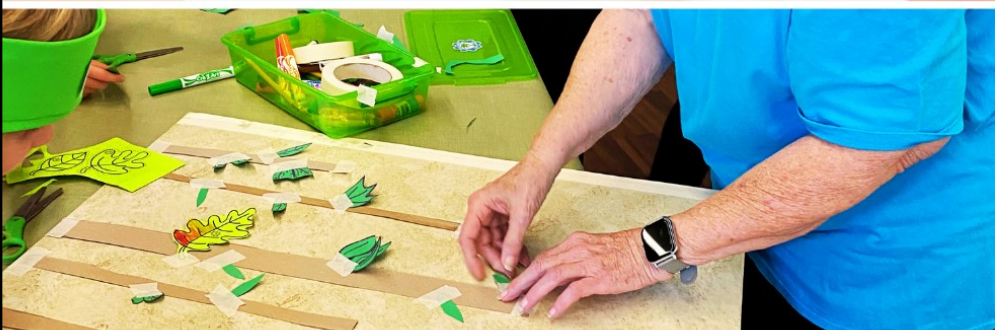


# Happy Independence Day

## LAST MONTH AT A GLANCE



## Board Members

Nickie Williams  
President

Mark J. Weaver  
Vice President

Jack Schirner  
Secretary

Howard Salmon  
Treasurer

Tom Mintun

Richard West





## FSC STAFF

**Susie Gonsalves**  
Executive Director

**Jeffery Dionisio**  
Administrative Assistant

**Matt Tompkins**  
Donor Development &  
Marketing Specialist

**Araceli Flores**  
Server/Facilities

**Rodolf Pedroza**  
Chef

**Veronica Orozco**  
Kitchen Assistant

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 8am - 4pm  
Closed Saturday & Sunday  
**(760) 728-4498**

[fallbrookscdirector@gmail.com](mailto:fallbrookscdirector@gmail.com)  
[www.fallbrookseniorcenter.com](http://www.fallbrookseniorcenter.com)

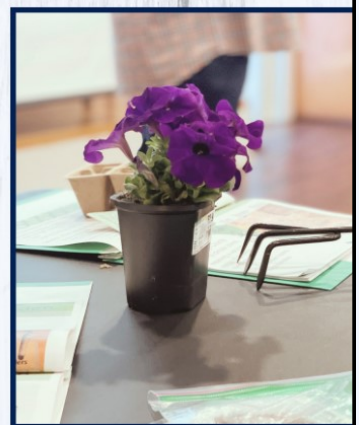
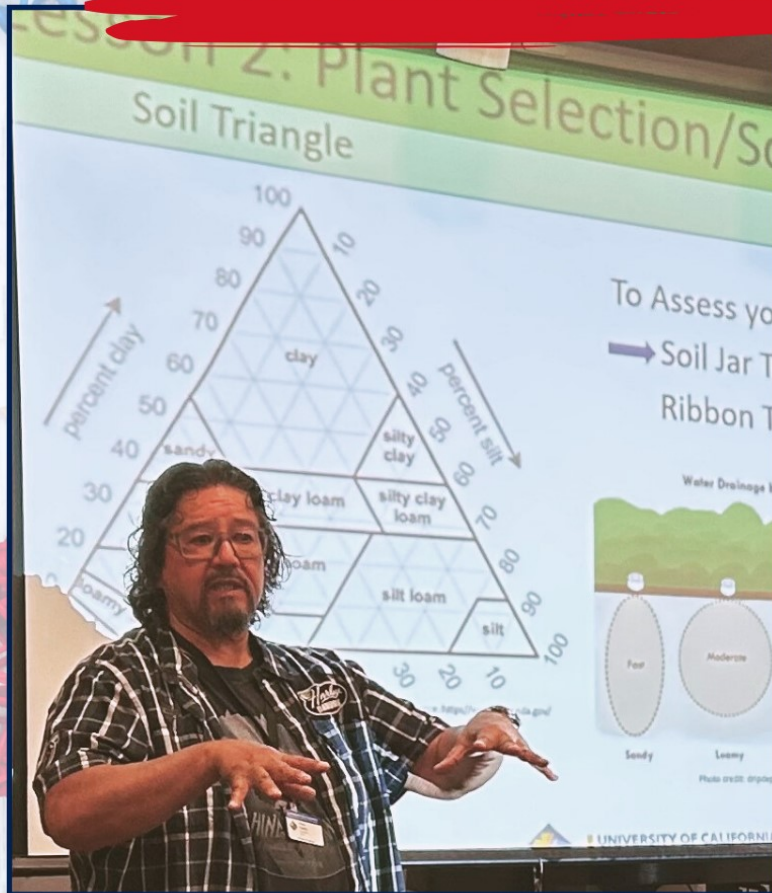
## THRIFT SHOP

**760-723-4602**

Monday- Friday 9am-3pm  
Closed Saturday & Sunday

**Manager: Saliha Raddani**  
Driver/Sales: Robert  
Mesquita

## ACTIVITY SPOTLIGHT: VEGETABLE GARDEN CLASS



In June, we held a series of vegetable garden classes here at FSC which was spearheaded by our very own and talented Victor. His knowledge and expertise showcased how deeply rooted he is with his craft.

"Gardening is exciting to me. It's magical! First plant a living seed in the right manner and place, next nurture the soil where you planted it. It's like magic when it pops out of soil and begins to grow into a delicious vegetable. This month, I have been sharing this excitement and joy with 15 enthusiastic Fallbrook Senior Center members."

~Victor





# Our summer Intergenerational Activities are in full swing.



The Community Center camp kids and our Senior Center adults are having fun this summer with Pickleball and Challenge Island.





## UPCOMING EVENTS

**Join us on Monday, July 8th at 12:15 p.m. in the Senior Center Auditorium** as the Fallbrook Historical Society presents **"The History of Fallbrook."**

Discover the rich history of the Fallbrook area, inhabited since the Ice Age. Learn about its Native American roots, the Spanish and Mexican periods, and the era of American homesteading and settlement. Snacks provided.

## Intergenerational Activities

**Tuesday, July 2nd at 1:00 p.m. Community Center Auditorium**

**Challenge Island** - Help the summer camp kids design a jungle predator-prey game using magnetism.

**Wednesday, July 3rd at 1:00 p.m. Community Center Auditorium**

**Challenge Island** - Help the summer camp kids design a scene with one or two volcano-proof houses, build volcanoes, erupt them and check if their people survived the eruption.

All supplies for these activities are provided, and a camp instructor will be available to guide the projects. This is a fun activity for both kids and adults, and no experience is required.

Please sign up in advance for intergenerational activities. You can register at the Senior Center Office or call 760-728-4498.

---

## Did You Know?

### You Could Make a Lasting Impact:

Through planned giving, you can make a significant contribution to the Senior Center. Your support can help sustain our community programs and activities for years to come. Reach out for more information on how you can leave a legacy.



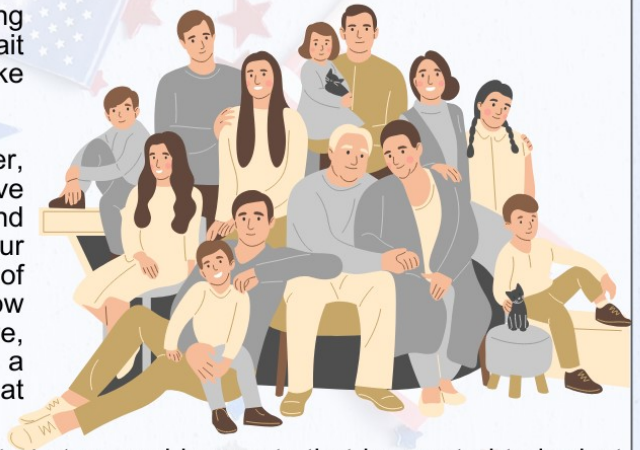


# What do you Leave in your Wake?

By Jack Schirner

Do you know what you are leaving in your wake? I'm not talking about a wake where friends and relatives get together and wait three or four days after your passing to see if you suddenly wake up.

Just like the wake that a boat leaves as it moves through water, each of us has an impact that we leave behind as we move through this life. Your wake is the lasting effect of your words and deeds and the ripple effect they have on others throughout your life and after you are gone. Your wake is the consequences of your life choices and actions. Quite often you don't even know what the impact of your words might have on a friend or relative, or even a stranger. A word of encouragement or praise to a seven-year-old on the drawing just shown to you may start that child on a lifetime of artistic excellence.



An acquaintance of mine about twenty-five years ago commented at several banquets that he wanted to be just like me when he grew up. I think I was only about ten years older than he was. I had no idea why he felt the way he did. He seemed to be much more successful than I was when he made his comments, but they had an impact on me. I felt that I had to continually try to be a better person to live up to his expectations.

Are there things you can do to improve the possible impact that your life may have on others, whether you know those others or not? Absolutely! There are quite a few small things you can do, and some very big things you can do. For example, you can help spread kindness by being kind to the people you meet. Kindness is needed now more than ever. Surprise people with your kindness – it's infectious and can brighten someone's day in ways that you may never know.

You can empower young people to be change agents by encouraging them to be aware of global and local issues. Inspire them to take personal actions for positive changes. When you nurture their potential, it may result in benefits to your entire community.

Be the person who welcomes new neighbors to your neighborhood. Take a step beyond peering out your window and go say hi. Building connections starts with a friendly greeting. You can also collaborate with others in your community to address local issues. Form connections that enhance compassion and trust. You can work together to make positive impacts.

You can volunteer regularly. Volunteering is a powerful way to make a difference. Get involved in organizations or causes you care about. You have talents and abilities that many organizations are eager for.

Help a friend achieve their goals. Offer support and encouragement. Be someone who uplifts others. Encourage their dreams, celebrate their achievements, and provide a helping hand when needed. Your positive influence can inspire them to keep moving forward. We all have talents and dreams – why not help those you care about reach their full potential? Your encouragement can make a significant difference.

You can maintain a positive and approachable demeanor. Treat strangers as potential friends. Approach new encounters with warmth and openness. Imagine meeting an old friend you haven't seen in years – bring that sense of comfort and ease to your new interactions with others.

And finally, if you are a person of wealth and no longer have family members who need your support, you might consider a donation to our building fund. We have outgrown the building we have occupied for the past forty-some



years and must now build a new Center for the next fifty years, or more. We want to serve the needs of an increasing senior population; we just no longer have the space to meet the expected demand. We hopefully will be receiving grants from a variety of sources, but we will also need your support, whether that support is a little or a lot. Please contact the administrative office at (760) 728-4498 to find out how to donate a large or small amount, or to include us in your will. You may make a big difference far into the future.


So, what do you leave in your wake? The correct answer should be "I don't know." Most of us will never know what casual comment of encouragement, or what donation, changed the life of someone several ripples away from us.



# FALLBROOK SENIOR CENTER JULY 2024 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 we ask that you arrive by 11:00 760-728-4498

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<b>Marisco's</b> Chicken Tamale Rice Beans Salad/Roll Fruit ▲	2	Beef Tips with Gravy Sweet Potato Barley Salad/Roll Dessert	3	Chicken Alfredo Vegetable Pasta Salad/Roll Fruit	4	<b>Holiday</b> <b>CLOSED</b>	5	<b>CLOSED</b>
8	Turkey Burger on Bun Vegetable Baked Potato Fries Salad/Roll Fruit	9	<b>Panda Express</b> String Bean Chicken Breast Rice Chow Mein Salad/Roll Fruit ▲	10	Beef Fajitas w/Tortilla Vegetable Salad/Roll Fruit	11	<b>Birthday Lunch</b> Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll Cupcake	12	Baked Cod Vegetable Barley Salad/Roll Fruit
15	<b>Marisco's</b> Chicken Burrito Beans Rice Salad/Roll Fruit ▲	16	Vegetable Omelet Spinach Roasted Potatoes Fruit /Muffin	17	Chicken Salad in Pita Sweet Potato Vegetable Salad/Roll Fruit	18	Beef Stroganoff Vegetable Whole Wheat Pasta Salad/Roll Fruit	19	Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit
22	Teriyaki Beef Vegetables Brown Rice Salad/Roll Fruit	23	<b>Dominick's Deli</b> Turkey, Ham & Cheese 3 Bean Salad Chips Salad/Roll Fruit ▲	24	Baked Chicken Vegetable Butternut Squash Salad/Roll Dessert	25	Swedish Meatballs Vegetable Baked Potato Salad/Roll Fruit	26	Fish Taco Vegetable Barley Salad/Roll Fruit
29	Vegetarian Chili Vegetables Sweet Potato Salad/Roll Fruit	30	BBQ Pork Chop Vegetable Mashed Potatoes Salad/Roll Fruit	31	<b>Panda Express</b> Beijing Beef Broccoli Chow Mein Salad/Roll Fruit ▲	 		Meals are available for a \$5.00 charge per person for those aged 50 and above, and a \$12.00 charge for those under 50. Service is on a first-come, first-served basis. Menu is subject to change without notice.	

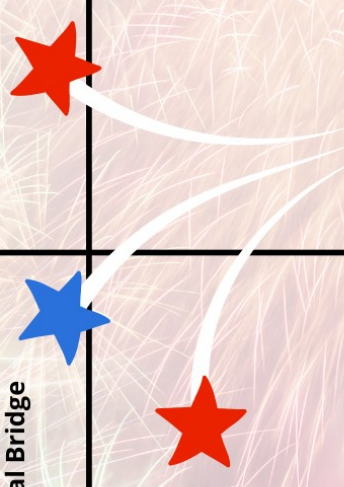
▲ Denotes meal that is > 1,000 mg of sodium.



# FALLBROOK SENIOR CENTER JULY 2024 ACTIVITY SCHEDULE

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

**MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY**

<b>1</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle	<b>2</b> 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	<b>3</b> 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>4</b> <b>Holiday</b> <b>CLOSED</b>	<b>5</b> 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full) 12:00 Camera Club
<b>8</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:15 Historical Society presents History of Fallbrook	<b>9</b> 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	<b>10</b> 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	<b>11</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	<b>12</b> 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
<b>15</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle	<b>16</b> 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	<b>17</b> 9:00 Exercise Class 9:30 Veterans Group 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>18</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	<b>19</b> 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
<b>22</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle	<b>23</b> 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	<b>24</b> 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	<b>25</b> 9:00 Line Dancing 10:00 Beginners Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	<b>26</b> 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
<b>29</b> 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle	<b>30</b> 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	<b>31</b> 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos		



# SENIOR LUNCH

LUNCH  
TIME



On occasion, we have student nurses that provide free health screening as well as local artists volunteering their time to produce musical entertainment for us. Stop by and check out what's on the menu today!

## About our Senior Lunch program:

Lunch is served at the Fallbrook Community Center located at 341 Heald Lane, Monday through Friday. There is a \$5.00 charge per person ages 50 and above, and a \$12.00 charge for those under the age of 50. Doors open at 10:30am and we ask everyone to be there by 11:00am. Service is on a first-come, first serve basis. Menu is subject to change without notice.





# BIRTHDAYS FOR APRIL - MAY - JUNE



SHOUT-OUT TO CARMEN  
FROM RIGHT AT HOME FOR  
PROVIDING US TREATS IN  
OUR BIRTHDAY LUNCHES!



SEE YOU AT THE NEXT  
BIRTHDAY LUNCH!



**BILL**  
**APRIL 1**



**JULIO**  
**APRIL 12**



**NANCY**  
**MAY 18**



**MARIA**  
**MAY 24**



**BARBARA**  
**JUNE 6**



**MELINDA**  
**JUNE 28**





# Fallbrook Senior Center THRIFT SHOP



**Furniture**



**Home Decor**



**Clothing**



**Books & Media**



**Toys & Games**

**HOURS:**  
**MONDAY - FRIDAY**  
**9AM - 3PM**

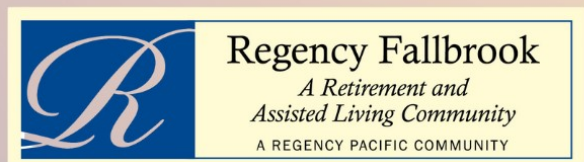
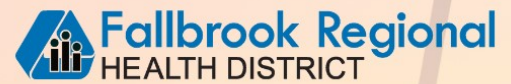
**399 Heald Lane**  
**Fallbrook, Ca 92028**  
**760.723.4602**



# SUPPORTERS



Bonsall Woman's Club



Bringing independence to living and quality to life





Don't forget to save your receipts from Major Market and bring them to 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.

## 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**

### FALLBROOK SENIOR CITIZENS SERVICE CLUB

399 HEALD LANE  
Fallbrook, CA 92028  
(760) 728-4498

OFFICE HOURS  
Mon-Fri 8am - 4pm  
(760) 728-4498

[fallbrookscdirector@gmail.com](mailto:fallbrookscdirector@gmail.com)  
[www.fallbrookseniorcenter.com](http://www.fallbrookseniorcenter.com)



WEBSITE



DONATE



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 50 and above. The center Provides a place to gather with activities and services including:

- Nutrition Services including Lunches
- Health Education & Exercise Classes
- Legal Reference & Tax Service
- Educational and Cultural Programs
- Recreational & Social Activities such as bridge, chess, & billiards

The center is a membership organization but has a goal to coordinate services, skills and knowledge to benefit our seniors in the wider community