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Carmen Cervantes

David Schwartz

Richard West

Fallbrook Area Organizations You Should Know **Part 3** (By Jack Schirner)



Fallbrook Food Pantry

Have you ever been hungry? Yes, of course you have. Have you ever been really, REALLY hungry? Yes, of course you have. But have you ever been really, really hungry and you didn't know when, or if, your next meal would come? If you grew up very poor like I did, you should answer yes. But for our Senior Center members today, the answer would more likely be maybe, but probably not. Yet in Fallbrook there may be hundreds of seniors who would likely be classified as food insecure.

Food insecurity is a term that describes the condition of not having access to sufficient food, or food of an adequate quality, to meet one's basic needs. In addition to having insufficient volume of food, it can occur when there is an abundance of processed, pre-packaged, calorie-dense foods, because these foods do not contain adequate nutrition. Food insecurity can have negative impacts on physical and mental health, especially for children and seniors. Children who are food insecure may experience developmental delays, behavioral problems, lower academic achievement, and increased risk of chronic diseases. Seniors who are food insecure may face higher rates of diabetes, hypertension, heart disease, depression, and disabilities.

There are many factors that contribute to food insecurity, such as poverty, unemployment, low wages, high cost of living, natural disasters (think, Maui), or lack of public transportation, especially for those living alone. Other factors include lack of affordable housing, racial inequities, health problems, and high medical costs. Fallbrook is also considered to be a food desert, which means that there are few grocery stores and limited availability of healthy, affordable food in the area.

There is no specific data on the percentage of seniors in Fallbrook who encounter food insecurity on a regular basis, but some assumptions can be made, based on current census data. For example, census data allows us to estimate that there are about



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

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
STORE**

(760) 723-4602

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

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

Seniors Helping Seniors continued...

7,260 seniors (60 and over) living in Fallbrook, and 21% of them live alone. If we apply the California state average of 8.4% food insecurity rate to this population, about 610 of our seniors may contend with this food issue. This may be an underestimate since Fallbrook has a higher poverty rate (16.7%) than the state average of 11.8%.

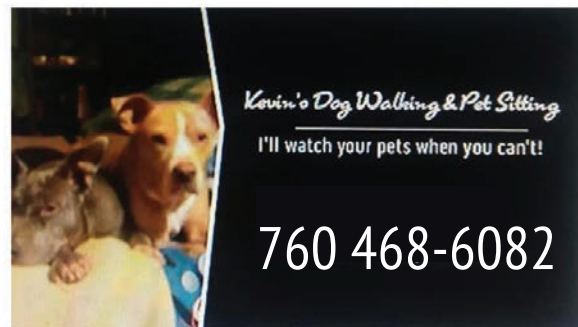
Which brings us to the subject of this article – the Fallbrook Food Pantry. The Food Pantry's main mission is to help alleviate food insecurity in Fallbrook. They distribute over 1 million pounds of food annually to about 25,000 household visits. They also offer a variety of programs to empower their clients to become self-sufficient, independent, and productive community members. They have a 30-year history of service and trust in our community.

They are not the only organization in our village to address the problem, but they are a very important part of the collective actions. They recently relocated to a new location at 140 N. Brandon Road. The new location allowed them to expand their food assistance efforts. They rely on volunteers to be the helping hands for the programs that assist approximately 500 households each week. Some of the volunteers help with administrative tasks, some help as drivers to pick up or deliver food items, and others inspect and sort food in the sorting area, store items in the warehouse, or help clients select grocery items in the market.

The Fallbrook Food Pantry is vital to the well-being of many of our residents. You should get to know them better by visiting their website at www.fallbrookfoodpantry.org, or by calling them at (760) 728-7608. You can learn more about the costs involved, how to donate to help sustain their efforts, or you can inquire about volunteering with this very important organization. Reminder, you must be over 12 years of age to volunteer.

Kevin's Dog Walking and Petsitting

Local Fallbrook Business
Overnights, drop ins, and more!



kevinsdogwalkingpetsitting@gmail.com

Fallbrook Senior Center Thrift Shop



Robert Mesquita out promoting Halloween Costumes to the school traffic.



Hours Monday - Friday 9am - 3pm

760 723.4602



Did you know?

Seniors lose over \$3 billion per year to elder scams. Find out about the latest scams and how to avoid them by attending our educational event.

Hosted by Bryan Devore from Berkshire Hathaway

Monday, October 16th at 12:15 pm

Annual Enrollment Period is here! What's New for 2024?

Join in person to find out what are your health plan options!
Snacks, Refreshments and lots of Giveaways and Raffles

Monday, October 9, 2023 at 12:15 pm

Community Listening Session

Aging and Independent Services would like to hear from San Diego County older adults and people living with disabilities and give them an opportunity to voice their needs, inputs, questions, and concerns. Light Refreshments

**Monday, October 30th from
12:30 -2:30 pm**





Hahn Denmore
September 18



Jim McRae
September 13



Charlene Dobbie
September 26



William Godwin
September 10



Carmen Sanchez from
Right at Home
provided the Birthday
Cupcakes

Happy Birthday

FALLBROOK SENIOR CENTER OCTOBER 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

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

MONDAY

2
Chicken Parmesan
Lima Beans
Mixed Green Salad w/red peppers
Whole Wheat Pasta
Grapes

9
Vegetable Lasagna
Baby Carrots
3 Bean Salad
Whole Wheat Garlic Bread
Canned Pears ▲

16
Vegetarian Chili w/beans
Corn
Mixed Green Salad
Sweet Potato
Whole Grain Corn Bread
Grapes

23
Cheese Manicotti
Black Beans
Sweet Potato
Mixed Green Salad
Whole Wheat Roll
Orange ▲

30
Honey Mustard Chicken
Baby Carrots
Brown Rice
Mixed Green Salad
Tropical Fruit

TUESDAY

3
Swedish Meatballs
Spinach
Baked Potato
Mixed Green Salad w/garbanzos
Whole Wheat Roll
Canned Peaches

10
Herb Chicken
Roasted Brussels Sprouts
Sweet Potato
Mixed Green Salad
Whole Wheat Roll
Banana

17
BBQ Chicken
Capri Blend
Mixed Green Salad
Farro
Tropical Fruit

24
Beef Stroganoff
Green Beans
Whole Wheat Pasta
Mixed Green Salad
Jello with Mandarin Oranges

31 Happy Halloween
Beef Meat Loaf w/gravy
Butternut Squash
Mashed Potatoes
Whole Wheat Roll
Mixed Green Salad w/garbanzos
Cantaloupe ▲

WEDNESDAY

4
Chicken Fajitas
Fiesta Blend
Mixed Green Salad w/red peppers
Whole Wheat Tortilla
Tropical Fruit

11
Beef Tips
Asparagus
Barley
Mixed Green Salad
Cantaloupe

18
Beef Stew
Butternut Squash
Baked Potato
Mixed Green Salad w/garbanzos
Whole Wheat Roll
Yogurt with strawberries

25
Chicken Noodle Soup
Broccoli
Whole Wheat Cheese Quesadilla
Mixed Green Salad w/garbanzos
Applesauce



THURSDAY

5
Pork Loin
Green Beans
Mashed Potatoes
Mixed Green Salad
Whole Wheat Roll
Strawberries

12 Birthday Lunch
Pesto Bruschetta Chicken
California Blend
Baked Potato
Mixed Green Salad w/garbanzos
Whole Wheat Roll
Apple

19
Sweet and Sour Meatballs
Asian Blend
Barley
Mixed Green Salad
Mandarin Orange

26
Teriyaki Beef
Capri Blend
Barley
Mixed Green Salad
Mixed Tropical Fruit

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

FRIDAY

6
Baked Pollock
California Blend
Farro
Mixed Green Salad
Ambrosia

13
Tuna Noodle Casserole with
Whole Wheat Pasta
Collard Greens
Coleslaw
Yogurt with Blueberries

20
Fish and Chips
Mixed Vegetables
Mixed Green Salad
Baked Fries
Whole Wheat Roll
Ambrosia ▲

27
Fish Veracruz
Fiesta Blend
Coleslaw
Farro
Ambrosia



FALLBROOK SENIOR CENTER OCTOBER 2023 ACTIVITY SCHEDULE

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

2 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong	3 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	4 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	5 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	6 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club
9 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:15 Medicare Changes	10 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	11 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos 12:30 Board Meeting	12 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	13 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
16 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:15 Scams Presentation	17 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	18 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	19 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	20 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
23 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong	24 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	25 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	26 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	27 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
30 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 AIS Community Meeting, all are welcome	31 9:00 Line Dancing 10:00 Beginners Line Dance 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament			

16 SEPTEMBER MEXICAN INDEPENDENCE DAY





Friends Are Life's Great Joy

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



Billboard

BINGO

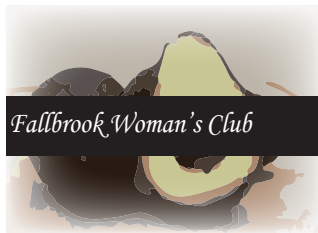
Music BINGO highlighting 1960's Billboard Hits held on August 14th hosted by Kristi Quigley from The Elizabeth Hospice and Carmen Sanches from Right at Home



AUGUST 29th BINGO



- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -





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.



Happy Fall Y'all

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.