheat Roll  
Strawberries

**15**

Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**16**

Chicken Cordon Bleu  
Collard Greens  
Quinoa  
Mixed Green Salad w/garbanzos  
Honeydew Mellon

**17**

Beef Lasagna  
Zucchini  
Whole Wheat Garlic Bread  
Mixed Green Salad  
Orange

**18**

Teriyaki Beef  
Capri Blend  
Barley  
Mixed Green Salad w/red peppers  
Tropical Fruit

**19**

Vegetable Noodle Soup  
Black Beans  
Whole Wheat Quesadilla with Cheese  
Mixed Green Salad w/beets  
Orange

**20**

Chicken Fajitas  
Fiesta Blend  
Brown Rice  
Mixed Green Salad w/garbanzos  
Cantaloupe

**21**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**22**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

**23**

Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
Whole Wheat Roll  
Ambrosia

**24**

Meat Loaf w/gravy  
Spinach  
Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

**25**

Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
Mixed Green Salad w/beets  
Yogurt with Strawberries

**26**

Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
Mixed Green Salad w/garbanzos  
Whole Wheat Roll  
Apple

**27**

Turkey Stuffed Bell Pepper  
Winter Blend  
Farro  
Mixed Green Salad w/ garbanzos  
Canned Peaches

**28**

Roasted Turkey  
Green Beans  
Mashed Potatoes  
Mixed Green Salad w/beets  
Whole Wheat Roll  
Strawberries

**29**

Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**30**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**31**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

**32**

Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
Whole Wheat Roll  
Ambrosia

**33**

Meat Loaf w/gravy  
Spinach  
Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

**34**

Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
Mixed Green Salad w/beets  
Yogurt with Strawberries

**35**

Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
Mixed Green Salad w/garbanzos  
Whole Wheat Roll  
Apple

**36**

Turkey Stuffed Bell Pepper  
Winter Blend  
Farro  
Mixed Green Salad w/ garbanzos  
Canned Peaches

**37**

Roasted Turkey  
Green Beans  
Mashed Potatoes  
Mixed Green Salad w/beets  
Whole Wheat Roll  
Strawberries

**38**

Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**39**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**40**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

**41**

Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
Whole Wheat Roll  
Ambrosia

**42**

Meat Loaf w/gravy  
Spinach  
Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

**43**

Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
Mixed Green Salad w/beets  
Yogurt with Strawberries

**44**

Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
Mixed Green Salad w/garbanzos  
Whole Wheat Roll  
Apple

**45**

Turkey Stuffed Bell Pepper  
Winter Blend  
Farro  
Mixed Green Salad w/ garbanzos  
Canned Peaches

**46**

Roasted Turkey  
Green Beans  
Mashed Potatoes  
Mixed Green Salad w/beets  
Whole Wheat Roll  
Strawberries

**47**

Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**48**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**49**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

**50**

Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
Whole Wheat Roll  
Ambrosia

**51**

Meat Loaf w/gravy  
Spinach  
Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

**52**

Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
Mixed Green Salad w/beets  
Yogurt with Strawberries

**53**

Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
Mixed Green Salad w/garbanzos  
Whole Wheat Roll  
Apple

**54**

Turkey Stuffed Bell Pepper  
Winter Blend  
Farro  
Mixed Green Salad w/ garbanzos  
Canned Peaches

**55**

Roasted Turkey  
Green Beans  
Mashed Potatoes  
Mixed Green Salad w/beets  
Whole Wheat Roll  
Strawberries

**56**

Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**57**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**58**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

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Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
Whole Wheat Roll  
Ambrosia

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Meat Loaf w/gravy  
Spinach  
Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

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Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
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Yogurt with Strawberries

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Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
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Whole Wheat Roll  
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Turkey Stuffed Bell Pepper  
Winter Blend  
Farro  
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Canned Peaches

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Mashed Potatoes  
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Whole Wheat Roll  
Strawberries

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Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**66**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**67**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

**68**

Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
Whole Wheat Roll  
Ambrosia

**69**

Meat Loaf w/gravy  
Spinach  
Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

**70**

Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
Mixed Green Salad w/beets  
Yogurt with Strawberries

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Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
Mixed Green Salad w/garbanzos  
Whole Wheat Roll  
Apple

**72**

Turkey Stuffed Bell Pepper  
Winter Blend  
Farro  
Mixed Green Salad w/ garbanzos  
Canned Peaches

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Roasted Turkey  
Green Beans  
Mashed Potatoes  
Mixed Green Salad w/beets  
Whole Wheat Roll  
Strawberries

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Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**75**

Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**76**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

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Fish and Chips  
Broccoli  
Coleslaw  
Baked Potato Fries  
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Meat Loaf w/gravy  
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Whole Wheat Roll  
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Winter Blend  
Farro  
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Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

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Fish Veracruz  
Corn with red peppers  
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Whole Wheat Roll  
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**85**

Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
Mixed Green Salad  
Cantaloupe

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Fish and Chips  
Broccoli  
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Whole Wheat Roll  
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Winter Blend  
Farro  
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Fiesta Blend  
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Beef Stroganoff  
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Whole Wheat Roll  
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Winter Blend  
Farro  
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Canned Peaches

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Whole Wheat Roll  
Strawberries

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Black Beans  
Tortilla  
Coleslaw  
Mango

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Fish Veracruz  
Corn with red peppers  
Coleslaw  
Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

**103**

Beef Stroganoff  
Baby Carrots  
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Cantaloupe

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Whole Wheat Roll  
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Winter Blend  
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Whole Wheat Roll  
Strawberries

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Fish Taco's  
Fiesta Blend  
Black Beans  
Tortilla  
Coleslaw  
Mango

**111**

Fish Veracruz  
Corn with red peppers  
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Roasted Potato  
Whole Wheat Roll  
Yogurt w/Strawberries

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Beef Stroganoff  
Baby Carrots  
Whole Wheat Pasta  
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Cantaloupe

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Coleslaw  
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Whole Wheat Roll  
Ambrosia

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Baked Potato  
Mixed Green Salad w/red peppers  
Whole Wheat Roll  
Blueberries

**115**

Sweet and Sour Chicken  
Meatballs  
Butternut Squash  
Whole Wheat Pasta  
Mixed Green Salad w/beets  
Yogurt with Strawberries

**116**

Baked Chicken  
Roasted Brussels Sprouts  
Sweet Potato  
Mixed Green Salad w/garbanzos  
Whole Wheat Roll  
Apple

**117**



# FALLBROOK SENIOR CENTER SEPTEMBER 2023 ACTIVITY SCHEDULE

399 HEALD LANE FALLBROOK CA 92028 760-728-4498


**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

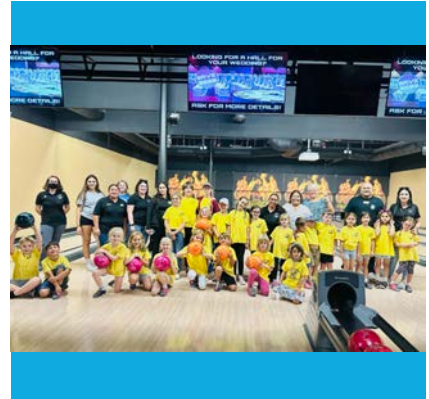
**FRIDAY**

<b>4</b> CLOSED 	<b>5</b> 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	<b>6</b> 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>7</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	<b>1</b> 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club
<b>11</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong	<b>12</b> 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	<b>13</b> 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos 12:30 Board Meeting	<b>14</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	<b>8</b> 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
<b>18</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:15 Paint n Sip Class RSVP Required	<b>19</b> 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	<b>20</b> 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>21</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	<b>15</b> 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
<b>25</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong	<b>26</b> 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	<b>27</b> 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>28</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	<b>22</b> 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
<b>29</b> 9:00 Exercise Class 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong	<b>30</b> 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	<b>31</b> 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>1</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	<b>29</b> 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge



# Intergenerational Activities

**We enjoyed a delightful summer filled with intergenerational activities that brought joy to all ages. Here are a few snapshots capturing the memorable moments from these events.**







# Friends Are Life's Great Joy

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At Silvergate Fallbrook, neighbors become fast friends, enjoying spectacular activities together every day.

**Come see your social life blossom in Fallbrook's  
finest retirement community and**

***Make Every Day Matter***

BEAUTIFUL APARTMENTS • ENDLESS ACTIVITIES • UNBELIEVABLE CUISINE • MAINTENANCE-FREE LIVING • AWARD-WINNING C



**SILVERGATE**  
FALLBROOK

**Come Join Us. (760) 728-8880**

**Independent Living • Assisted Living • Memory Care**





## Old Friends

Try to remember these advertising mascots from 60 or 70 years ago shown below. You must identify the product being advertised and the name of the mascot if you can. Answers are shown later in this Chronicle issue. You probably will be able to identify most of them without looking at the answers. Good Luck.



1. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



7. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



8. \_\_\_\_\_

Product \_\_\_\_\_

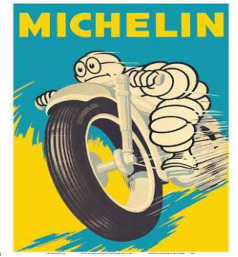
Name \_\_\_\_\_



9. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



10. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



11. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



12. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



13. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



14. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



15. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



16. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



17. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



18. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



19. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



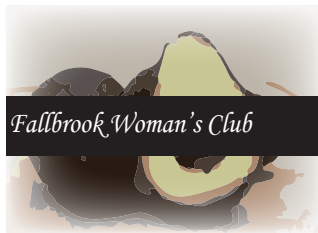
20. \_\_\_\_\_

Product \_\_\_\_\_

Name \_\_\_\_\_



## - SUPPORTERS -



## - PARTNERSHIPS -



## - IN-KIND DONORS -





 **HAPPY**  
**GRANDPARENTS**  
**DAY!** 

  
**Major**  
**Market**

**Don't forget** to save your receipts from Major Market and bring them into 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.



### **FALLBROOK SENIOR CITIZENS SERVICE CLUB**

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

- **Nutrition Services including lunches**
- **Health Education and Exercise Classes**
- **Legal and Financial Services**
- **Educational and Cultural Programs**
- **Recreational and Social Activities such as bridge, bingo and pool**

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

### **New Beginning Line Dance Class – “Mastering the Basics”**

September's almost here. It's time for a new Ballroom Line Dance class again. The Fallbrook Senior Center will again offer a beginning line dance class starting September 5th. These classes provide a completely different kind of mental and physical exercise that will bring new life to your old bones. Whether you're 50 or 80, man or woman, you will notice improvements in a few short weeks. **The classes are every Tuesday and Thursday at 10:00 a.m. The Tuesday class is one hour. The Thursday class is a half hour.** Our previous beginning classes have been very successful, with many participants going on to continue dancing in our advanced class. We have dancers who never danced before tell us that this class changed their life and they are now in better shape than they have ever been before. There are many studies that show that your health can be greatly improved by dancing, even if you can't tell your left foot from your right.

We have over 125 different choreographed songs that we teach, including waltz, cha cha, mambo, country, soul, tango, salsa, and traditional songs. These songs utilize a variety of about 47 different steps that you will learn. Our main objectives are to keep you healthy and to have fun. Call the Center at (760) 728-4498 to register. We have a maximum number of participants that we can accept. The classes are free of charge, however we do encourage donations of \$2 to \$5 per class for the use of the hall.

#### **Old Friends – Answers**

1. Cracker Jacks – Sailor Jack, 2. Sugar Smacks – Dig-Em, 3. Borden Dairy – Elsie the Cow, 4. Chef Boyardee Pasta – Chef Boyardee, 5. Charmin Tissue – Mr. George Whipple,
6. Phillip Morris Johnny Roventini, 7. Frito Lay – Frito Bandito, 8. Squirt – Lil Squirt, 9. Rice Krispies – Snap, Crackle & Pop, 10. Michelin Tires – Michelin Man,
11. Alka-Seltzer – Speedy, 12. Pancake Mix – Aunt Jemima, 13. Gerber Strained Foods. – Gerber Baby (Ann Turner Cook), 14. Morton's Salt – Sarah Peldon,
15. Pillsbury – Poppin' Fresh, 16. Hawaiian Punch – Punchy, 17. Stay Puft Marshmallows – Stay Puft, 18. Sunbeam Bread – Little Miss Sunbeam,
19. Sambo's Restaurants – Sambo & Jolly Tiger, 20. Bananas – Miss Chiquita