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Why Irish Eyes are Smiling **The Legends, Myths, and Fun of St. Patrick's Day** *(By Jack Schirner)*

Kiss Me, I'm Irish! I bet you've heard this, or seen it on a teeshirt, almost every St. Patrick's Day of your life. But what may surprise you is that it's very likely true. According to the US Census Bureau, about 1 in every 10 Americans, or more than 31 million people, are of Irish decent. Of course, on the 17th of March, the percentage may go up to well over 95%. All over the nation, even here in Fallbrook, everything is awash in green, and everyone seems obligated to say "Erin Go Bragh" (long live Ireland) at least once, to eat corned beef and cabbage, and to wear something green to avoid being pinched. Have you ever wondered how this all came to be, and why we feel those obligations?

Well, it seems that the celebration of St. Patrick's Day as we know it did not originate in Ireland at all. Just like our celebration of "Cinco de Mayo" is not significant in Mexico. Until very recently, St. Patrick's Day celebrations were not even recognized in Ireland. So how did this Irish frenzy come about, and how many of the associated images and practices are based on real events? Let's take a quick look at the three-leaf clover, the four-leaf clover, leprechauns, pots of gold, corned beef & cabbage, the parades, green Guinness, driving the snakes out of Ireland, and St. Patrick himself.

First of all, St. Patrick was not Irish. He was born around 385 A.D. He still is the Patron Saint of Ireland even though he was probably born in England (some say he was born Maewyn Succat). It is not true that he drove snakes out of Ireland. Historians say that there were never snakes in Ireland. St. Patrick's Day was originally a Roman Catholic feast, and was a very somber (and dry) occasion spent quietly in prayer at church. As a religious occasion, the Irish traditional dish involved either bacon or ham.



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

Irish Eyes..continued

But then, following a great potato famine around 1845, Irish immigrants began flooding into the United States. Many of them settled in the slums of lower Manhattan. Because they were so poor, they could not afford to purchase bacon or ham. They often went down to the ports when a ship came in and bought the left-over salted beef for a penny a pound. They would then boil it three times, the last time with cabbage to reduce the brine. Then in the late 19th century, the immigrants began organizing parades in New York City as a show of pride.

The original celebrants of the religious occasion usually wore a color called "St Patrick's Blue." The color changed to green when it was worn by the supporters of Irish independence, to represent their cause. The three-leaf clover was used by St Patrick to represent the holy trinity. The four-leaf clover has no association with Ireland specifically, but they are rare and considered to bring good luck in many countries around the world. Even though they are mentioned in ancient Irish writings, leprechauns and pots of gold do not exist and have absolutely nothing to do with St. Patrick's Day. They do represent "something Irish," and are mostly depicted due to the Disney picture, "Darby O'Gill." Wearing green is also an American tradition. The legend was that if you wear green, you would be invisible to leprechauns. If you didn't wear green, you would likely be pinched by leprechauns, just to let you know they were there.

Even though the people of Ireland never gave much thought to the party atmosphere started in America, when they saw (via television) how much fun we were having during our celebrations, they finally launched a three-day "St. Patrick's Day Festival" in 1996. The festival now attracts over a million people each year in Dublin. So why are Irish Eyes Smiling? Though they refuse to dye their beer green, Guinness says Americans drink about 3 million pints of Guinness on St. Patrick's Day, and industry analysts report that over 13 million pints will be consumed worldwide on that one day alone. Now you know why they have that smile.

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

Chess Group

Whether you would like to learn or a long time player we have the group for you!
**Come join the Chess Group meeting on
Tuesday mornings from 9-11**

BINGO

Dara Tovar was our BINGO caller on Friday, Feb. 10th. We had great prizes and yummy desserts were served.



DARA TOVAR
LICENSED INSURANCE AGENT
Lic# 4014124

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619-361-1008
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Dara Tovar

We have a new addition to the Senior Center! Check out our self service Kiosk in the entryway. When signing up for membership, you will receive a scan card to use at the kiosk. Every time you arrive for an activity take a quick moment to scan your card. **We All Win When You Check In.**



Valentine's Lunch



Barbara Rowe



Valentine's Lunch



FALLBROOK SENIOR CENTER MARCH 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>Fallbrook Regional HEALTH DISTRICT</p>	<p>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</p>	<p>1 Orange Chicken Broccoli Brown Rice Mixed Green Salad w/garbanzos Whole Wheat Roll Canned Peaches</p>	<p>2 Beef Stew Cauliflower Baked Potato Mixed Green Salad Whole Wheat Roll Grapes</p>	<p>3 Crab Cake Baby Carrots Quinoa Coleslaw Cantaloupe</p>
<p>6 Chicken Rolled Tacos Black Beans Brown Rice Mixed Green Salad Orange</p>	<p>7 Vegetarian Chili California Blend Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Apple</p>	<p>8 Honey Mustard Chicken Baby Carrots Brown Rice Mixed Green Salad w/walnuts Tropical Fruit</p>	<p>9  Birthday Lunch Black Forest Ham Green Beans Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Applesauce ▲</p>	<p>10 Fish Veracruz Broccoli Quinoa Mixed Green Salad Banana</p>
<p>13 BBQ Chicken Butternut Squash Baked Potato Mixed Green Salad Oatmeal Cookie Cantaloupe</p>	<p>14 Turkey Meatballs w/ Spaghetti California Blend Whole Wheat Pasta Mixed Green Salad w/garbanzos Canned Pears</p>	<p>15 Beef Tips with Gravy Sweet Potato Brown Rice Mixed Green Salad Grapes</p>	<p>16 Tuna Noodle Casserole Peas and Carrots Whole Wheat Pasta Mixed Green Salad w/walnuts Yogurt with Strawberries</p>	<p>17 St. Patrick's Day Corned Beef and Cabbage Mixed Vegetables Mixed Green Salad w/garbanzos Potatoes Whole Wheat Roll Tropical Fruit ▲</p>
<p>20 Vegetable Lasagna Baby Carrots Three Bean Salad Whole Wheat Garlic Bread Mandarin Orange ▲</p>	<p>21 Chicken Noodle Soup Broccoli Whole Wheat Cheese Quesadilla Mixed Green Salad Applesauce</p>	<p>22 Beef Stuffed Red Bell Pepper Spinach Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Canned Pears</p>	<p>23 Green Chile Chicken Tamale Black Beans Brown Rice Mixed Green Salad Cantaloupe</p>	<p>24 Baked Pollock California Blend Quinoa Mixed Green Salad Ambrosia</p>
<p>27 Chicken Cordon Bleu Butternut Squash Brown Rice Mixed Green Salad w/walnuts Tropical Fruit</p>	<p>28 Turkey Burger Mixed Vegetables Baked French Fries Mixed Green Salad w/garbanzos Whole Wheat Bun Tangerine</p>	<p>29 Beef Fajitas Fiesta Blend Whole Wheat Tortilla Mixed Green Salad w/Red Pepper Strawberries</p>	<p>30 Baked Herb Chicken Green Beans Sweet Potato Mixed Green Salad Whole Wheat Roll Green Apple</p>	<p>31 Baked Breaded Shrimp Broccoli Brown Rice Mixed Green Salad w/garbanzos Fruit Cocktail</p>

FALLBROOK SENIOR CENTER MARCH 2023 ACTIVITY SCHEDULE

399 Heald Lane Fallbrook CA 92028 760-728-4498

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



6 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	7 9:00 Line Dancing 10-11 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga	1 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong	2 9:00 Line Dancing 10-10:30 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	3 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club
13 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	14 9:00 Line Dancing 10-11 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga	8 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	9 9:00 Line Dancing 10-10:30 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	10 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
20 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	21 9:00 Line Dancing 10-11 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga	15 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong	16 9:00 Line Dancing 10-10:30 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	17 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
27 9:00 Exercise Class 9:00 Pickleball 12:00 Pinochle	28 9:00 Line Dancing 10-11 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga	22 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong	23 9:00 Line Dancing 10-10:30 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	24 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
		29 9:00 Exercise Class 12:00 Pinochle 12:00 Mah Jong	30 9:00 Line Dancing 10-10:30 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	31 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge

Fallbrook Senior Center Thrift Shop



Hours Monday - Friday 9am - 3pm

760 723.4602



Happy Birthday to you, Happy Birthday to you...with
Fallbrook Ukulele Strummers Group



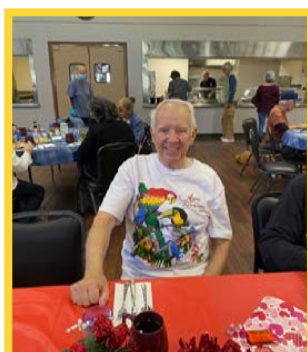
Bill McGowan Feb 26



Bob Johnston Feb 5



Maria Solano Feb 9



Jack Schirner Feb 21



Dara Tovar from Royal Benefits Insurance held a couple of drawings for some fun gifts.

FREE Income Tax Preparation Service

AARP's Tax-Aide Program IRS-Certified Volunteer Preparer

Free tax return preparations for low and middle income taxpayers with extra assistance for seniors. Personal federal and state returns of non-complex* nature

Call **760-728-4498** for an appointment. We will begin tax return preparation during the week of February 13th , and going through the middle of April.

*We are not trained to prepare tax forms that include rental or farm income, complex business or partnership income, frequent securities trading, home office deduction, uninsured casualty losses, health savings accounts, or alternative minimum tax. Other restrictions apply. Eligibility is determined by the individual volunteer preparer.

OUR COMMUNITY'S CHOICE

Trusted since 1982

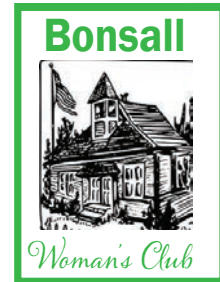
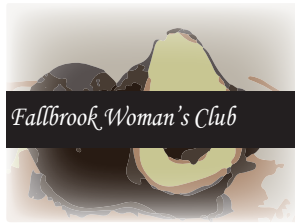


*"We are committed
to caring for our
community and treat
our patients as if they
were our own family"*

*Leslee B. Cochran, M.D.
Executive Medical Director*

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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.



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

Our Senior Center Line Dancers performed at the Fallbrook Women's Connection held at the Grand Tradition on Friday, February 17. Our board president Nickie Williams was the Featured speaker.

