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Thank You

By Jack Schirner & Amy Morin

In preparation for the November issue of the Senior Chronicle, I again began to think about the many reasons I have to be thankful (which I often do). Of course I first thought of my wife, then our five children, thirteen grandchildren and ten great-grandchildren. I also thought of the many friends and acquaintances at the Senior Center and around our community. Life is Good!

But then I stumbled across an article on-line that I felt was so good I should share it with all our members. So, instead of writing a new article, I would like to re-print that article verbatim. It was written by Amy Morin, a psychotherapist and best-selling author of many books dealing with mental strength. It was originally published in November of 2014 in Forbes Magazine. It has a long title of - “7 Scientifically Proven Benefits of Gratitude that will Motivate you to Give Thanks Year-Round.” Please enjoy it as much as I did. The rest of this article was written by Amy, as follows:

It’s that time of year where many people begin thinking about everything they have to be thankful for. Although it’s nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits on your quality of life.

In fact, gratitude may be one of the most overlooked tools that we all have access to every day. Cultivating gratitude doesn’t cost any money and it certainly doesn’t take much time, but the benefits are enormous. Research reveals gratitude can have these sever benefits:

1. Gratitude opens the door to more relationships. Not only does saying “thank you” constitute good manners, but showing appreciation can help you win new friends, according to a 2014 study published in Emotion. The study found that thanking a new acquaintance makes them more likely to seek an ongoing relationship. So whether you thank a stranger for holding the door or you send a quick thank _you note to that co-worker who helped you with a project, acknowledging other people’s contributions can lead to new opportunities.

2. Gratitude improves physical health. Grateful people experience fewer aches and pains, and they report feeling healthier than other people, according to a 2012 study published in Personality and Individual Differences. Not surprisingly, grateful



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
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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

Thank You...continued

people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups with their doctors which is likely to contribute to further longevity.

3. Gratitude Improves psychological health. Gratitude reduces a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, has conducted multiple studies on the link between gratitude and well-being. His research confirms that gratitude effectively increases happiness and reduces depression.

4. Gratitude enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kind, according to a 2012 study by the University of Kentucky. Study participants who ranked higher on gratitude scales were less likely to retaliate against others even when given negative feedback. They experienced more sensitivity and empathy toward other people and a decreased desire to seek revenge.

5. Grateful people sleep better. Writing in a gratitude journal improves sleep, according to a 2011 study published in Applied Psychology: Health and Well-Being. Spend just 15 minutes jotting down a few grateful sentiments before bed, and you may sleep better and longer.

6. Gratitude Improves self-esteem. A 2014 study published in the Journal of Applied Sport Psychology found that gratitude increased athlete's self-esteem, which is an essential component to optimal performance. Other studies have shown that gratitude reduces social comparisons. Rather than becoming resentful toward people who have more money or better jobs – which is a major factor in reduced self-esteem – grateful people are able to appreciate other people's accomplishments.

7. Gratitude increases mental strength. For years, research has shown gratitude not only reduces stress, but it may also play a major role in overcoming trauma. A 2006 study published in Behavior Research and Therapy found that Vietnam War Veterans with higher levels of gratitude experienced lower rates of Post-traumatic Stress Disorder. A 2003 study published in the Journal of Personality and Social Psychology found that gratitude was a major contributor to resilience following the terrorist attacks on September 11. Recognizing all you have to be thankful for – even during the worst times of your life – fosters resilience.

We all have the ability and opportunity to cultivate gratitude. Simply take a few moments to focus on all that you have – rather than complain about all the things you think you deserve. Developing an “Attitude of Gratitude” is one of the simplest ways to improve your satisfaction with life.

Lunch Reservations

- Due to the rising costs of food we will be switching to a lunch reservation system.
- Beginning, November 1st lunch reservations will be required.
- Serving time will be 11:15am
- **Reservations are needed by 11:15 a.m. the previous day (for Monday lunch, reservations are due 11:15 a.m. on the Friday before)**
 - Walk-ins will receive a meal only if an existing reservation is not upheld by 11:15am.
- Weekly reservations can be made.
- Call the office at 760-728-4498 to make your reservation.



Special thanks to Supervisor Jim Desmond for approving our grant in support of our Home Delivered meal program. We appreciate him touring our facility and helping seniors in our community.

Fun Fu

Fun Fu class will be begin on Monday, November 7th at 1:00 p.m. and continue each Monday. Tim O'Leary will be leading this class that is 25% fun, 25% stretching, 25% martial arts fundamentals and 25% self-defense techniques. Class sizes will be limited as sufficient room will be needed for kicks, punches, blocks and the like. Classes will begin promptly and no onlookers or late arrivals will be admitted. Please let the office staff know if you are interested and let's get started!!!!

(760) 728-4498



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.

Mexican Independence Day



Fallbrook Senior Center Thrift Shop

SALE



**20% off
Furniture
and Linens**

Hours Monday - Friday 9am - 3pm

760 723.4602

FALLBROOK SENIOR CENTER NOVEMBER 2022 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane - Monday- Friday 11:15 a.m. 760-728-4498

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1</p>  <p>Turkey Burger Mixed Vegetables Baked French Fries Mixed Green Salad w/garbanzos Whole Wheat Sandwich Roll Orange</p>	<p>2</p> <p>Beef Fajitas w/peppers Fiesta Blend Whole Wheat Tortilla Mixed Green Salad w/red peppers Tropical Fruit</p>	<p>3</p> <p>Herb Chicken Green Beans Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Banana</p>	<p>4</p> <p>Baked Pollock California Blend Brown Rice Coleslaw Ambrosia</p>
<p>7</p> <p>Bean and Cheese Burrito Fiesta Corn w/red peppers Brown Rice w/beans Mixed Green Salad w/red peppers Watermelon</p>	<p>8</p> <p>Swedish Meatballs Broccoli Whole Wheat Pasta Mixed Green Salad w/walnuts Grapes</p>	<p>9</p> <p>Baked Chicken California Blend Quinoa Mixed Green Salad w/walnuts Apple</p>	<p>10</p> <p>Birthday Lunch Beef Meat Loaf w/gravy Peas and Carrots Mashed Potatoes Mixed Green Salad w/garbanzos Whole Wheat Roll ▲ Tangerine</p>
<p>14</p> <p>Beef Tips w/gravy Cauliflower Sweet Potato Mixed Green Salad Whole Grain Corn Bread Grapes</p>	<p>15</p> <p>Sweet and Sour Turkey Meatballs Broccoli Brown Rice Mixed Green Salad w/garbanzos Mixed Berries</p>	<p>16</p> <p>Beef Stuffed Bell Peppers Brussels Sprouts Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Canned Pears</p>	<p>17</p> <p>Celebrate Thanksgiving Turkey w/stuffing & gravy Green Beans Mashed Potatoes Mixed Green Salad w/walnuts Whole Wheat Roll Cranberry Sauce Pumpkin Pie and an orange</p>
<p>21</p> <p>Chicken Rolled Taco's Black Beans Brown Rice Mixed Green Salad Tropical Fruit</p>	<p>22</p> <p>Teriyaki Beef California Blend Vegetables Whole Wheat Pasta Mixed Green Salad w/walnuts Banana</p>	<p>23</p> <p>BBQ Chicken Butternut Squash Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Cantaloupe</p>	<p>24</p> <p>Happy Thanksgiving</p>
<p>28</p> <p>Orange Chicken Spinach Quinoa Mixed Green Salad w/walnuts Strawberries</p>	<p>29</p> <p>Spaghetti & Beef Meatballs Tuscan Blend Whole Wheat Pasta Mixed Green Salad w/garbanzos Grapes</p>	<p>30</p> <p>Egg, Sausage & Cheese Burrito Black Beans Brown Rice Mixed Green Salad Mandarin Orange</p>	<p>25</p> <p>CLOSED</p>  <p>25</p> <p>CLOSED</p>

Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad, bread, and 1% Milk. Menus are subject to change without notice
▲ denotes meal ≥1,000 mg of sodium.

FALLBROOK SENIOR CENTER NOVEMBER 2022 ACTIVITY SCHEDULE

399 Heald Lane Fallbrook CA 92028 760-728-4498

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 9:00 Line Dancing 12:30 Chair Yoga	2 9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong	3 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	4 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
7 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu	8 9:00 Line Dancing 12:30 Chair Yoga	9 9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	10 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	11 CLOSED 
14 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu	15 9:00 Line Dancing 12:30 Chair Yoga	16 9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong	17 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	18 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
21 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu	22 9:00 Line Dancing 12:30 Chair Yoga	23 9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong	24 CLOSED 	25 CLOSED 
28 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu	29 9:00 Line Dancing 12:30 Chair Yoga	30 9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong		

Happy Birthday



Thank you to the Fallbrook Ukulele Strummers for generously donating their time to entertain us each month at our Birthday lunch.

Maria Lujan
10/3 Mexico



Shirley Clark
10/22 New York



Cheri Leach
10/13 Glendale, CA



Dan Martinez
10/13 Fresno



Rudy Pedroza
10/12 Mexico



Carmen Sanchez
Right at Home

VETERANS DAY

HONORING ALL WHO SERVED

FALLBROOK SENIOR CENTER 2022



Daryl Bickley
Army 72-74



Don Carrington
C. Guard 52-62



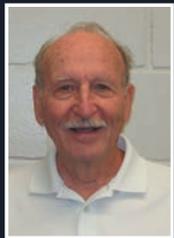
Delos Eyer
Army 56-58



John Gavula
Army 52-55



Paul Griffith
Army 54-56



Bill Howard
Navy 53-74



Charlie Hull
Army 52-54



Bob Johnston
Air Force 64-72



Clay Judd
Air Force 49-53



Mick
McCammond
Navy 66-70



Jim McRae
Army 63-66



Tom Mintun
Navy
1962-2011



Terrance Murphy
Marines
1979 - 2020



Don Schutt
Navy 51-55



Lou Schweizer
Air Force 60-64



Chuck Sill
Army Res.
51-61



John Watson
Navy 50-87



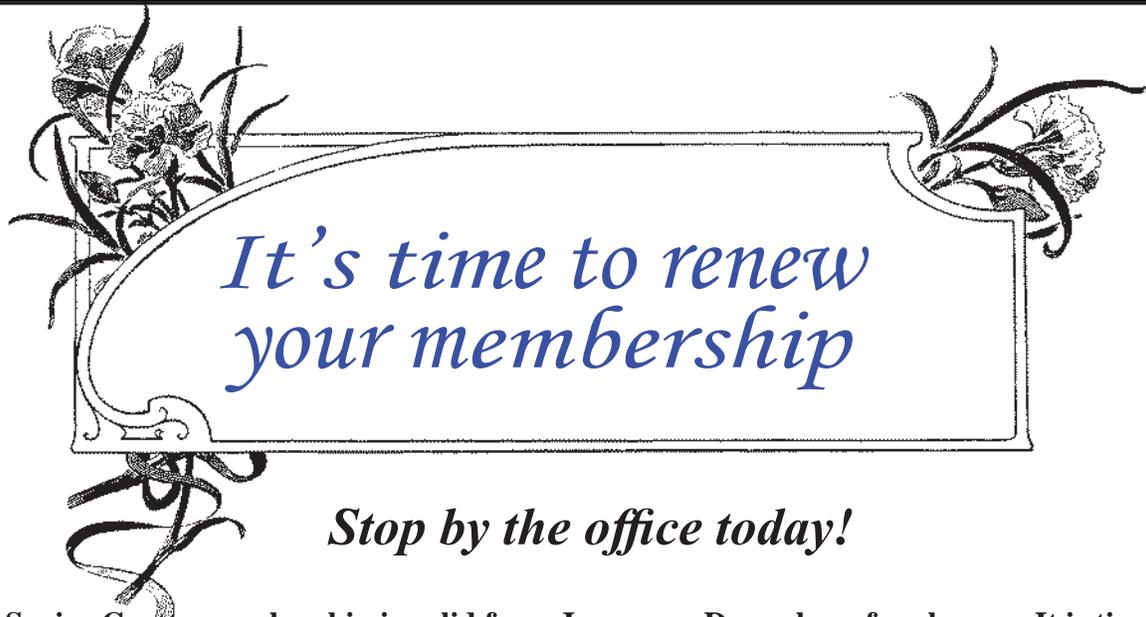
Richard West
Air Force 63-67



Steve Wilson
Navy 72-76



Victor Young
Navy 55-57



Stop by the office today!

The Senior Center membership is valid from January – December of each year. It is time to join up again for 2023. Avoid the crowd by joining early, starting November 1st. It will take less than a minute to do if you have your form filled out and check, cash or credit card ready when you stop by the office.

You can easily become a member of the Senior Center and begin enjoying the benefits of membership. This includes participation in the center’s activities like: Pickleball, Mah Jong, Line Dancing, Exercise Classes, Yoga, Cribbage, Ukulele, Spanish Class and more. You can browse through our library or enjoy a cup of coffee, cookies and relax in the lounge.



FALLBROOK SENIOR CITIZENS’S SERVICE CLUB

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

Membership Application - Annual Dues \$15.00

Name: _____ Date: _____

Address: _____ City, State, Zip: _____

Phone: _____ Date of Birth: _____

Emergency Contact: _____ Phone: _____

Do you wish to receive the monthly newsletter? Yes No

If yes, how would you like to receive the newsletter? Mail Email Both

Email (required for email option on newsletter): _____

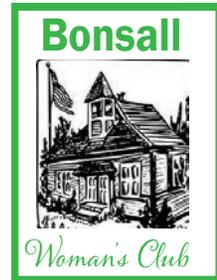
Would you like to receive updates and notifications via email? Yes Opt out of notifications

Current/Prior Occupation: _____ Hobbies & Interests: _____

Participation in any activities at the Fallbrook Senior Citizens Service Club is at your own risk.

Signature _____

- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -



Coming June 2024

Do you like planning parties?

We are looking for a few members to help plan the Senior Center 50th Anniversary Celebration

This committee would help put in place all the details of the upcoming celebration such as:

- * Finding entertainment
- * Decorations
- * Food
- * Looking through old photo albums for fun pictures
- * Invitations and more

Please call the office if you would like to serve on the 50th Anniversary Committee

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 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

“Volunteers do not necessarily have the time; they just have the heart.”

--Elizabeth Andrew

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

760-728-4498

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linda keck

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