

Your journey starts now

At A Glance



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Jack Schirner
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Donor Development &
Marketing Specialist

Araceli Flores
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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



This December, the Fallbrook Senior Center was abuzz with festive activities and heartfelt camaraderie. Our "Paint & Sip" activity brought out everyone's creative side as participants painted beautiful canvases while enjoying their favorite beverages. The "Christmas Sing Along" filled the center with holiday cheer, as members joined voices to sing beloved Christmas carols (next page). To wrap up the year, we hosted a "Volunteer & Staff Appreciation Lunch" to celebrate the incredible individuals who dedicate their time and effort to making our center a warm and welcoming community.

ACTIVITY SPOTLIGHT





THE OPEN PEN



Have Yourself a Happy Little New Year

(By Jack Schirner)

Here we are turning the calendar page over to a new year again. I hope that last year was good for you, and I sincerely hope that the new year will indeed be a happy new year for you. Let's begin by recalling the words of the Robert Burns poem that were set to music about two hundred twenty-five years ago (1799). You may have sung them on New Year's Eve. Even if you didn't sing them, you probably heard the familiar music made famous nearly a hundred years ago (1929) by Guy Lombardo and His Royal Canadians. Of course I'm referring to "Auld Lang Syne." Long before the words were written into his poem, they were used in many Scottish folk songs. Do you know what the words mean? It seems the phrase has a variety of meanings, depending on the context of its' usage. It can mean "old long since," or "long, long, ago," "days gone by," "times long past," "old times," or "for the sake of old times." Its' usage in the song means, "once upon a time."



The beginning of the song ponders whether old friendships and memories should be forgotten. However, the song ultimately conveys the opposite message – encouraging us to remember and cherish our past relationships and experiences. It's a reflective and nostalgic reminder to value the people and moments that have shaped our lives, especially as we move into a new year.

Beyond those remembrances, are there other things we might do to help assure a happy new year? As a matter of fact, yes there are. Here are a few of the ways to set a positive tone for the year ahead. Before you set some new goals to accomplish, you should reflect on the last year and write down those behaviors or personal issues you would like to alter, if any. Think about what you want to achieve in the coming year. Goals can give you a sense of direction and purpose. Make sure your goals are measurable and achievable. For example, instead of writing that you would like to read more, write that you intend to read one new book every month (or one every week). If you would like to lose some pounds – instead of writing that you want to lose weight, write that you intend to lose two pounds every month.

Here are more examples of worthy goals: **Friends and Family** and new acquaintances are your most valuable assets – include them in your goals. Celebrating with them can enhance your joy throughout the year. Write a goal that you will connect (or re-connect) every week or every month with each one of them, either in person or by mail (letters are good).

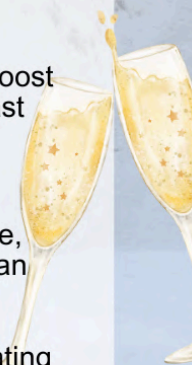
Be grateful for what you already have. Write down the things you're thankful for. This can boost your mood and help you focus on the positive aspects of life. Perhaps set a goal to do at least one kind act for someone every day (i.e., volunteer). Doing something kind for others can increase your happiness.



Have fun. Try something new or adventurous throughout the year. If you've never been on a cruise, try sailing to the Caribbean, or Alaska. You might plan to visit all five parks in Utah or visit ten baseball stadiums during the year.

Improve your health. Include some new healthy eating habits, some exercise, and sufficient rest into your daily routine and write down some goals to help you improve. Get a physical.

Starting the year with a balanced approach – caring for yourself, connecting with others, and setting thoughtful intentions – can help ensure a happy and fulfilling New Year. **Here's to you.**



DECEMBER BIRTHDAYS



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DEC 12

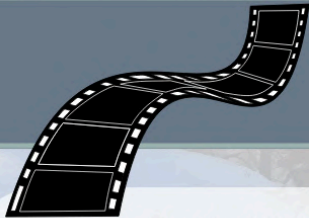


SHOUT-OUT TO CARMEN
FROM RIGHT AT HOME
FOR PROVIDING US
TREATS FOR THE
BIRTHDAY LUNCH

SEE YOU AT THE NEXT
BIRTHDAY LUNCH!



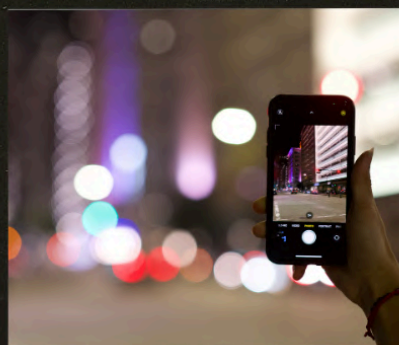
*Happy
Birthday!*



PHOTOGRAPHY CLUB



The Photography Club will be conducting a class on smartphone photography that will consist of approximately 10 sessions. We will be meeting the first Friday of each month in the Senior Center's conference room at 12:00 noon. This class will be based upon The Complete Guide to Smartphone Photography from The Great Courses DVD series and is for all skill levels. It will explain principles of photography in relation to the camera on your smartphone. You'll learn some of the basic buttons and tools, but the class focuses primarily on the concepts behind better photography. No matter what smartphone or camera you happen to have, you'll be able to take better photographs with it if you understand these principles.



FALLBROOK SENIOR CENTER JANUARY 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 	2 Sloppy Joe on a whole wheat bun Vegetable Potato Salad Salad/Roll Fruit	3 Tomato Basil Bisque Soup Tuna Sandwich Vegetable Salad/Roll Fruit ▲
6 Beef Chili with Beans Vegetable Sweet Potato Salad/Cornbread Fruit ▲	7 Honey Mustard Chicken Vegetable Barley Salad/Roll Fruit	8 Beef Tips w/Gravy Vegetable Pasta Salad/Roll Fruit	9 Birthday Lunch Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll/Dessert	10 Baked Cod Vegetable Farro Salad/Roll Fruit
13 Beef Lasagna Vegetable Salad/Garlic Bread Fruit ▲	14 Fresh Scrambled Eggs Pancakes Sausage Fruit/Muffin	15 Pork Loin Vegetable Mashed Potatoes Salad/Roll Fruit	16 Chicken Pot Pie Butternut Squash Salad/Roll Fruit	17 Fish Veracruz Vegetable Farro Salad/Roll Fruit
20  CLOSED	21 Soft Chicken Taco Beans Rice Salad/Roll Fruit	22 Meatloaf w/gravy Vegetable Baked Potato Salad/Roll Fruit	23 Ground Turkey Stuffed Bell Pepper Sweet Potato Vegetable Salad/Roll/Fruit	24 Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit
27 Chicken Fettuccine Alfredo Vegetable Pasta Salad/Roll Fruit	28 Spaghetti and Meatballs Vegetable Salad/garlic bread Fruit	29 Rudy's Homemade Bean and Cheese Burrito Vegetables Rice Salad/Roll/Fruit	30 Broccoli Cheese Soup Roast Beef Sandwich Salad/Roll Fruit ▲	31 Crab Cake Vegetable Brown Rice Salad/Roll Fruit

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

FALLBROOK SENIOR CENTER JANUARY 2025 ACTIVITY SCHEDULE

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		1 CLOSED 	2 9:00 Line Dancing 10:00 Beginning Line Dance 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 Cell Phone Photography
6 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish II Class 12:00 Pinochle 12:15 Caption Call Phone Learn How to get one FREE	7 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	8 9:00 Exercise Class 10:00 Spanish I Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	9 9:30 Annual Membership Meeting 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 Spanish II Class 12:00 Pinochle 12:15 Presentation on Are Supplements Safe?	14 9:00 Chess 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 Spanish I Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	16 9:00 Line Dancing 10:00 Beginning Line Dance 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 CLOSED 	21 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	22 9:00 Exercise Class 10:00 Spanish I Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	23 9:00 Line Dancing 10:00 Beginning Line Dance 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 Spanish II Class 12:00 Pinochle	28 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	29 9:00 Exercise Class 10:00 Spanish I Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	30 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	31 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge

UPCOMING EVENTS

Monday, January 6th at 10:00 Just Breathe Class

Come join our new class **Just Breathe!** Relieve stress, improve your health, and feel happier by practicing simple breathing techniques that have been scientifically proven to help.

Our teacher will be Miles Bolden who has been working with professional, collegiate, and high school athletes for over a decade and holds a masters degree in Exercise Physiology from the University of Miami.

The entire class will be sitting down in chairs and all of the movements and techniques will be easily accessible to all. This class will be held every Monday at 10:00 a.m.



Monday, January 6th at 12:15 Caption Call workshop

Having trouble hearing conversations over the phone? Join us to learn how you can get a FREE CaptionCall phone! Say goodbye to the frustration and aggravation of struggling to communicate with others.

Monday, January 13th at 12:15 Are Supplements Safe?

Most seniors take some type of supplement but how do they know if what they are taking is safe? Join local Pharmacist Kris Rigas PharmD, TTS as he explains how to pick supplements that are both safe and effective, which supplements to avoid, and how to know if taking supplements with your prescriptions is safe. If you are currently buying your supplements without the advice of a health care professional this is a must attend talk. Don't take chances with your health when it comes to supplements, get professional healthcare advice to make sure.

Membership Meeting

Thursday, January 9th at 9:30 Membership Meeting

We have an **exciting announcement** that will **benefit you** and the future of this center. Be one of the first 15 attendees to sign in at the meeting and receive a gift. Plus, enjoy some delicious desserts!

THANK YOU!



Thank you 🤘

**Legacy
Endowment**

Las Patronas

**Fallbrook Regional
Health District**

Better World Trust

County of San Diego

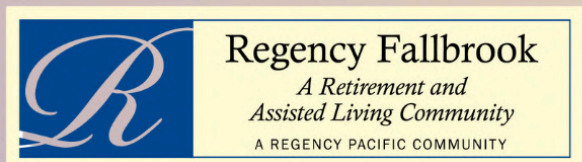
Sensata

Thank you to our recent donors.
Your contributions directly
support our programs and make a
real difference in the lives of our
seniors. We deeply appreciate
your generosity.

SUPPORTERS



Bonsall Woman's Club



Bringing independence to living and quality to life

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

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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

Festive feels, thrifted deals!

Members receive
10% off!

***Warm Your Home and
Heart with Unique Finds***

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FallbrookSeniorCenter.com ●



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planning fun & exciting activities every
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