



At A Glance



Monthly Words of Wisdom
 Don't ever put your complete trust in stairs.
 They're always up to something.



STAFF

Susie Gonsalves
Executive Director

Jeffery Dionisio
Administrative
Assistant

Matt Tompkins
Donor Development &
Marketing Specialist

Araceli Flores
Server/Facilities

Rodolfo 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
Saturdays 10am-3pm
Sundays CLOSED

Manager: Saliha Raddani
Driver/Sales: Robert
Mesquita

ACTIVITY SPOTLIGHT



**SAFE
ZONE**

One Safe Space

We were grateful to welcome Laurie Howard from One Safe Place late last month for an informative presentation. She shared valuable resources and support services available through their center, which offers help to those who may feel unsafe, controlled, or threatened. Though a small group attended, the discussion was meaningful and highlighted the importance of knowing that such care and assistance are available in our community. A warm thank you to Laurie for her time and for sharing these important resources with us.

SOMETHING NEW

★
EXCLUSIVE
★



FIESTA!



¡Viva la Fiesta!

Our Senior Lunch came alive as we celebrated Mexican Independence Day in grand style! A lively Mariachi band set the stage with beautiful music that had many of our guests out of their seats and onto the dance floor. The room was filled with laughter, clapping, and plenty of festive spirit. Lunch was just as memorable, with everyone enjoying a delicious plate of chicken tamales, beans, rice, salad, and a roll. It was truly a full house, and the joy was contagious from start to finish. A heartfelt thank you goes out to our wonderful volunteers, whose helping hands made this celebration such an enjoyable and unforgettable one!

UPCOMING EVENTS



1
Oct

Fall Prevention

Wednesday, at 12:15 in the Senior Center Auditorium Presented by Silverado.

Join us for a helpful and engaging Fall Prevention Class designed to keep you safe, steady, and confident. Learn simple exercises to improve balance and strength, tips to make your home safer, and strategies to reduce your risk of falls.

3
Oct

Key of Phil

Join us Friday at our lunch program held in the Community Center Auditorium!

Doors open at 10:30 we ask you arrive by 11:00. Cost is \$5.00 for those 50 and older. Join us for lunch and enjoy the musical talents of Phil Stoffer. He brings a wide variety of music to the piano, from Classic Rock and Rhythm & Blues to symphonic favorites and more. Come savor a delicious meal while listening to wonderful live music!

7
Oct

Live Music with Mike

Join us Tuesday at our lunch program held in the Community Center Auditorium!

Doors open at 10:30 and we ask that you arrive by 11:00. Cost is \$5.00 for those 50 and older. Join us for lunch and enjoy the music of The TV Singing Guy, Mike Chamberlin. He will delight us with "Music Through the Decades".

20
Oct

2026 Medicare Plan Changes

Monday, at 12:15 in the Senior Center Auditorium presented by Jessee Bradbury from Royal Benefits Insurance.

Medicare plans are changing in 2026 and some of these changes could affect your coverage and costs. Learn about NEW benefits, avoid costly surprises and get your questions answered by a licensed Insurance Agent. Complimentary refreshments and giveaways.

22
Oct

Rancho Physical Therapy

Wednesday, at 12:15 in the Senior Center Auditorium.

We're excited to welcome Tyler from Rancho Physical Therapy as he shares valuable tips on improving balance and strengthening muscles to help prevent falls. Tyler will also demonstrate the safest way to get up after a fall and provide practical strategies to stay steady on your feet. Don't miss this informative and interactive session designed to keep you active and confident!

29
Oct

San Diego PACE

Wednesday, at 12:15 in the Senior Center Auditorium.

San Diego PACE provides and coordinates a full range of services to help medically and physically challenged older adults to continue living safely. Their mission is to ensure seniors get the care they need to lead healthy, happy and independent lives. Join us to learn more about the many services they provide. Snacks will be available.

31
Oct

Halloween Costume Contest

Join us Friday at lunch time in the Community Center Auditorium for some Halloween fun!

Doors open at 10:30 AM, and we ask that you arrive by 11:00 AM. Lunch is available for just \$5.00 for those 50 and older—but you don't have to purchase lunch to participate in the contest.

The Costume Contest begins at 11:00 AM with four categories: Best Guy costume, Best Gal costume, Best Guy Hat, Best Gal Hat. Voting will take place at 11:15, and winners will be announced at 11:30.

Oct

English Class

Estamos considerando ofrecer una clase de Inglés como Segundo Idioma (ESL) y queremos saber quiénes estarían interesados. Por favor llame a nuestra oficina al 760-728-4498 para informarnos. We are considering offering an English as a Second Language (ESL) class and want to hear from those who may be interested. Please call our office at 760-728-4498 to let us know!



SEPTEMBER BIRTHDAYS



DENNIS
SEP 6



CELIA
SEP 9



WILLIAM
SEP 10



HANH
SEP 18



AURELIO
SEP 25



CHARLENE
SEP 26



September Birthday Lunch

We had a wonderful time celebrating our September birthdays at the Fallbrook Senior Center! Cupcakes were generously provided by Carmen from Right At Home, while Dee from the Foundation for Senior Care joined us to share resources and connect with our community. We also appreciated Jesse from Royal Benefits, who set up a helpful resource table for our members. The celebration was made even brighter with lively music from the Fallbrook Ukulele Strummers. A heartfelt thank you to each of them for making our gathering extra special!



FALLBROOK SENIOR CENTER

OCTOBER 2025 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

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.



1 Rudy's Homemade Bean & Cheese Burrito
Vegetable Rice Salad/Roll Fruit

2 Chicken Noodle Soup
Vegetable Grilled Cheese Sandwich Salad/Roll Fruit

3 Fish Veracruz Vegetable Barley Salad/Roll Fruit

Live Music

6 Sweet & Sour Meatballs
Vegetable Rice Salad/Roll Fruit

7 Vegetarian Chili with beans
Brussel Sprouts Yam Salad/Corn Bread Fruit

Live Music

8 Scrambled Eggs
Hash Brown Potatoes Sausage Fruit/Roll

9 Birthday Lunch
Meat Loaf Vegetable Mashed Potatoes Salad/Roll Dessert



10 Baked Cod
Vegetable Barley Salad/Roll Fruit

13 Chicken Rolled Taco's
Vegetable Rice Salad/Roll Fruit

14 Pork Loin
Vegetable Mashed Potatoes Salad/Roll Fruit

15 Cheese Manicotti
Black Beans Sweet Potato Salad/Roll Fruit

16 Roasted Chicken
Vegetable Baked Potato Salad/Roll Fruit

17 Tomato Basil Soup
Tuna Sandwich Carrots Salad/Roll Fruit



20 Vegetable Lasagna
Spinach Salad/Garlic Bread Fruit



21 Turkey Burger on bun
Vegetable Baked Fries Salad/Roll Fruit

22 Swedish Meatballs
Vegetable Pasta Salad/Roll Fruit

23 Salisbury Steak
Vegetable Baked Potato Salad/Roll Fruit

24 Crab Cake
Vegetable Barley Salad/Roll Fruit

27 Herb Chicken
Vegetable Barley Salad/Roll Fruit

28 Beef Stroganoff
Vegetable Pasta Salad/Roll Fruit

29 Minestrone Soup
Black Beans Sweet Potato Salad/Roll Fruit

30 Orange Chicken
Vegetable Rice Salad/Roll Fruit



31 Fish and Fries
Vegetable Salad/Roll Dessert Costume Contest



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

FALLBROOK SENIOR CENTER OCTOBER 2025 ACTIVITY SCHEDULE

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Fall Prevention	2 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	3 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge 12:00 Camera Club
6 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	7 9:00 Line Dancing 9:30 Friendship Circle 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	8 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	9 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	10 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
13 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	14 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	15 9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	16 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	17 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
20 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle 12:15 Medicare Changes	21 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	22 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Rancho Physical Therapy	23 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	24 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
27 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	28 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga at the Senior Center	29 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 PACE	30 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	31 HAPPY HALLOWEEN 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge 12:30 Jewelry Making Workshop

THE OPEN PEN

Whatever Became of the Seven Dwarfs?

(By Jack Schirner)

Very little has been written about the seven dwarfs after Snow White married the prince and rode off into the sunset to live happily ever after. But after some extensive research that included many interviews with the townspeople of a nearby far off village, here's the way I heard it. The villager's names have been omitted to protect the innocent. Snow White's exit brought on much confusion and difficult times for most of the dwarfs.

The first to depart was "**Grumpy**." His contentious negativity finally caught up with him. He had always found something to complain about and looked for the worst in everything and everyone. Eventually no one wanted to be around him and he drifted further and further away from those he previously had claimed to love. No one attended his funeral. He was buried in an unmarked grave in a far corner of a plain field, away from the forest.

"**Sneezy**" finally succumbed to his many allergies. He suffered a heart attack after a violent episode following his exposure to ragweed in an unkempt section of the forest "**Bashful**" died of loneliness after years and years of being unable to make new friends. He never married and just couldn't bring himself to meet new people. He shied away from any social events and hardly ever entered into conversations with anyone.

"**Sleepy**," who suffered from sleep apnea, was never able to get a good night's sleep and crashed his ore cart into a tree when he fell asleep at the wheel. "**Dopey**" never learned how to take care of himself and was placed in an assisted living cottage. Eventually everyone got tired of his corny, unfunny jokes and cruel pranks. They came to ignore him more and more and finally forgot him all together. No one even noticed when he didn't come out of his room to eat for several weeks.

"**Doc**," who was intelligent and should have known better, started experimenting with a variety of drugs that he said would,"improve the lives of everyone he knew." He finally didn't know who he was or where he was. He wandered off to join a commune and was never heard from again. Dead? Alive? No one seems to know.

That just left one remaining dwarf who managed to live to a ripe old age, surrounded by many friends and a large family of his own. How did he do that you ask? Simply because he was, you know, "**Happy**." He lived his life to the fullest and enjoyed every minute of it. When he finally passed away at nearly one hundred, all the animals of the forest and the residents of the nearby far off village turned out to remember the good things he had done and to celebrate the life he had lived. They erected a small statue of him in the village square and, to a person, related how he had touched their lives. They recounted how his life was an example of how best to help other people and to always look for the good in his neighbors and his circumstances. He taught us so many helpful lessons that we can learn to improve our own lives. For example, they said, he told us: Being happy tends to produce more antibodies and respond better to vaccines, making us less likely to catch colds or infections. He said that positive emotions are linked to lower blood pressure and reduced risk of heart disease and stroke, even among those with existing conditions. He explained that happiness can help reduce the perception of pain, especially in chronic conditions like arthritis. Most importantly, he said that studies show that happier individuals, including dwarfs, live longer, possibly due to healthier lifestyle choices and lower stress levels.

He left behind his journal that explained how a life of happiness can improve that life. He explained the many benefits include • Improved Heart Health, • the Ability to Combat Stress more Effectively, • a Stronger Immune System, • an Overall Healthier Lifestyle, • Reduced Pain, and • Increased Life Longevity. He also explained in detail how you too can alter your daily practices to become a happier person, but I'll have to address those practices in a future episode, because my allotted space has come to an end. Perhaps you could research some of those practices on your own.. If not, I'll spell them out in the near future, to help you live happily ever after.



Thank you HEARTFELT HIGHLIGHTS



Paint N' Sip

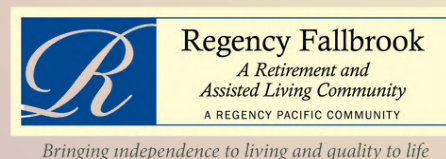
Our community recently enjoyed a festive Paint n' Sip activity here at the Fallbrook Senior Center, led by Jennifer from the Regency Fallbrook. Participants painted beautiful fall-themed art on canvas, and the afternoon was filled with creativity, laughter, and plenty of fun. The event was a great success and very well received—everyone we spoke to had such a wonderful time. A heartfelt thank you to Jennifer and the Regency Fallbrook for sponsoring this activity and sharing such a delightful experience with us!



SUPPORTERS



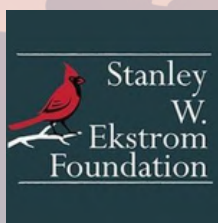
Bonsall Woman's Club



Bringing independence to living and quality to life



National Charity League, Inc.



VOLUNTEERS *NEEDED*

Consider volunteering at the Senior Center just a few hours a week. We need help serving lunch or in our Thrift Shop. Call the office to see how you can help.

(760) 728-4498



VETERANS GROUP

**Meeting Every 3rd Wednesday
of the Month at 9:30 a.m.**

Join us for coffee, cookies, and casual conversation. No agenda, just a relaxed gathering for veterans to connect and chat.



FALLBROOK SENIOR CITIZENS SERVICE CLUB

399 HEALD LANE
Fallbrook, CA 92028

OFFICE HOURS
Mon-Fri 8am - 4pm
(760) 728-4498

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com



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



Senior Center
THRIFT SHOP

Explore and hunt for bargains!

Open Mon-Fri 9-5pm
and Sat 10-5pm
399 Heald Ln.
Fallbrook, CA 92028
(760) 723 4602

Board Members

Nickie Williams
President

Mark J. Weaver
Vice President

Jack Schirner
Secretary

Howard Salmon
Treasurer

Tom Mintun

Richard West