



People Love the Sound of Your Smile

by Jack Schirner



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What kind of sound does your face make when you enter a room full of friends? Does it say, “Don’t talk to me – I’m having a bad day.” Or does it say, “Hi everyone – It’s good to see you all – What a wonderful day!”

The entrance based on smiling impossible when you do negativity-contempt,



rity, and you surely wouldn’t want to be perceived in that manner by your friends, would you?

When you smile it’s as if you are singing a beautiful song that conveys happiness, contentment, or positive feelings. Your smile signals to someone you meet that you offer a positive intent, that you are trustworthy, and are seeking a good social connection. A sincere smile says, “I’m glad I ran into you today.” A frown can say, “leave me alone – don’t bother me.”

Perhaps the most compelling reason to smile is that it can lengthen your overall lifespan if it is genuine and intense. Multiple studies have proven that happy, smiling people enjoy better health and longevity, although those studies don’t yet reveal why that is. They do know that smiling relieves stress and can help prevent us from looking tired, worn out, or overwhelmed. A smile can immediately elevate your mood. Smiling activates pathways to your brain that influence your emotional state.

different perceived you make can be whether you are or not. It’s almost ble to be negative you’re smiling. If smile and express ty, you will convey disgust, or supe-



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
Executive Director

Jeffrey Dionisio
Administrative Assistant

Matt Tompkins
*Donor Development and
Marketing Specialist*

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Server/Facilities/Driver

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 STORE

(760) 723-4602

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

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

You can actually “trick” your mind into entering into a state of happiness, just by smiling.

Constantly worrying about something can do just the opposite. Worrying is a natural response to stress, uncertainty, or potential threats. But if your worrying becomes excessive or irrational, it can have negative effects on your physical and mental health. You probably already know, or at least have heard, that the vast majority of things you worry about never come to pass. Excessive worrying can increase your risk of developing physical health problems such as high blood pressure, heart disease, stroke, or a weaker immune system.

Smiling, on the other hand, can boost your immune system and reduce your blood pressure. If you have a blood pressure monitor at home, try testing this for yourself. Sit still for a few minutes and take a reading. Then smile and laugh for a minute and take another reading while still smiling. You should notice a positive difference.

But we all experience some days when we just don't feel like smiling. What should you do if that happens to you? One of the best things you can do is to get yourself down to the Senior Center as quickly as possible. There you will find an abundance of people who are willing and able to give you one of theirs, for free. Research suggests that smiles are actually contagious. Your brain automatically notices and interprets other people's facial expressions – and sometimes, you may even mimic them. That means you might spot someone else's smile and unconsciously smile yourself. Then you will be inclined to give yours to someone else who needs one.

Of course, smiling also makes you more attractive and appear younger. The muscles we use to smile lift your face, making you appear younger, and we could all use some of that. Music has a similar effect on us, but if you can't sing or play a musical instrument, just bring out your smile and flash it more often. People will hear you and see you saying, “life is good,” “I'm glad I'm here,” “It's going to be a good day.” I know that's what I will hear.

Paint and Sip

Jennifer from Fallbrook Regency hosted an Easter-themed Paint and Sip event where participants crafted brightly colored painted wooden eggs to take home.





April Events

Musical BINGO **Monday, April 8th at 12:15**

Music bingo is a fun and exciting take on the classic game of bingo. With songs replacing the numbers on a bingo card. After receiving a card, the host will play music, and if you have that song listed on your card, you tick it off. There will be prizes and dessert.

Exercise Class **Monday, April 15th at 12:15**

A Physical Therapist will be guiding a body mechanics exercise class. This will be a safe sit-down class. They'll provide handouts and address any questions you may have.

Escape Room **Monday, April 22nd at 12:15**

Join us for an exciting adventure as we unravel clues, solve puzzles, and accomplish tasks in this fun game where teams work together to master the challenge of escaping the room. There will be snacks and prizes. Please sign up in the office or call 760-728-4498.

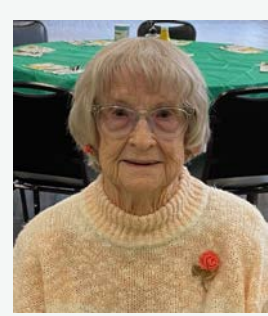
Happy
Birthday



Carmen Cervantes
March 3



Dalila Rodriguez
March 5



Joyce Black
March 3

50TH

ANNIVERSARY

The Senior Center is gearing up to commemorate our **50th Anniversary** in May with a week-long celebration from May 13th to 17th. We're in the final stages of planning our entertainment and activities for the week. Keep an eye out in next month's Chronicle for the daily schedule of events. Additionally, we'll be posting updates on the events around the center as the date draws nearer.

Vegetable Gardening 101

UC Certified Master Gardener Victor Santos will conduct beginner vegetable gardening classes if there are at least 10 interested participants. The series will consist of three two-hour classes covering topics such as seedlings, diseases, pests, and scientific insights to kickstart your garden. **If you're interested, please drop by or contact the office at 760-728-4498.**



FALLBROOK SENIOR CENTER APRIL 2024 ACTIVITY SCHEDULE

399 Heald Lane - Fallbrook, CA 92028 607-760-728-4498


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle	2 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	3 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	4 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	5 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full) 12:00 Camera Club
8 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:15 Musical BINGO	9 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	10 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	11 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	12 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full)
15 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:15 Physical Therapist led exercise class	16 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	17 9:00 Exercise Class 9:30 Veterans Support Group NO SPANISH II Class Today 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	18 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	19 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full)
22 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:15 Escape Room Game	23 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	24 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	25 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	26 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full)
29 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle	30 9:00 Line Dancing 9:00 Chess 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament			

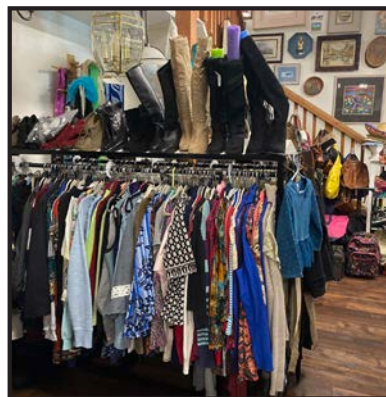
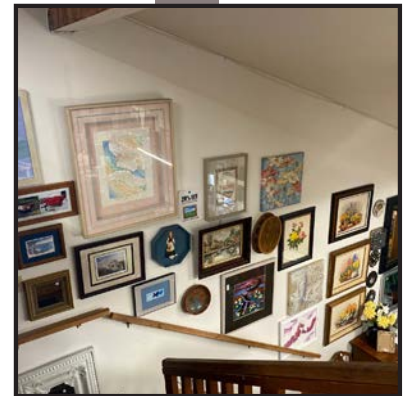
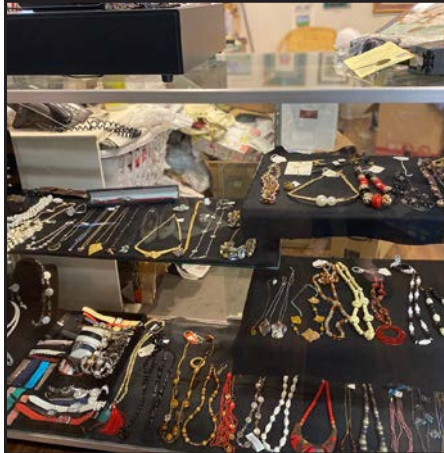
FALLBROOK SENIOR CENTER APRIL 2024 MENU

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 Sweet and Sour Meatballs Vegetables Farro Salad/Roll Fruit	2 Roasted Chicken Butternut Squash Baked Potato Salad/Roll Fruit	3 Chicken Fettuccine Alfredo Vegetables Salad/Garlic Bread Dessert	4 Cream of Broccoli Cheddar Soup Black Beans Baked Potato Salad/Roll/Fruit ▲	5 Baked Pollock Vegetables Barley Salad/Roll Fruit
8 Beef Tips w/gravy Lima Beans Pasta Salad/Roll Fruit	9 Chicken Soft Taco Vegetables Spanish Rice Salad/Roll Yogurt with blueberries	10 Turkey Stuffed Bell Pepper Spinach Barley Salad/Roll/Fruit	11 Birthday Lunch BBQ Ribs Vegetables Baked Potato Salad/Roll Dessert	12 Curried Shrimp Peas and Carrots Pasta Salad/Roll Fruit
15 Beef Lasagna Vegetables Salad/Garlic Bread Fruit ▲	16 Country Fried Steak Vegetables Mashed Potatoes Salad/Roll Dessert	17 Chicken Fajitas Vegetables Tortilla Salad/Roll Fruit	18 Pork Loin Green Beans Sweet Potato Salad/Roll Fruit	19 Fish Veracruz Vegetables Barley Salad/Roll Fruit
22 Chicken Rolled Taco's Black Beans Brown Rice Salad/Roll Fruit	23 BBQ Pulled Pork on a whole wheat bun Vegetables Macaroni and Cheese Salad/Roll Dessert ▲	24 Chicken Noodle Soup Vegetables Cheese Quesadilla Salad/Roll Fruit	25 Shepards Pie w/Mashed Potato Topping Spinach Salad/Roll Fruit	26 Fish and Chips Broccoli Baked Potato Fries Coleslaw/Roll Fruit
29 Baked Herb Chicken Vegetables Sweet Potato Salad/Roll Fruit	30 Bean and Cheese Burrito Fiesta Corn w/red pepper Barley Salad/Roll Fruit	There is a \$5.00 charge per meal for individuals ages 50 and above, and a \$12.00 charge for those under the age of 50. First come First Served. Menu subject to change.		
 Fallbrook Regional HEALTH DISTRICT				Denotes meal that is > 1,000 mg of sodium. Menus are subject to change without notice.

Fallbrook Senior Center Thrift Shop



Hours: Monday - Friday 9am - 3pm

760 723.4602

Photography Club

Did you know that the Fallbrook Senior Center has a Photography Club that meets the first Friday of each month at 12:00 noon in the conference room? Those interested in photography at all levels and camera types are welcome to join us. Meetings cover many aspects of photography ranging from camera operation to exposure, lighting and composition.

For those that would like to take their photography to the next level, we also conduct photography classes. A nine-week study on the Fundamentals of Photography has just ended, but there will be more in the future. If you are interested, please let the office know. Also, let them know what aspects of photography you are most interested in and if you are taking photos with a cell phone or a dedicated camera.

The club/classes include field trips, such as the San Diego Safari Park, Anza Borrego Desert State Park, Alta Vista Botanical Garden and the Del Mar Fair. These are enjoyable times to be out with other photographers and practice what you have learned. They are also great opportunities to ask questions you may have while in the process of taking photos.



Hosted by the
Fallbrook Senior Center



NonProfit
Get plugged in to your community
Connector

Community Volunteer Fair

16 ORGANIZATIONS | A VARIETY OF OPPORTUNITIES

Looking for that perfect volunteer opportunity? Want to make an impact in your community?

TUES. APRIL 16TH- 10:30 AM - 12:30 PM

FALLBROOK COMMUNITY CENTER

341 Heald Rd., Fallbrook

California Retired Teachers
Empowering Latino Futures
Fallbrook AG Boosters
Fallbrook Artists Association
Fallbrook Food Pantry
Fallbrook Land Conservancy
Fallbrook Trails Council
Fallbrook Senior Center

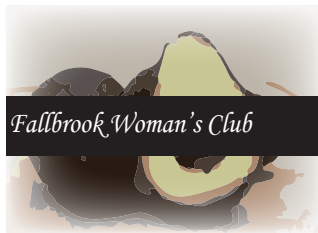
Foundation for Senior Care
Friends of the Community Center
Friends of the Fallbrook Library
Friends of Willow Tree
Hope Clinic for Women
Michelle's Place Cancer Resource Center
REINS Therapeutic Horsemanship Program
Vista Community Clinic

Learn about one-time and ongoing opportunities.
Find the volunteer opportunity that matches your
values and interests!

www.fallbrookchamberofcommerce.org



- 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.

VOLUNTEER OPPORTUNITY

“Those who bring sunshine to the lives of others cannot keep it from themselves.”

-James Matthew Barrie

Consider volunteering at the Senior Center just a few hours a week. Call the office to see how you can help.

760-728-4498

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 Reference and Tax Service***
- ***Educational and Cultural Programs***
- ***Recreational and Social Activities such as bridge, bingo and 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.