

# Fallbrook Senior Center Chronicle

May 2022



## BOARD MEMBERS

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President

*Ron Spencer*  
Vice President

*Joan Spencer*  
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## Sometimes You Can't Believe your Own Eyes or Ears

by Jack Schirner

If you don't usually read these Chronicle cover letters, please take a minute or two to read this one this month. It may help protect you in the future and save you money.

I need to tell you what happened to me last month. Even though I've written about scam attempts and fraud activity several times in the past, this is the first time that I have been directly affected by fraud activity. So, I'm going to explain the step-by-step methods that were used to try to separate me from my money. This criminal group fell short only because I had researched the subject in the past, and because my bank and the North County Sheriff's department helped me (as did my wife). The worst part of the story is that I knew what was happening was a scam, but I didn't exactly know how to extract myself from the situation.

My incident began while I was at my computer writing the minutes from our last Board of Directors meeting. I started receiving pop-up messages saying that my computer had been compromised and several varieties for viruses were threatening to harm my computer. I had just renewed my virus protection software with McAfee, so I wasn't too worried. But the messages persisted and then I received a message from Microsoft telling me to call their security center immediately, which I did. The person on the line assured me that they would be able to eradicate the viruses (trojan

horses) but that the software package to do it would cost me. He told me that my McAfee protection program could not remove this type of virus once it attacks and resides on my system. Not being very computer savvy, I accepted his expertise and agreed to purchase the additional virus protection program for \$499 (which was to provide protection 24 hours a day, seven days a week, for five years). I gave him my credit card information

to purchase the program. After confirmation of the purchase, he proceeded to take control of my computer and manipulate it while I watched him remove lines of code of what I believed to be threatening virus infections. During the process he gave me his

(Americanized) name and phone number and employee ID# in case we got disconnected. He also told me to use the name of the town I was born in should I need to call back in to assure that whoever answered would know the caller was indeed me. After about thirty minutes he said he was done and that I should have no further problems.

The next morning after I logged on to my computer, I again began receiving pop-up notices of viruses. I then received a phone call from a different individual supposedly also with Microsoft. He also gave me his name and employee ID # and advised me that there had been a program software failure with the



Continued on next page



**FALLBROOK  
SENIOR  
CENTER STAFF**

**Susie Gonsalves**  
Executive Director

**Jeffrey Dionisio**  
Administrative Assistant

**Araceli Flores**  
**Lance McNatt**  
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-](http://www.guidestar.org)

**Fallbrook Senior Center**  
**399 Heald Lane**  
**Fallbrook, CA 92028**

**Office Hours**

Monday-Friday 8 a.m. - 4 p.m.  
Closed Saturday & Sunday  
**760-728-4498**

[fallbrooksc@att.net](mailto:fallbrooksc@att.net)  
[www.fallbrookseniorcenter.com](http://www.fallbrookseniorcenter.com)

**Thrift Shop**

**760-723-4602**

Monday - Friday 9-3

Closed Saturday & Sunday

**Manager: Saliha Raddani**

**Driver/Sales: Phoenix Vantveer**



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.

**Sometimes You Can't Believe continued**

program that they had installed. He said they would have to remove it and install a downgraded version of the virus protection instead, but that they would also give me a refund of \$430 from the amount that I had paid. Several times he gave me a series of long alphanumeric digits to write down that I would need to obtain the refund. He also had me enter the amount of the refund, which I did. I watched on my screen as I entered amount of the refund, but the amount online showed as 4,430, not \$430. He immediately expressed dismay and said he could be fired because I entered the larger amount, if we didn't get it corrected. He said that I must have not held down my shift key when I entered the "\$," but I assured him that I had.

The exchange then began to sound very suspect as he began pleading with me to correct the error so he wouldn't be fired. He told me he would stay on the line while I got dressed and drove to my local grocery store (Albertson's) to arrange for my refund to them. He told me to not discuss my error with anyone (including my wife) and to go into Albertson's and purchase 8 different "Apple" or "Saucony" gift cards for \$500 each. He said that if they questioned my purchase that I should tell them that I was having a birthday party for one of my grandchildren. He told me to not hang up the phone until I completed the purchases or he would empty my bank accounts and make my life miserable. When I balked at the instructions he was giving me, I watched my bank account on my screen as he entered a withdrawal of \$50,000 from my checking account, and charge another \$50,000 onto my credit card account. I didn't know whether I would be liable for the \$100,000 or not. So, I drove downtown, but instead of going to Albertson's I went directly to Bank of America (while he was still on the line). I covered the phone while I whispered to a bank officer, who assured me that I wouldn't be liable.



I then drove directly to the Sheriff's department and did the same thing. The deputy at the Sheriff's department told me to hang up on the caller. By then my heart was racing. The deputy instructed me to go back to the bank and have them freeze all my accounts, file a report with the FBI, and contact all the credit reporting agencies to advise them of the fraud attempt. By the time I got back to the bank, all the money in my checking account had been taken, or so I thought, and I was a mess.

The bank officer assured me that \$50,000 had not been withdrawn from my checking account, and \$50,000 would not be charged to my credit card. Initially when I called the credit card fraud department, I learned that there is apparently a big difference between a scam and a fraud. They told me that I could not recover the \$499 paid for the initial virus protection package because I authorized the purchase. I later learned that they, in fact, can refund the amount of that purchase because the fraud perpetrators did not deliver what they promised. We'll see. I may come out of the experience without losing money. I do know that I would not have been able to recover the \$4,000 if I had purchased and sent the gift cards to them. I also learned that Microsoft will never call or ask anyone to call them. I also learned that these fraudulent operators will replicate any company's website to try to convince you that they are legitimate.

# Happy Birthday



**Bill Demore**  
**April 1**  
**Born in Florida**



**Don Carrington**  
**April 5**  
**Born in California**



**Mary Patz**  
**April 7**  
**Born in Iowa**



**Mike Bermudez**  
**April 24**  
**Born in California**



**John Gavula**  
**April 19**  
**Born in Pittsburgh**



**Connie Mescal**  
**April 22**  
**Born in Indiana**



**Flo Judd**  
**April 19**  
**Born in**  
**Massachusetts**



**Flo and Clay Judd**  
**April 12**  
**Happy 69th**  
**Anniversary**



**Birthday Cake Provided by**  
**Carmen Sanchez**



**Entertainment by the**  
**Fallbrook Ukulele Strummers**

**Join us the 2nd Thursday of each month when we**  
**celebrate those having**  
**birthdays and anniversaries for that month.**

**Lunch is at 11:15 a.m.**

**We have a special table set up for those celebrating.**



# Have you ever wanted to take better photographs?

Of your family, of your vacation, of your memories?  
Without relying on luck?

All it takes is a little know-how and experience. Some important picture-taking tips are;

- Look your subject in the eye
- Move in close
- Move the subject from the middle
- Determine what is to be in focus
- Lock the focus
- Watch the light
- Be a picture director

The Fallbrook Senior Center Photography Club is planning to start a series of photography classes that can help you build photography skills. The series of 8 classes will begin Friday, May 6th at 11:00 a.m. and continue on the following Fridays. Please stop by or call the office 760-728-4498 to sign up.



## *Drop In and Join the Fun*

The Fallbrook Senior Center has the Community Center's  
pickleball courts reserved on  
Mondays from 9 a.m. to 11:00 a.m.  
Call 760-728-4498 for more information

# PICKLEBALL



— Store Hours: Monday - Friday 9:00-3:00 • Closed Saturday & Sunday —

**\*Shower Chairs \*Total Care Under Pads**

**\*Wheel Chairs \*Canes \*Walkers**

**\*Crutches \*Toilet Seat Risers**

Home Medical Equipment  
and Supplies AVAILABLE for  
Purchase in the thrift shop!  
Half Off regular store prices!!

**\*\*Show your membership card for an additional 10% OFF!\*\*  
Inquire in the thrift shop for more information!**



# Fallbrook Senior Center May 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
2 Chicken Alfredo Spinach Whole Wheat Pasta Mixed Green Salad Orange	3 BBQ Pork Chop Broccoli Brown Rice Mixed Green Salad w/garbanzos Banana	4 Beef Stuffed Bell Pepper Brussel Sprouts Quinoa Mixed Green Salad w/garbanzos Canned Peaches	5 Chicken Burrito Fiesta Blend Vegetables Rice Mixed Green Salad Whole Wheat Roll Mango	6 Baked Tilapia California Blend Vegetables Roasted Potatoes Coleslaw Whole Wheat Roll Fruit Cocktail
9 Herb Chicken Winter Blend Vegetables Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Canned Peaches	10 Salisbury Steak Corn Brown Rice Mixed Green Salad Cantaloupe	11 Chicken Noodle Soup Carrots Whole Wheat Cheese Quesadilla Mixed Green Salad w/ extra Garbanzos Strawberries	12 <i>BirthDay Lunch</i> Roast Beef with gravy Green Beans Mashed Potatoes Mixed Green Salad w/walnuts Whole Wheat Roll Mandarin Oranges ▲	13 Baked Pollock California Blend Vegetables Quinoa Coleslaw Ambrosia
16 Beef Lasagna Zucchini w/red peppers Mixed Green Salad w/garbanzos Whole Wheat Roll Cantaloupe ▲	17 Baked Chicken Butternut Squash Brown Rice Mix Greens Salad w/red peppers Banana	18 Beef Fajitas with Whole Wheat Tortilla Fiesta Blend Vegetables Mix Greens Salad Apple	19 Chicken Pot Pie Spinach Mixed Green Salad w/garbanzos Whole Wheat Roll Tangerine	20 Fish Veracruz Broccoli Brown Rice Coleslaw Grapes
23 Beef Cabbage Roll Peas and Carrots Brown Rice Mixed Green Salad Tropical Fruit	24 Turkey Meatballs with Whole Wheat Spaghetti Corn with Red Peppers Mix Greens Salad w/garbanzos Orange	25 BBQ Chicken Butternut Squash Corn with Red Peppers Roasted Potatoes Mix Greens Salad w/walnuts Strawberries	26 Beef Tips with gravy Cauliflower Quinoa Mix Greens Salad w/garbanzos Applesauce	27 Fish Taco w/Whole Wheat Tortilla Fiesta Blend Vegetables Coleslaw Ambrosia
30 CLOSED 	31 Teriyaki Beef Asian Blend Vegetables Brown Rice Mixed Green Salad Mandarin Oranges	<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</p>		

# Fallbrook Senior Center May 2022 Activity Schedule

399 Heald Lane Fallbrook CA 92028 760-728-4498

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle</p>	<p>3 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:15 Spanish Class 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>4 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong</p> 	<p>5 9:00 Line Dancing 9:30 Scrabble/Chess 10:00 Mastering Basics of Line Dancing 11:15 ACBL Bridge -SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge</p>	<p>6 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:00 Photography Class 11:30 Social Bridge 12:00 Photography Club</p>
<p>9 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle</p>	<p>10 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:15 Spanish Class 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>11 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 12:30 Board Meeting</p>	<p>12 9:00 Line Dancing 9:30 Scrabble/Chess 10:00 Mastering Basics of Line Dancing 11:15 ACBL Bridge -SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge</p>	<p>13 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:00 Photography Class 11:30 Social Bridge</p>
<p>16 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle</p>	<p>17 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:15 Spanish Class 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>18 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong</p>	<p>19 9:00 Line Dancing 9:30 Scrabble/Chess 10:00 Mastering Basics of Line Dancing 11:15 ACBL Bridge -SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge</p>	<p>20 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:00 Photography Class 11:30 Social Bridge</p> 
<p>23 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle</p>	<p>24 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:15 Spanish Class 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament</p>	<p>25 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong</p>	<p>26 9:00 Line Dancing 9:30 Scrabble/Chess 10:00 Mastering Basics of Line Dancing 11:15 ACBL Bridge -SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge</p>	<p>27 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:00 Photography Class 11:30 Social Bridge</p>
<p>30 CLOSED </p>	<p>31 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:15 Spanish Class 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament</p>			

# How can I help my Senior Center?

By Jack Schirner

If you've ever visited the Senior Center, snagged a bargain at the Thrift Shop, or participated in our Meals program, you probably already know how beneficial the Center can be for your mind, body and health. If you haven't yet visited us, perhaps it's our name that's keeping you away. We are the "Fallbrook Senior Citizens Service Club." I was first introduced to the Senior Center about seven years ago when a friend invited me to shoot a game of pool with him. My first thoughts were – "why would I want to go to a Senior Center with all those old people when I'm only seventy-five years old? I don't feel like a senior." I still don't feel like a senior, but part of the reason I don't is because of the Senior Center itself.

The major reason I'm sold on the Center is because I have volunteered here for the past seven years. It has been very fulfilling knowing that I'm still able to contribute some of my talents to help other

people. Not that I'm especially talented. Most of enjoyment has come from just showing up and helping do what needs to be done.

There are twenty-six Senior Centers in San Diego County. Most of them are sponsored (funded) by the cities in which the Centers are located. But, as you know, ours is not located in a city. Instead, we rely on volunteers, donations and ever dwindling grants to continue to exist. To obtain the grants and donations, we must compete for limited funds with over a hundred other non-profits in town. We have been determined to be one of the best Centers in the County, partly because of our volunteers. Which brings me to the point of this article (finally). **We need more volunteers.** We need you to help us so we can help more of our members. We have volunteer openings for as much or as little time as you have available. We complete a background check of all our volunteers to help assure that we are not exposing our members to undue dangers.



We have openings for volunteers that we could use right now, **today**. Some are for an hour or two, some for one day a week, some are for regular time slots, some are for periodic help. All are welcome. Here is a listing of our current openings. See if there is something right for you.

**Lunch Servers:** Serve drinks and meals to our guests. Clear plates and wipe down tables. Clean up. **10:30 – 12:30, M-F**

**Thrift Shop:** Sort, stage, and price donations. Two shifts available, **9:00 – 12:00 or 12:00 – 3:00, M-F**

**Thrift Shop:** Pick up donations and deliver purchases. **One day a week**

**Librarian:** Sort donated books, organize the library. **Anytime.**

**Bakers:** Bake cookies and deliver to the Center. Everyone loves cookies. **Anytime.**

**Office Help:** Answers phones, help with mailings, General office help. **As needed.**

**Special Events:** Help organize and conduct a variety of activities, such as, Senior Prom, Sock Hop, Ice Cream Social, Pie Auction, Cake Auction, Hawaii Raffle, Cruise Raffle, etc. **Occasionally.**

**Activity Coordinators:** Help organize guest speaker presentations and tournaments, i.e., Scrabble, Chess, Mah Jong, pool, or trivia. Or help with outdoor exercise classes or Senior Games. **Periodic**

**Sunshine Delivery:** Send cards to members who are ill or hospitalized. **Periodic**

**Board of Directors:** We need three additional board members, including a treasurer to help guide the Center's future. If you have non-profit or financial corporate experience, we would like to talk to you. **Board meetings are once a month.**

If you choose to join us you can benefit in a variety of ways, such as: **Meeting new people, making new friends, enriching your life, adding new purpose, increasing your feelings of happiness, learning new skills, contributing to the well-being of others, and helping our community. Call the Office Today!**



# Garden Tour & Plant Sale

★  
MAY 14TH 2022  
Gates open at 8:30  
Garden Tour 9-3

Fallbrook Historical Society  
260 Rocky Crest, Fallbrook

★  
TICKETS  
\$20 (advance)  
\$25 (at gate)

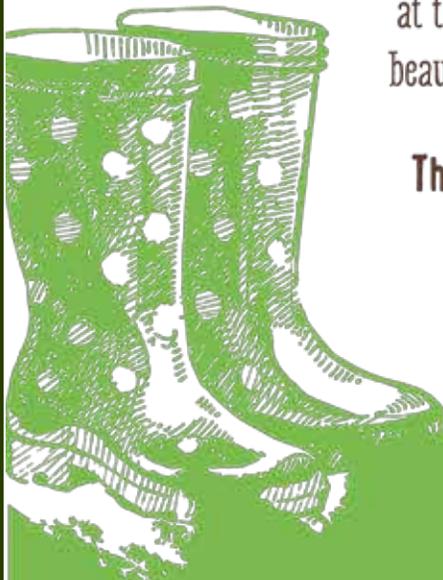
Featuring a variety of beautiful and unique  
private gardens in Fallbrook.

Purchase tickets at the Fallbrook Chamber of Commerce or Major Market [cash/check only]

 or online at [www.brownpapertickets.com](http://www.brownpapertickets.com) 

On the day of the tour, exchange tickets for self-guided tour maps  
at the Historical Society starting at 8:30am. Purchase  
beautiful plants at bargain prices from the plant sale.

This project supports community projects,  
club activities and scholarships  
[www.fallbrookgardenclub.org](http://www.fallbrookgardenclub.org)



# BRAIN GAMES



*Answers on the back page*

**HEAD  
HEAD  
HEAD  
HEAD**

**G O O D**

**Water**

**e  
k  
a  
w**

**nafish  
nafish**

**lang4uage**

**HORSE**

**aged aged aged**

**NEART**

Atlantic  
Pacific  
Arctic

**SAW**

abcdefghijklm  
nopqrstuvwxyz

**T** 

A BIG  
**Thank**  
YOU

— **SUPPORTERS** —



— **PARTNERSHIPS** —



— **IN-KIND DONORS** —





### 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 serve. 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.



**The Fallbrook Adult Day Care Program can help ease the weight of caregiving by giving you a much-needed respite, while providing care you can trust for your loved one.**

**When you need a break, we are here for you!**

We offer caregiving, activities, and socialization for adults with cognitive or physical disabilities. Open 9am-4pm, Monday through Friday. Only \$85 for a full day. Scholarships may be available.



**Call 760-723-7570**

135 S. Mission Rd, Fallbrook  
[FoundationForSeniorCare.org](http://FoundationForSeniorCare.org)

### Answers to Brain Game

- 1 – Forehead
- 2 – Good looking
- 3 – Waterfall
- 4 – Wake up
- 5 – Tuna fish
- 6 – Foreign language
- 7 – Seahorse
- 8 – Middle-aged
- 9 – Broken heart
- 10 – Seesaw
- 11 – Miss you or missing you
- 12 – Teabag



### We Will Miss You

Sue DiMino started out as a volunteer six years ago helping serve at our lunch program. Soon after she became an employee and was the kitchen assistant for several years. Sue decided to step down from the kitchen position but, continued to stay on as a volunteer, which we were very grateful. She and her husband recently decided to move back to their home state of New York, where their two sons and daughter live, along with their seven grandchildren.

We will miss you and wish you all the best! Enjoy your time with family.