



Board Members

**Nickie Williams
President**

**Ron Spencer
Vice President**

**Joan Spencer
Treasurer**

**Jack Schirner
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Carmen Cervantes

Matt Obermueller

David Schwartz

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The Joy of Christmas Present By Jack Schirner

Almost 180 years ago, in December 1843, Charles Dickens published his story about a stingy, greedy man in England who came to change his outlook and his life, because of several visitors who came to him one night in his dreams. He wrote the story in part to protest the way that the poor and homeless in his society were being treated by the British government. I'm certain you remember the visitors described in his novella of "A Christmas Carol." The first was his deceased former partner who warned him of the consequences if he didn't change his ways. The next three visitors were apparitions who appeared to him to reflect on various periods of his life. The first of the three allowed him to take a nostalgic look back at the comfort, simplicity, and happiness of the Christmases of his youth. The third spirit foretold the ominous future he faced if he did not embrace a completely different lifestyle.



But it was the second vision he saw that I would like to discuss in this article; that was the image of Christmas Present. In most pictorial retelling of this story, the second vision is usually depicted as a jolly, overweight fellow who laughs from deep within and who is surrounded by bountiful gifts of food and drink. His image is intended to represent the Joys of Christmas.

Just like this image, there are certain words that conjure up the feelings of the Christmas Spirit, words like love, hope, peace, faith, and even "help others." But there are also other words that can harken Christmas joy. Perhaps the most obvious is "generous." It is always more fun and more rewarding to give than to receive. You can be generous and yet have very little money. And, as I've said before, you always have something to give. Money is always welcomed, and we need financial donations at the Senior Center now more than ever, but if you have no money to give, perhaps you can give your talents. Perhaps you have a particular talent, such as painting, computer or social media expertise, or drawing, that you could teach to others. If you think you have no special talents, you could give your time to help others. If you have no time, you could give your friendship to others who are lonely or in need of a friend. If all else fails, you can always give a kind deed or even a smile to those you meet. But you always have something to give.



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

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

The Joy of Christmas Present..continued

2022 has been a difficult year for your Senior Center, as it has been for many others. Our expenses keep going up, especially our food costs. Every month for the last six months we have had more money going out than we had coming in. But we are determined to continue to provide as many programs, activities, and meals as possible to allow each of you to continue a healthy, active life for as long as possible. We need your financial help. We know that every day, especially during the upcoming holiday season, you probably receive solicitations from many non-profit organizations asking you to make a charitable gift. With so many requests, how do you decide which to help support? Start by asking yourself – Which organization(s) are you most passionate about? Can you afford a donation? Will your dollars make a significant difference? While tax laws may change in the future, in 2022 you may deduct charitable contributions of money or property to qualified organizations if you itemize your deductions. Generally, you may deduct up to 60 percent of your adjusted gross income. There are multiple ways for you to take advantage of current tax laws. And there are many different types of financial gifts you can make. Rather than try to describe them in detail here, you should consult with your financial advisor or tax accountant before deciding what and how to contribute. You may want to ask about gifts of appreciated stock, naming us as a beneficiary of your life insurance or retirement account, contributing some of your Required Minimum Distribution of your IRA account, or even making a gift of real estate property. Even though we would very much appreciate your contribution consideration, we cannot give you advise on which way would be best for you.

Remember again the story that I began this article with. All the visitors in Mr. Scrooge's dream convince him to transform his life into that of a loving, giving life of generosity and helping others. And that is what the joy of Christmas present is all about. Remember, whether you can contribute to us or not, we're here for you.

Merry Christmas to you all, and may 2023 be one of your best years ever.

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**



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.



Epifanio Romero
Air Force
1957-1982.



Mike Burmudez
A/F 1962 -1966
Navy 1983 - 1989

We wanted to take this opportunity to recognize our veterans that we missed in last month's issue Even though it was an oversight on our end, we extend our deepest thanks to the men who have sacrificed and served this country. *Thank you for your service!*



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's Civil War Hero

by Ron Spencer

Did you know that we had a famous Civil War hero that lived in Fallbrook? Well, it is true and he is non-other than Reverend William Pittenger who was awarded the 5th Congressional Medal of Honor, our country's highest award for bravery during combat. President Abraham Lincoln had this award presented by Secretary of War, Edward M. Stanton to Pittenger on March 25, 1863 for his participation in Andrew's Raiders during the Civil War.

Andrew's Raiders were a group of covert Union Army soldiers, under the direction of General Ormsby M. Mitchell, that planned to infiltrate enemy Confederate territory, commandeer a Confederate train and destroy communication, railroad track and bridges between Atlanta and Chattanooga. They penetrated nearly 200 miles into enemy territory and captured a railroad train at Big Shanty, Georgia. Unfortunately, the heroic attempt ended in disaster. Not a single bridge was destroyed and all twenty-four participants were eventually captured by the Confederacy except for one that deserted and went back to Federal lines prior to the raid. All the others were tried as spies and imprisoned. Eight escaped, six (including Pittenger) were exchanged for Federal prisoners captured by the Confederacy and eight were executed by hanging. One was captured but the Confederates determined he was not part of the Raiders for an unknown reason. Pittenger was captured on April 15, 1862, near Lafayette, Georgia and imprisoned until March 18, 1863, when he was freed through a prisoner exchange by City Point, Virginia. Following his release from prison, Pittenger received the Medal of Honor and was promoted to Lieutenant. He served until his health forced him to resign around the mid-point of the Civil War. He was discharged with a disability on August 14, 1863. William Pittenger documented his experiences and published this account as *Daring and Suffering: A History of the Great Railroad Adventure* published in 1887, and later titled the work *The Great Locomotive Chase*, which inspired two movies. The first one was a 1926 film titled *The General*, directed by Buster Keaton, a silent-era film released by United Artists. The second one was a 1956 film made for television titled *The Great Locomotive Chase* by Walt Disney featuring Fess Parker.

Born January 31, 1840, William Pittenger married Wilhelmina "Winnie" Clyde Osborne of New Brighton, Pennsylvania, on May 17, 1864, and they had six children. Following his discharge from the Army, William became a theology student and in 1864 was ordained as a Minister. For approximately thirty years, he filled pastoral positions in Methodist and Episcopal churches in the east. In 1878, he became a professor at the National School of Elocution and Oratory in Philadelphia.

Pittenger moved his family to Fallbrook in 1890 where he purchased a 20-acre farm and built a wood-frame farmhouse on the property in 1895. Trees were grown on the farm to produce fruit and walnuts for both personal use and profit. He was pastor of the Methodist-Episcopal Church from 1893-1896 and again from 1898-1899. The church is still standing at the corner of Fig Street and South Mission Road (now named the First Christian Church). The Pittenger family also owned a house near the church at 320 Alvarado Street that is currently the Senior Day Care Center and part of the Foundation for Senior Care.

Pittenger was very active in the Fallbrook community both as a lecturer against Darwinism and as a writer penning a number of historical books covering the Civil War. He lobbied, along with others, for state legislation which created the local Irrigation District. The mostly self-taught Civil War hero was a teacher for a time at Fallbrook High School then became president of the board of education.

Reverend William Pittenger died on April 25, 1904 and is buried at the south-west end of the Odd Fellows Cemetery off Alturas Road in Fallbrook. In 1910, his wife sold the ranch property and moved into the house near the church. The house changed hands several times until being purchased by the Fallbrook Historical Society in 1981. The Pittenger House Museum is open to the public and is well worth a visit. It is part of the Fallbrook Heritage Center located at 260 Rocky Crest Road.

References:

https://en.wikipedia.org/wiki/William_Pittenger

<https://www.cmohs.org/recipients/william-pittenger>

<https://www.cmohs.org/news-events/history/the-great-locomotive-chase-the-first-awarded-medal-of-honor/>

<https://www.fallbrookhistoricalsociety.org/fallbrook-historical-society-home/museums/the-heritage-center/pittengerhouse/pittenger-house-2/>

Fallbrook Senior Center Thrift Shop



Hours Monday - Friday 9am - 3pm
760 723.4602

FALLBROOK SENIOR CENTER DECEMBER 2022 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane - Monday- Friday 11:15 a.m. 760-728-4498
RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE.
MONDAY RESERVATIONS DUE THE FRIDAY PRIOR.

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.



5

Chicken Cordon Bleu
California Blend
Brown Rice
Mixed Green Salad
Tropical Fruit

6

Beef Stew
Broccoli
Baked Potato
Mixed Green Salad w/garbanzos
Whole Grain Corn Bread
Apple



12

Honey Mustard Chicken
Carrots
Baked Potato
Mixed Green Salad w/walnuts
Whole Wheat Roll
Tropical Fruit

19

Vegetable Lasagna
Zucchini w/red peppers
Mixed Green Salad w/red pepper and garbanzos
Whole Wheat Roll
Canned Pears ▲

26

CLOSED



7

Baked Chicken
Butternut Squash
Quinoa
Mixed Green Salad w/walnuts
Strawberries

14

Soft Chicken Taco's
Fiesta Blend
Mixed Green Salad w/garbanzos
Whole Wheat Tortilla
Orange

21

Swiss Steak
Roasted Brussels Sprouts
Mashed Potatoes
Mixed Green Salad w/garbanzos
Whole Wheat Roll
Applesauce

28

Minestrone Soup
Black Beans
Baked Sweet Potato Fries
Mixed Green Salad
Yogurt w/Walnuts and Strawberries ▲

1

Vegetarian Chili/ beans
Corn
Sweet Potato
Mixed Green Salad w/walnuts
Whole Grain Corn Bread
Grapes

8

Birthday Lunch
Beef Meat Loaf w/gravy
Peas and Carrots
Mashed Potatoes
Mixed Green Salad w/garbanzos
Whole Wheat Roll ▲
Tangerine

15

Holiday Lunch
A County Christmas
Black Forest Ham
Green Beans
Sweet Potato
Mixed Green Salad w/walnuts
Whole Wheat Roll ▲
Apple

22

Chicken Rolled Taco's
Black Beans
Brown Rice
Mixed Green Salad
Strawberries



29

Chicken Fajitas w/peppers
Fiesta Blend
Whole Wheat Tortilla
Mixed Green Salad w/red pepper
Tropical Fruit

2

Baked Pollock w/Lemon
Carrots
Baked Potato
Mixed Green Salad
Whole Wheat Roll
Cantaoupe

9

Fish Veracruz
Roasted Brussels Sprouts
Quinoa
Mixed Green Salad
Banana

16

Crab Cake
California Blend
Quinoa
Mixed Green Salad w/walnuts
Whole Wheat Roll
Banana

23

Baked Breaded Shrimp
Broccoli
Quinoa
Mixed Green Salad
Fruit Cocktail

30

Fish and Chips
Winter Blend
Baked Potato Fries
Mixed Green Salad w/garbanzos
Whole Wheat Roll
Melon

FALLBROOK SENIOR CENTER DECEMBER 2022 ACTIVITY SCHEDULE

399 Heald Lane Fallbrook CA 92028 760-728-4498

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>5</p> <p>9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu</p>	 <p>6</p> <p>9:00 Line Dancing 9:00 Chess 12:30 Chair Yoga</p>	<p>7</p> <p>9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong</p>	<p>8</p> <p>9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	<p>9</p> <p>9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge</p> 
<p>12</p> <p>9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu</p>	<p>13</p> <p>9:00 Line Dancing 9:00 Chess 12:30 Chair Yoga</p> 	<p>14</p> <p>9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting</p>	<p>15</p> <p>9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	<p>16</p> <p>9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge</p>
<p>19</p> <p>9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu</p>	<p>20</p> <p>9:00 Chess 12:30 Chair Yoga</p>	<p>21</p> <p>9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong</p>	<p>22</p> <p>11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p> 	<p>23</p> <p>9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge</p>
<p>26</p> <p>CLOSED</p> 	<p>27</p> <p>9:00 Chess 12:30 Chair Yoga</p>	<p>28</p> <p>9:00 Senior Wellness 10:00 Photography Class 12:00 Pinochle 12:00 Mah Jong</p>	<p>29</p> <p>11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge</p>	<p>30</p> <p>9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge</p>

Happy Birthday



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



**Carmen Sanchez
Right at Home**



**Dreamin Dean 11/1
California**



**Rose Peralta 11/18
Philippines**



**Nannett Wigand 11/17
Philippines**



**Anton and Olga Feher celebrating their
61st wedding Anniversary on 11/15**

People

People, who love People, are the Happiest People in the World

The Very Abridged Life Story of Pat Roybal (As told to Jack Schirner)



Pat Roybal was born Patricia Anne Stringer in Hattiesburg, Mississippi during the middle of the Great Depression. Because steady carpenter work was scarce in Hattiesburg, when she was three years old, her father took a train to Los Angeles to look for work. When he found work, he brought the rest of the family out to California as well. He then took a job with the Merchant Marines working in and around Japan. Patricia was the oldest of four children and she spent much of her early years helping take care of her brothers and sisters. Her mother always told others that Patricia Anne was a “joyful baby.” Both of her parents came from large families; her mother was one of eight children, and her father was one of seven, so she always had plenty of siblings, aunts, uncles, cousins, and friends in her neighborhood to learn from and to play with.

Patricia also dreamed of having a large family eventually. And so it was to be. It was a very happy time in her life. One of her neighbors was a boy named Joe Roybal. They didn’t go to school together because Joe went to Catholic school, but he did live in Pat’s neighborhood. Pat had been introduced to him by Joe’s sister while Pat was doing cartwheels. One day when Pat was about ten years old, she said to him, “Joe, I like you, I think we should get married someday.” Joe agreed. And so it was to be.

In school, Patricia always excelled in science classes. One of her best talents, in and out of school, was making friends with the other people. One of her favorite teachers was her Chemistry teacher, Mrs. Lester. Mrs. Lester did much to encourage Pat in her quest for scientific knowledge, and let her help grade papers of the other students. One day when she was looking at a book in her Civics class, Pat came across a picture of the LA County General Hospital, and she thought that perhaps she would like to go into nursing when she was older. And so it was to be.

After her father returned home from his working for the Merchant Marines in Japan following the end of the second World War, he tried to get his family into a larger house. With all the soldiers returning from the war there was a significant housing shortage all over the country. He discovered that most landlords would only rent to people who had no children. So, they moved from LA back to Hattiesburg, then to Mobile Alabama. He built boats in his garage to earn enough to support his family. When her father told her stories about his time in Japan, Pat decided that she too would like to travel someday. And so it was to be. Finally, in 1951, he decided to move his family back to California. But Pat was in her last year of High School at that time, and she did not want to move. She stayed with a girlfriend and her family until she finished school. She took a job as a photo developer to save up enough money for a greyhound bus ride to California. She earned a whopping \$17 a week.

But she did save up enough for the trip, and she joined her family in Los Angeles. She took a job with the phone company so that she could save up enough to get a nursing diploma. After a year and one month, she got the diploma and was accepted as a training nurse for LA County General Hospital. The hospital provided her with room and board and paid a stipend of \$30 a month. She stayed with them for the next three years. It was while there that everyone began calling her Pat instead of Patricia. One of her proudest professional memories was when she became Head Nurse of an Orthopedic unit at LA County General Hospital.

In one of life’s serendipities, she was able to reconnect with the Roybal family. Pat and Joe took up where they had left off nearly ten years earlier. They married in 1955 and had their first child in 1956. Her husband went into the service and was stationed in Germany. When he returned, he was assigned to a position with the Atomic Energy Commission in Las Vegas for five years. During that time, they had three more children.

Upon his discharge, they moved to Alhambra California and Joe went into the Real Estate business. They had one more child. Pat relished raising their children, but whenever possible she also liked to work, either as a nurse or helping her husband in Real Estate. At about that same time, the air quality in the Los Angeles area was terrible due to heavy smog and Joe suffered with asthma, so they moved to Fallbrook in 1970. Finally, when all their children were finishing school and she had more time, she enrolled in Palomar College and got an additional degree in nursing. She took a job with Health Examinetics as a traveling nurse. She traveled throughout California, Florida, Utah, Nevada, and Arizona conducting physical examinations for teachers as required by the various Teachers Unions in each state.

Twenty-Seven years ago, her husband fell and suffered a concussion that led to bleeding of his brain. He died in 1995 at only 61 years old. Pat lived with a daughter for a while during her grieving period, helping raise her daughter’s children. Today Pat has her five children, thirteen grandchildren, and eight great-grandchildren. They all take turns living with her; when one moves out, another moves in. Throughout her life, Pat’s love of people has kept her strong and healthy. She has been a member here at the Senior Center for about ten years and has many friends here. She says she has had a wonderful life, but she still has more to do. When you next see Pat – stop and talk with her – she loves to make new friends. We are very fortunate to have her among us.



*It's time to renew
your membership*

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.



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): _____

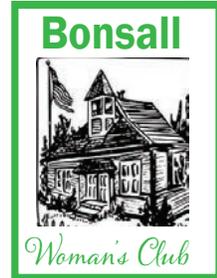
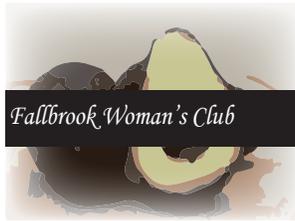
Would you like to receive updates and notifications via email? Yes Opt out of notifications

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

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

smart  **cremation**

Cremation Planning Specialists

Martha Franco - 714-273-9980
Local Area Representative

Call for your free Planning Guide.