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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



Pickleball: Bridging Generations

For the third year in a row, the Fallbrook Senior Center teamed up with the Community Center to host our inter-generational pickleball program! Senior coaches led local kids through fun and friendly practice sessions, teaching them the fundamentals of the game. The goal? To foster meaningful bonds between generations—one swing, serve, and smile at a time.





SOMETHING NEW

★
EXCLUSIVE
★

Meet the Staff

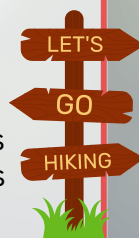
At the heart of our Fallbrook Senior Center Thrift Shop are two friendly faces you may have seen helping customers, organizing donations, and keeping everything running smoothly. This month, we're proud to introduce Sali and Robert—two dedicated staff members who bring kindness, hard work, and a touch of personal charm to everything they do!



🌸 Sali Raddani

Sali wears many hats as the manager of our Thrift Shop. From overseeing volunteers and running the cash register to creating a welcoming environment for all who stop by, Sali does it all with grace and enthusiasm. Her passion for customer service and love of connecting with people shines through in every conversation and smile she shares.

Outside of work, Sali enjoys a rich and creative life. She loves hiking and spending time outdoors, especially when it comes to gardening. Whether she's sewing, crafting, or trying a new recipe in the kitchen, Sali always brings a creative touch to everything she does. She also frequently travels to Los Angeles to visit her sister and family, and she finds joy in walking, shopping, and exploring new things along the way.



When asked what she loves most about working here, Sali says it's the people—meeting new faces and sharing stories is what makes each day special for her.



🌱 Robert Mesquita

If you've ever wondered how all those donations get picked up or how everything stays organized behind the scenes—chances are, Robert had a hand in it. As the Thrift Shop's dedicated driver, Robert takes care of picking up and delivering items, as well as helping with sales on the floor. His energetic presence and can-do attitude make him a key part of our shop's success.

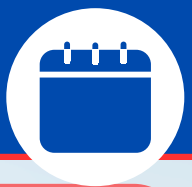
When he's not working, Robert enjoys tending to his beautiful half-acre garden, where succulents are his pride and joy. Gardening is one of his favorite pastimes—it gives him a peaceful escape and a chance to get his hands in the dirt. He also loves spending time with family and is looking forward to a fun reunion in Las Vegas this Fourth of July. On quieter days, you might find him enjoying a meal out with friends and soaking in the company.



We're lucky to have Sali and Robert as part of our team. The care, energy, and community spirit they bring make our Thrift Shop a truly special place. Be sure to say hello the next time you stop by—they're always happy to chat!



UPCOMING EVENTS



1

July

Friendship Circle Tuesday, at 10:00 a.m.

The Friendship Circle is a new guided group that meets on the first Tuesday of each month. Join us for a fun and welcoming activity designed to help you connect and build new friendships. Not ready for the conversation to end? Head over to our lunchroom afterward and keep the good times going!



9

July

UV Protection and Healthy Aging

Wednesday, at 12:15 presented by Fallbrook Family Health Center
Learn how to protect your skin from sun damage, reduce the risk of skin cancer, and enjoy the outdoors safely.

- UVA vs. UVB: what's the difference?
- Why sun protection matters more as we age

14

July

Successful Aging: Good Home Decisions Monday, at 12:15 p.m. presented by Bryon Devore



- What do seniors want
- Options for your next chapter
- Resources

16

July

Medication Management

Wednesday, at 12:15 presented by Dr. Rana Dagher, PIC

The presentation will discuss how to effectively manage daily medications, Learn how to coordinate multiple prescriptions with limited trips to the pharmacy, Become more familiar with labels /warning signs relating to possible adverse medication reactions .

23

&

30

July

The Sheriffs Department is Coming to Lunch!

We're excited to welcome the Sheriff's Department to our lunch program twice in July. They'll be hosting an information table about the Blue Envelope Program and Scam prevention, and will be available to answer any questions you may have.

New
Class

Jewelry Making Classes

Interested in learning how to make wire-wrapped jewelry? This is the class for you! Donald Kirkham, one of our talented members with over 30 years of experience, will be leading the class. It's free and open to all skill levels—beginners welcome! Class size is limited to 5 participants, so be sure to reserve your spot. To sign up, call the office at 760-728-4498. Classes will be held on Fridays at 12:30 p.m. beginning in August.



HAPPY BIRTHDAY

JUNE BIRTHDAYS



MARGARET
JUNE 8



ANDY
JUNE 8



RONNIE
JUNE 9

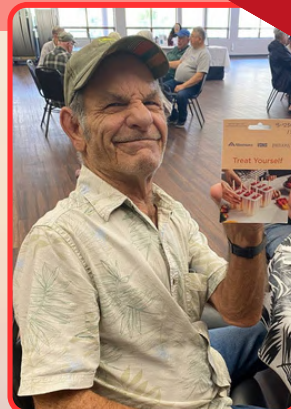
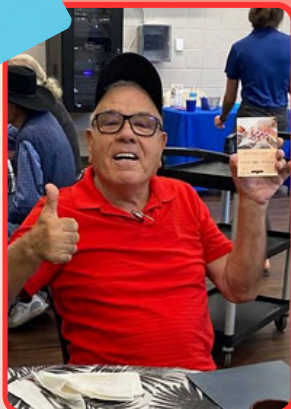


Thank You, Royal Benefits!

We'd like to extend a heartfelt thank you to Jesse Bradbury from Royal Benefits for joining us during our recent Senior Lunch birthday celebration! Jesse generously hosted a drawing and gave away three gift cards to some lucky attendees, adding an extra layer of fun and excitement to the day.

Royal Benefits Insurance Services is a local agency dedicated to helping seniors navigate Medicare health plans with clarity and compassion. Their team is passionate about serving the senior community—not only by guiding individuals through their health plan options but also by staying involved in community events like ours. Thank you, Jesse and Royal Benefits, for your continued support and care!

www.rbinsurances.com



FALLBROOK SENIOR CENTER

JULY 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
  	1 Baked Herb Chicken Vegetable Barley Salad/Roll Fruit	2 Beef Lasagna Vegetable Salad/Garlic Bread Fruit 	3 Chicken Noodle Soup Vegetable Cheese Quesadilla Salad/Roll Fruit	4 CLOSED 
7 Honey Mustard Chicken Vegetable Baked Potato Salad/Roll Fruit	8 Turkey Stuffed Bell Pepper Vegetable Farro Salad/Roll Fruit	9 Cheese Ravioli Garlic Parmesan White Beans Butternut Squash Salad/Roll Fruit 	10 Birthday Lunch Beef Tips w/gravy Vegetable Mashed Potatoes Salad/Roll Dessert 	11 Fish Taco Beans Rice Salad/Roll Fruit
14 Chicken Cordon Bleu Vegetable Barley Salad/Roll Fruit  	15 Hamburger on bun Vegetable Baked Fries Salad/Roll Fruit	16 Rudy's Homemade Been & Cheese Burrito Vegetable Brown Rice Salad/Roll Fruit	17 Chicken Salad in Pita Vegetable Butternut Squash Salad/Roll Fruit	18 Crab Cake Vegetable Farro Salad/Roll Fruit
21 Tomato Bisque Soup Grill Cheese Sandwich Black Beans Salad/Roll Fruit 	22 Beef Stew Vegetable Baked Potato Salad/Corn Bread Fruit	23 Baked Chicken Vegetable Farro Salad/Roll Fruit	24 Black Forest Ham Vegetable Scalloped Potatoes Salad/Roll Fruit	25 Baked Cod Vegetable Brown Rice Salad/Roll Fruit
28 Chicken Rolled Taco's Vegetable Rice Salad/Roll Fruit	29 Scrambled Eggs Pancake Sausage Fruit/Roll 	30 Teriyaki Beef Vegetable Barley Salad/Roll Fruit 	31 Spaghetti & Meatballs Vegetable Salad/Garlic Bread Fruit	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 JULY 2025 ACTIVITY SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 10:00 Friendship Circle 12:00 Bridge (Full) 12:30 Chair Yoga	2 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong	3 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	4 CLOSED 
7 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish II Class 12:00 Pinochle	8 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 UV Sun Protection 12:30 Board Meeting	10 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	11 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge 12:00 Camera Club
14 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish II Class 12:00 Pinochle 12:15: Good Home Decisions	15 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	16 9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Medication Management	17 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	18 9:00 Exercise Clas 11:00 Ukulele 11:30 Bridge
21 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 12:00 Pinochle	22 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	23 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	24 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	25 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge
28 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 12:00 Pinochle	29 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	30 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	31 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	



THE OPEN PEN



Oh, the Places You'll Go

(By Jack Schirner)

You may have heard the news story recently about the twenty-five-year-old young man from San Diego who just finished his goal to visit all 195 countries in the world. Apparently, he took an interest in world geography when he was 12 years old and memorized the names of all the countries on the planet. After he finished his schooling, he began the quest to realize his dream of seeing them all. He even visited North Korea, Russia, the Congo, Iran, and all the other countries that the State Department advises to avoid. He came away from his travels with a strong belief that people from every country are basically good people who just want to live and get along with everyone else, even when their government doesn't. Wow, what memories he must have..



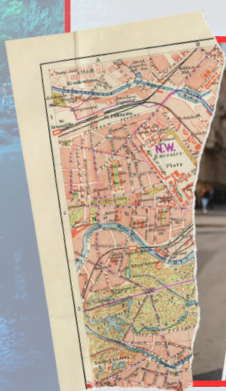
Have you already made your travel plans for this year? I don't necessarily advise that you try to replicate this San Diegan's endeavor, but it certainly is important that you include travel in your plans to protect your physical and mental well-being. Towards that end you should be aware of the many benefits of travel, no matter where you choose to go. Perhaps the most important benefit of travel is that it refreshes your mind. You step out of your daily routines, and your environment shifts from the familiar to the dynamic and unexpected. It opens your mind to new perspectives, creative insights, and emotional resilience. Exposure to different environments can introduce your body to new bacteria, helping strengthen your immune defenses. Changing your daily routine reduces cortisol, leading to lower blood pressure and improved overall health. Escaping from screens and everyday stress often leads to deeper, more refreshing sleep. Experiencing different cultures can challenge your thinking and broaden your worldview. You can become more creative by immersing yourself in new sights, sounds, and people. Navigating new places strengthens adaptability and critical thinking. There are many, many physical and mental benefits.

Drawing back from the number of countries, how many of our fifty States have you managed to visit? During my working years I was fortunate enough to have a position that required me to visit all our offices located across the country once or twice a year. As a result, I got to visit all but two of our States (I still haven't been to the remaining two). There are hundreds of amazing sights interwoven throughout this country that warrant your attention, even if only for a few days. If you've only visited a few, it's not too late to add to your list. I don't know how you feel about the restaurant Cracker Barrel, but if you were to visit one new Cracker Barrel every week, it would take you twelve and a half years, and expose you to forty-five states, to complete that quest. Some people try to visit all 30 Major League Baseball stadiums, or all 63 National parks, or all 87 National Monuments, etc.

Drawing back even more, how many of the cities, towns, or villages of San Diego County have you visited? There are 350 of them, but only 18 are incorporated. The other 332 are called "Census Designated Places." These places include Alpine, Bonsall, Borrego Springs, Fallbrook, Rainbow, Rancho Santa Fe, Julian, and so forth. San Diego is also home to 17 State Parks that are worth exploring. Without spending much money, there are hundreds of special places in Southern California within driving distance that present "day trip" opportunities, i.e. Palm Springs, Big Bear City, Wild Animal Park, Solvang, Getty Museum, Lake Arrowhead.

Oh, the People you'll meet. If you enjoy meeting new people, you need to try cruising. Cruising offers most of the benefits that land travel offers, and it also offers unique opportunities to meet what may become lifelong friends. Simply choose to dine at a table for six or eight. After dining every night with the same people for a week or two you will likely get to know them very well and possibly continue to correspond with some of them after the end of the cruise. RV travel also introduces you to new friends that share a common interest.

No matter how you choose to travel, get out there and go somewhere. It will be good for your heart and soul. You'll make new friends and collect a boatload of new memories.



Let's

Travel



Thank you HEARTFELT HIGHLIGHTS



A Sweet Thank You to Carmen Sanchez & Right at Home

Our birthday lunches wouldn't be the same without the sweet touch of Carmen Sanchez from Right at Home. For years, Carmen has lovingly provided cupcakes for our monthly celebrations, helping make our Senior Lunch birthdays extra festive and memorable.

Right at Home is more than just an in-home care provider—they're a dedicated partner in helping individuals live safely and comfortably at home. With services ranging from meal prep to 24-hour care, their compassionate team is committed to navigating every step of the caregiving journey with integrity and heart. Learn more about them at www.rightathome.net/temecula

Carmen's continued generosity and joyful spirit have added warmth (and frosting!) to our community, and we are so grateful for all she does. Thank you, Carmen, for being such a sweet part of the Fallbrook Senior Center family!

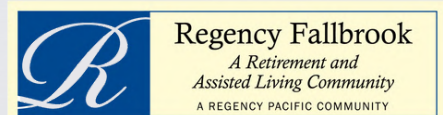


Grateful for Jennifer Partch & Regency Fallbrook

From surprise donut drops to helping lead colorful crafts, Jennifer Partch from Regency Fallbrook brings creativity, kindness, and plenty of smiles to our center. For over 18 months, she's not only shared sweet treats but also helped us host meaningful activities like our "Egg Painting" and "Paint & Sip" afternoons.

Regency Fallbrook is a vibrant senior living community offering Independent Living, Assisted Living, Memory Care, and Respite Care. With a focus on personalized support, their team is dedicated to enhancing the independence and quality of life of every resident. Discover more at regency-pacific.com.

We deeply appreciate Jennifer's hands-on support and cheerful presence. Her contributions have made a real impact, and we're so thankful she's a part of our extended family here at the Fallbrook Senior Center!



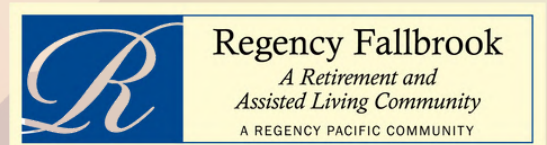
Bringing independence to living and quality to life



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

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