

Happy February



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What a Wonderful World

(By Jack Schirner)

What's the first instrument you think of when you think of Hawaii (which you should do regularly)? Without question it's probably the ukulele. Thanks to a recording made by Iz Kamakawiwo'ole (pronounce every vowel) in 1988. The song had a title that combined two songs, "Somewhere Over the Rainbow/ What a Wonderful World." Since the song's release in 1990, it has been viewed or listened to over 500 million times by people all over the world. It has also been featured in the soundtracks of multiple movies over the last three decades. It may be the most recognizable song featuring a ukulele ever recorded. The recording has been preserved by the United States National Recording Registry as being "culturally, historically, and aesthetically significant." This month I would like to talk a bit about the ukulele, partly because it plays an important role in the activities featured here at your Senior Center.

Did you know that we have a ukulele (or string) orchestra here? The Fallbrook "Strummers" practice here every Friday from 11:00 a.m. to 1:00 p.m. and often play at various locales around town. The group is composed of about 65 participants, 30 of whom meet regularly every Friday without fail. The group has been led for the last 12 years by Stephen Spencer, with help from several other members. Today I would like to give you multiple reasons why you should also consider joining them. If you've ever wanted to learn how to play an instrument but felt too intimidated, the ukulele may be your perfect match. Whether or not you are musically inclined, and regardless of your age, there are many, many reasons why the ukulele may spark a whole new favorite activity in your life. But before I tell you why, let me acquaint you with some of the various types that are common to this special instrument.

There are four main types of ukuleles – *Soprano*, *Concert*, *Tenor*, and *Baritone*, differing primarily in their body length and tone. The *Soprano* is the smallest at a standard of 21 inches. The *Concert* is slightly larger at 23 inches.



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

What a wonderful world..continued

The *Tenor* is still larger at 30 inches, and the *Baritone* is also 30 inches but has a deeper, richer sound. In addition to the main four, there are an additional six types that are less common. They include the Bass, which is very similar to the Baritone – the “*Guitarlele*”, which has six strings like a guitar – the “*Banjolele*”, which has the body and sound of a banjo, but the size of a traditional ukulele – the *Electric* ukulele, which is electronically amplified – the “*Sopranino*”, which is smaller than the regular soprano at only 12 inches – and the “*Pineapple*,” which has a rounder shape that resembles a pineapple. The String orchestra here at the center also includes a flutist, a pianist, and a violinist (now, if they only needed a drummer). They have a repertoire of well over two hundred songs that span the entire musical spectrum (western, country, folk, rock, standards, dixieland, fifties, classical, americana, honky tonk, bluegrass, Broadway, gospel, and R&B). Now that’s variety.

Now for a few of the many, many reasons why you should consider playing a ukulele and joining in with the fun that they have. First, and most important, **it’s easy to learn**. You can learn to play your first song in less than 3 minutes. With 3 simple chords you can play hundreds of songs. The four strings of a ukulele are soft nylon that are gentler on your fingertips and don’t create the pain that guitars do. In addition, if you need help we have a beginner class led by Kathleen Bates that meets every Friday morning from 10 to 11. She also has an intermediate class, but all learners are welcome to sit in with the more experienced players as well.

Secondly, **it’s affordable**. Your new instrument does not require the significant investment that many other instruments do. You can easily find a type and size to fit your preferences and budget, and you won’t have to stress over it getting damaged. In addition, **it’s small and easy to handle, it’s easy for seniors to play, it’s incredibly fun and friendly, it sounds great, it will make you a happier person, it will increase your dexterity, it will improve your mental health and will exercise both brain hemispheres, and you will become more relaxed**. Need more reasons? Come and try it for yourself – you’ll be very happy you did.

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**

Oh What a Year This Will Be

Just in case you don't already have a quick reference guide to show you what lies ahead for this year, here's a little reminder of what you can look forward to in 2023. We didn't put your birthday on this list, but I'm sure it will be special too.

January 1	New Year's Day	June 21	First Day of Summer
January 16	Martin Luther King, Jr. Day	July 4	Independence Day
January 22	Chinese New Year	September 4	Labor Day
February 2	Groundhog Day	September 10	Grandparents' Day
February 14	Valentine's Day	September 11	Patriot Day
February 20	Presidents' Day	September 15	National POW/MIA Recognition Day
February 21	Fat Tuesday (Marti Gras)	September 15	Rosh Hashanah Begins
February 22	Ash Wednesday	September 23	First Day of Autumn
March 12	Daylight Savings Begins	September 24	Gold Star Mother's Day
March 17	St. Patrick's Day	September 24	Yom Kippur Begins
March 20	First Day of Spring	October 9	Columbus Day
April 1	April Fool's Day	October 31	Halloween
April 2	Palm Sunday	November 5	Daylight Savings Ends
April 5	Passover Begins	November 7	Election Day
April 7	Good Friday	November 11	Veterans Day
April 9	Easter Sunday	November 11	Armistice Day – WWI
April 28	Arbor Day	November 23	Thanksgiving Day
May 14	Mother's Day	December 7	Pearl Harbor Day
May 20	Armed Forces Day	December 7	Hanukkah Begins
May 29	Memorial Day	December 21	First Day of Winter
June 14	Flag Day	December 25	Christmas Day
June 18	Father's Day	December 31	New Year's Eve
June 19	Juneteenth		

New Years Eve Lunch



Friends and Fun at The Fallbrook Senior Center

New Years Eve Lunch



Our seniors really know how to have fun

FALLBROOK SENIOR CENTER FEBRUARY 2023 MENU

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

RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE - CALL 760-728-4498

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>6 Egg Sausage Cheese Burrito Black Beans Brown Rice Mixed Green Salad Orange</p>	<p>7 Vegetarian Chili w/beans California Blend Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Apple</p>	<p>1 Baked Chicken Winter Blend Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Pears</p>	<p>2 Pork Tamale Black Beans Brown Rice Mixed Green Salad Orange</p>	<p>3 Baked Pollock w/Garlic and Lemon Roasted Brussels Sprouts Quinoa Mixed Green Salad w/walnuts Tropical Fruit</p>
<p>13 Chicken Alfredo Zucchini Whole Wheat Pasta Mixed Green Salad Mango</p>	<p>14 Happy Valentines Teriyaki Beef California Blend Brown Rice Mixed Green Salad w/garbanzos Yogurt with Walnuts and Strawberries</p>	<p>8 Honey Mustard Chicken Baby Carrots Brown Rice Mixed Green Salad Whole Wheat Roll Tropical Fruit</p>	<p>9 Birthday Lunch BBQ Ribs Country Blend Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Grapes</p>	<p>10 Fish Veracruz Broccoli Quinoa Mixed Green Salad Banana</p>
<p>20 CLOSED </p>	<p>15 Pork Loin Butternut Squash Mixed Green Salad Baked Potato Whole Wheat Roll Cantaoupe</p>	<p>15 Pork Loin Butternut Squash Mixed Green Salad Baked Potato Whole Wheat Roll Cantaoupe</p>	<p>16 Pesto Bruschetta Chicken Asparagus Quinoa Mixed Green Salad w/walnuts Strawberries</p>	<p>17 Fish and Chips Mixed Vegetables Baked French Fries Mixed Green Salad w/garbanzos Whole Wheat Roll Tropical Fruit</p>
<p>27 Beef Lasagna Zucchini w/red peppers Whole Wheat Garlic Bread Mixed Green Salad w/walnuts Tropical Fruit ▲</p>	<p>21 Herb Chicken Broccoli Brown Rice Mixed Green Salad Grapes</p>	<p>22 Beef Tips Cauliflower Whole Wheat Pasta Mixed Green Salad w/garbanzos Apple</p>	<p>23 Minestrone Soup Black Beans Sweet Potato Mixed Green Salad Whole Wheat Roll ▲ Yogurt w/ Strawberries & nuts</p>	<p>24 Fish Taco's Fiesta Blend Whole Wheat Tortilla Mixed Green Salad Banana</p>
<p>28 Turkey Meatball Noodle Soup Baby Carrots Whole Wheat Cheese Quesadilla Mixed Green Salad Tangerine</p> <p>RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE. MONDAY RESERVATIONS DUE THE FRIDAY PRIOR. RESERVATIONS CAN ALSO BE MADE A WEEK OR MONTH IN ADVANCE.</p> <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>				

FALLBROOK SENIOR CENTER FEBRUARY 2023 ACTIVITY SCHEDULE

399 Heald Lane Fallbrook CA 92028 760-728-4498

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY



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

Fallbrook Senior Center Thrift Shop



Let's go shopping



So many treasures!

Hours Monday - Friday 9am - 3pm

760 723.4602



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



Don Schutt
January 25



Gordon Fleig
January 24



Daryl Bickley
January 16



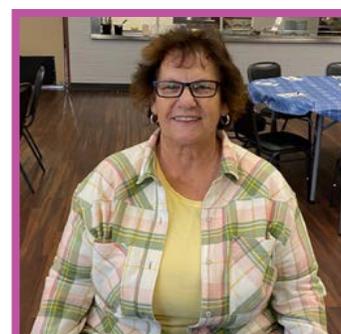
Nanette Schuyler
January 29



Pat Roybal
January 13



Stephen Spencer
January 9



Linda Yokum
January 9

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.



Thank You!

Thank you for your Holiday Grant.
Your generous grant to us allowed for several events to take place during the month of December.

Our Holiday Lunch with a Country Christmas Theme, an Old-Fashioned Christmas Sing – Along, and a New Years Eve Lunch with a Mariachi Band.

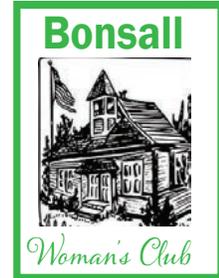
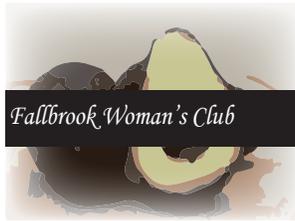
We also gave out goodie bags to all of our Home Delivered recipients, filled with gift cards, snacks, large print books, socks, lotions etc.



A special Thank You to Carmen Sanchez from Right at Home. She generously provides cupcakes for our Birthday Lunches throughout the year, and helped with balloons and cupcakes for our New Year's Eve celebration. We appreciate all that she does for us.



- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -



What's your story?

Every person has a unique life story. There is no such thing as two life stories being the same, you have something worth sharing. We are looking for members who would like to be interviewed and have their story written then shared here in the newsletter.

Please contact the office if you would like to be one of those that we feature.

760-728-4498



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THANK YOU!



**LEGACY
ENDOWMENT**
Your pathway to community giving

For your generous grant in support of our Congregate and Home Delivery Meal programs.

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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



**Major
Market**

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.



smart cremation

Cremation Planning Specialists

Martha Franco - 714-273-9980
Local Area Representative

Call for your free Planning Guide.