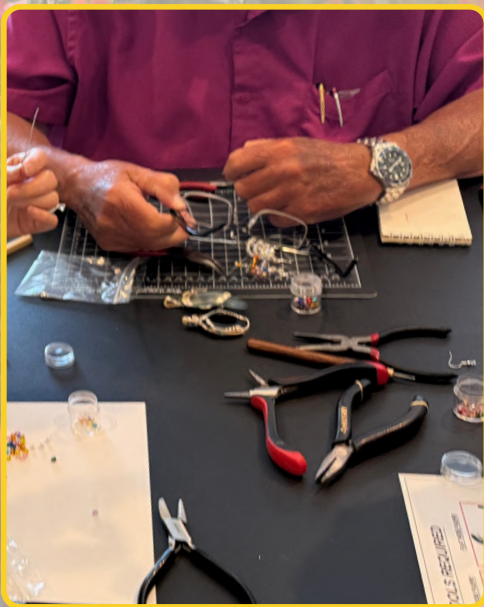


Your journey starts now

At A Glance



Monthly Words of Wisdom

Age is an issue of mind over matter. If you don't mind getting older, then it really doesn't matter.



STAFF

Susie Gonsalves
Executive Director

Jeffery Dionisio
Administrative
Assistant

Matt Tompkins
Donor Development &
Marketing Specialist

Araceli Flores
Server/Facilities

Rodolfo Pedroza
Chef

Veronica Orozco
Kitchen Assistant

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

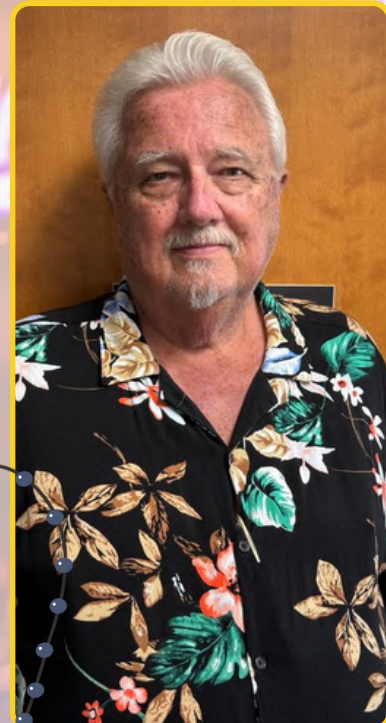
THRIFT SHOP

760-723-4602

Monday- Friday 9am-3pm
Saturdays 10am-3pm
Sundays CLOSED

Manager: Saliha Raddani
Driver/Sales: Robert
Mesquita

ACTIVITY SPOTLIGHT



A Sparkling Start to Jewelry Making

We recently enjoyed a 5-week jewelry making class here at the Fallbrook Senior Center, led by our very own member, Donald Kirkham. With over 30 years of experience, Donald introduced participants to the art of wire-wrapping, starting with colorful earrings on the very first day.

Thanks to its success, Donald will now continue the class on the last Friday of each month in an advisory role—sharing tips and techniques while participants bring their own supplies to create their next sparkling pieces.



SOMETHING NEW

★
EXCLUSIVE
★

Meet the Staff

Each month, we love shining a light on the amazing people who help make the Fallbrook Senior Center a warm and welcoming place. This time, we're featuring two friendly faces who keep our center running smoothly and bring so much heart to our community.

Susie Gonsalves

As the Executive Director of the Fallbrook Senior Center, Susie keeps the whole operation running smoothly. Outside of work, she enjoys reading, walking, and watching movies of all kinds—action, drama, and more (just not horror!). A talented baker, Susie makes everything from cakes to bars, but her favorite is baking classic chocolate chip cookies. This December, she's looking forward to traveling to Colorado to visit family and enjoy winter activities like sledding, ice skating, and celebrating the holidays together. One of her simple joys is heading up to Temecula with her husband, especially when it means a Costco run and a little shopping.



Jeffrey Dionisio

As Administrative Assistant, Jeffrey is Susie's right-hand man and helps support the many needs of the center. When he's not working, he enjoys spending time with his church in Temecula, where he helps produce a YouTube satellite studio that highlights activities and projects in the district. He's also a lifelong fan of cartoons and superhero adventures—favorites include G.I. Joe, Transformers, Justice League, and X-Men—and he enjoys collecting action figures, some of which proudly decorate his desk at the center.



Together, Susie and Jeffrey bring heart, energy, and dedication to the Fallbrook Senior Center. They both love being part of this community and truly enjoy working with the wonderful seniors who make the center so special.



UPCOMING EVENTS



3
Sept

No-Cost Dental Screenings

Wednesday, from 10:15 -11:45 in the Senior Center Auditorium offered by Community Health Systems, Inc

No Cost Dental Screenings for Residents 60 and above. Walk-Ins Only!

5
Sept

Beginning Ukulele Class

Starting September 5th at 10:00 a.m. and continuing each Friday

Ready to make some music? Join us for a Beginner Ukulele Class, held at the Senior Center, taught by the talented Kathleen Bates. This class is perfect for anyone who wants to learn the basics and have fun making music together.

15
Sept

Smart Cremation

Monday, at 12:15 in the Senior Center Auditorium presentation by Rose Wallace

The presentation will cover: - How preplanning saves thousands of dollars.
- Social Security and Veterans' Benefits explained. - How to make your arrangements good anywhere. - Documenting your final wishes.

16
Sept

Celebrating Mexican Independence Day

Join us Tuesday at our lunch program held in the Community Center Auditorium!

Doors open at 10:30 a.m., and we ask that everyone arrive by 11:00 a.m. Enjoy lively Mariachi music from 10:45–11:45 a.m. while enjoying a delicious meal of Chicken Tamales, Beans, Rice, Salad, and a Roll. Seating is limited to the first 80 guests. Cost: \$5.00 for ages 50 and above | \$12.00 for under 50

17
Sept

Paint n' Sip

Wednesday, at 12:15 in the Senior Center Auditorium

Join Jennifer from Regency Fallbrook for a fun, fall-themed canvas painting afternoon! Space is limited to the first 15 participants to sign up, be sure to reserve your spot by calling 760-728-4498.

24
Sept

Music by Jerry Tomaz

Wednesday, at 12:15 in the Senior Center Auditorium

Come enjoy lively music performed by Jerry, including songs you'll know and love to sing along with!

29
Sept

Vaccine Clinic

Monday from 10:00 am. - noon at the Senior Center

The following vaccines will be available Flu, Covid 19, Pneumonia, RSV.

****Bring Insurance Cards**** Shots administered by the Pharmacy Team from Albertsons

Sept

Veterans Pictures

In our upcoming November newsletter issue, we will have a page dedicated to honoring the veterans who have served our nation. We invite all veterans to stop by the office Monday - Friday from 8:00 a.m. to 3:30 p.m. and no later than September 30th to have your picture taken. Don't miss this opportunity to be a part of our special Veterans' feature.

Happy
Birthday

AUGUST BIRTHDAYS



EDWARD
JUN 9



NIEVES
AUG 5



LISA
AUG 11



MARIA
AUG 13



FELIPA
AUG 23



MARI
AUG 29



August Birthday Lunch

We had a wonderful time celebrating our August birthdays (and one we missed back in June!) at this month's Senior Lunch. Cupcakes were generously provided by Carmen from Right At Home, adding a sweet touch to the festivities. We were also joined by Dee from the Foundation for Senior Care, who shared helpful resources and enjoyed connecting with our community. It was a joyful afternoon filled with good food, warm company, and birthday cheer!



FALLBROOK SENIOR CENTER

SEPTEMBER 2025 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 CLOSED 	2 Chicken Fajita on Rice Vegetable Salad/Roll Fruit	3 Meatballs & Spaghetti Vegetable Salad/Garlic Bread Fruit	4 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit	5 Tomato Basil Soup Tuna Sandwich Vegetable Salad/Roll Fruit ▲
8 Orange Chicken Vegetable Brown Rice Salad/Roll Fruit	9 Beef Stew Vegetable Baked Potato Salad/Cornbread Fruit	10 Cheese Ravioli Garlic Parmesan White Beans Vegetable Salad/Roll Fruit ▲	11 Birthday Lunch Pork Loin Vegetable Mashed Potatoes Salad/Roll Dessert 	12 Baked Cod Vegetable Barley Salad/Roll Fruit
15 Beef Cabbage Rolls Vegetable Yam Salad/Roll Fruit	16 Mexican Independence Chicken Tamale Beans Rice Salad/Roll Fruit <i>Live Mariachi Band</i>	17 Black Forest Ham Vegetable Scalloped Potatoes Salad/Roll Fruit	18 BBQ Chicken Vegetable Baked Fries Salad/Roll Fruit	19 Curried Shrimp Vegetable Pasta Salad/Roll Fruit
22 Chicken Cordon Bleu Vegetable Pasta Salad/Roll Fruit ▲	23 Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	24 Chicken Soft Taco Vegetable Rice Salad/Roll Fruit	25 Turkey Stuffed Bell Pepper Vegetable Yam Salad/Roll Fruit	26 Fish and Fries Vegetable Salad/Roll Fruit
29 Beef Lasagna Vegetable Salad/Garlic Bread Fruit ▲	30 Roasted Chicken Vegetable Barley 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 SEPTEMBER 2025 ACTIVITY SCHEDULE

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 CLOSED 	2 9:00 Line Dancing 9:30 Friendship Circle 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	3 9:00 Exercise Class 10:00 Conversational Spanish 10:15 FREE Dental Screening 12:00 Pinochle 12:00 Mah Jong	4 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	5 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge 12:00 Camera Club
8 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	10 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	11 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	12 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
15 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle 12:15 Smart Cremation	16 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	17 9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Paint n' Sip Reservation needed	18 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	19 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
22 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	23 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	24 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Concert by Jerry Tomaz	25 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	26 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge 12:30 Jewelry Making Workshop
29 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10-12 Vaccine Clinic 10:30 Mah Jong 12:00 Pinochle	30 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga			

THE OPEN PEN



A Summer of Sorrow, and Enlightenment

(By Jack Schirner)

The summer of 2025 was very difficult for my wife and me. As we move closer to our ninth years on this planet (no, we're not nearly there yet) we have begun to witness the passing of some of our dear friends. I know some of you are in the same place as us, but this summer brought it more into focus. We lost three friends in the same month. One we had known for nearly forty years, and two that we didn't meet until we moved to Fallbrook about twelve years ago. It was a very sad month for us, as well as for their families and their other friends.



But there was something with the loss of all three that became very evident when we attended the Celebration of Life for each of them. We didn't know them as well as we thought we did. The enlightenment came as a result of those Celebrations of Life.

The first was for a friend that we had known for a little over thirty years. She lived on the same street we used to live on in Laguna Niguel. We had attended many dinners and holiday celebrations over the years with her and her family and with many others on the street. After reading her life story we realized that we only knew one small portion of her life. Her two children that we had seen when they were small were now young adults who obviously inherited their parents' intelligence and are now also pursuing their own scientific careers.

The second was for a friend here who we met at the Senior Center and who was active in one of the other non-profit organizations in town. Again we were amazed when we read how much she had accomplished and how many her interests mirrored ours. And again we realized that we had only known one small portion of her life.

The third was for a dear friend who we had also met through the Senior Center, but who we knew much more about because I had had the privilege of writing her life story, which was published in the Senior Chronicle several years ago. She was indeed a real renaissance woman and had a lifetime of incredible accomplishments. I have written life stories of a few of our members, but I haven't written any for several years now.

And that's when it dawned on me – I need to write many more life stories to get to know more of the people who are right here close to us. Not just for me but for the benefit of all the others here at the Center. I'm sure there are many, many other members of the Senior Center who have also led amazing lives. I decided that I should write as many of their stories as I can over the next few years.

I don't know if we can get all of them published or not, but at least the stories will be available for the families of the subjects. If you would like your story written, just contact the administrative office at the center and add your name and contact information to the list. Whether for only 10 or 15 who are interested, or for all 531 of our current members, I will write them all, for as long as I can. We will establish a time and place to talk, and of course I will get each person's approval before finishing any of the stories. Let's get to know each other better while we are still alive. Celebrate Life!



Thank you HEARTFELT HIGHLIGHTS



Will Power! Trust Us, This is Important

On August 6, the Fallbrook Senior Center welcomed attorney Matt Bushman of MB Law Firm for an informative session on estate planning. Matt guided our members through important topics such as wills, trusts, healthcare directives, power of attorney, and guardianship for minors. He also opened the floor for a lively Q&A, where attendees asked thoughtful questions and gained valuable insights. We are grateful to Matt for sharing his expertise and making this important subject approachable and engaging.



Thank You, Members!

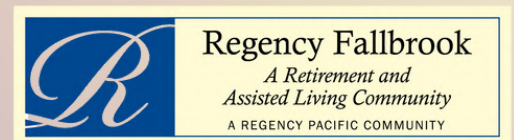
We are so grateful to everyone who joined us for our Membership Meeting in August. With more than 50 members in attendance, it was our biggest turnout yet! Your participation and support help strengthen the Fallbrook Senior Center, and we truly appreciate the time you took to be part of this important gathering.



SUPPORTERS



Bonsall Woman's Club



Bringing independence to living and quality to life



National Charity League, Inc.



VOLUNTEERS *NEEDED*

Consider volunteering at the Senior Center just a few hours a week. We need help serving lunch or in our Thrift Shop. Call the office to see how you can help.

(760) 728-4498



VETERANS GROUP

**Meeting Every 3rd Wednesday
of the Month at 9:30 a.m.**

Join us for coffee, cookies, and casual conversation. No agenda, just a relaxed gathering for veterans to connect and chat.



FALLBROOK SENIOR CITIZENS SERVICE CLUB

399 HEALD LANE
Fallbrook, CA 92028

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

fallbrookscdirector@gmail.com
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

Time Is Precious. Choose Wisely.

*Let us take care of the little things
while you enjoy what matters.*



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Secretary

Howard Salmon
Treasurer

Tom Mintun

Richard West