



Your journey starts now

At A Glance



Monthly Words of Wisdom

Be careful getting a job at a calendar factory,
we heard you can't take a day off.



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

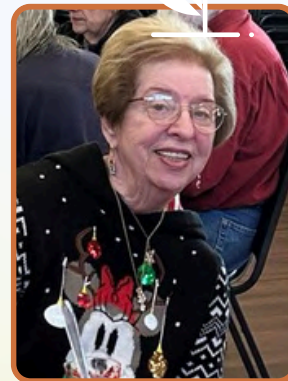
THRIFT SHOP

760-723-4602

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

Manager: Saliha Raddani
Driver/Sales: Robert
Mesquita

HEARTFELT HIGHLIGHTS



A Heartfelt Thank You to Jeanette Schirner

Jeanette Schirner has long been one of the bright lights of the Fallbrook Senior Center. Her kindness, energy, and enthusiasm have touched so many of us—whether through her graceful moves on the dance floor or her thoughtful gestures that make others feel special. As a dedicated member of the Ballroom Line Dancing group, Jeanette continues to share her love of dance with warmth and joy, always bringing a smile to those around her.

In addition to dancing, Jeanette has been a valued member of the Sunshine Committee for many years, helping to send out birthday and get well cards to our members. As she steps back from that role, we want to thank her for the time and heart she's poured into spreading cheer and care throughout our community. Her thoughtfulness has brightened countless days and reminded so many that they are part of a family here at the Center.

We're truly grateful for Jeanette's continued support, volunteer spirit, and friendship. The Fallbrook Senior Center shines a little brighter because of her, and we're so glad she's part of our family.

Thank you



UPCOMING EVENTS



Wednesday, Nov. 5

Fall Prevention

Wednesday, at 12:15 in the Senior Center Auditorium Presented by Silverado.

Join us for a helpful and engaging Fall Prevention Class designed to keep you safe, steady, and confident. Learn simple exercises to improve balance and strength, tips to make your home safer, and strategies to reduce your risk of falls.

Monday, Nov. 17

Zero Waste 101

Monday, at 12:15 in the Senior Center Auditorium Presented by the County of San Diego.

Topics Covered:

- Recycling rules
- Zero Waste tips
- Waste Production in San Diego

Learn how to reduce your waste, and make sustainable choices.

Tuesday, Nov. 18

Turkey, Trimmings & Tunes

Join us for our annual Thanksgiving Lunch held at the Community Center Auditorium. Doors open at 10:30 and we ask everyone to arrive by 11:00 a.m. Seating is limited to the first 100 guests. Enjoy live music starting at 10:45 while enjoying a delicious traditional meal with turkey, mashed potatoes & gravy, stuffing, green beans, cranberry sauce, salad, roll and pumpkin pie. Cost is \$5.00 for those 50 and older.

Wednesday, Nov. 19

SCAN Medicare Programs

Wednesday, at 12:15 in the Senior Center Auditorium

SCAN is one of the largest nonprofit Medicare Advantage programs in the nation. They offer Medicare Advantage HMO plans, Dual Special Needs Plans, D-SNP. Come and learn more about their services.

Merger Update

We are pleased to share an update on the merger between The Fallbrook Senior Center and The Foundation for Senior Care. The merger will officially take effect on January 1, 2026. While the name will change to **The Center of Senior Well Being (doing business as The Center)**, the services and programs you know and love will remain the same. Programs currently held at the Senior Center will continue there, and those offered at the Foundation for Senior Care will continue at that location.

This merger brings together two long-standing organizations with a shared commitment to enhancing the lives of older adults in our community. We look forward to an exciting future as **The Center**—continuing to serve, support, and strengthen our community of seniors.



OCTOBER BIRTHDAYS



MARIA
OCT 3



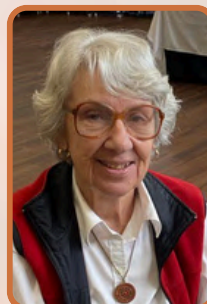
KARINA
OCT 11



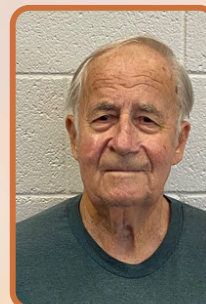
RUDY
OCT 12



DAN
OCT 13



SHIRLEY
OCT 22



EUGEN
OCT 27



RON
OCT 27

October Birthday Lunch

We kicked off our October Birthday Lunch with colorful decorations, cheerful chatter, and cupcakes that made the day twice as sweet! A big thank-you to Dee from the Foundation for Senior Care for stopping by to share helpful tips and resources with our guests.



MEMBERSHIPS



Time to Renew for EVERYONE for 2026!

Keep the fun going! For just \$25 (\$26 by card), enjoy another year of classes, activities, prep, Thrift Shop savings, and more. Renewals start November 1, 2025—renew early to stay connected and keep the good times rolling!

Choose your newsletter delivery: email, pickup, or both (no mail delivery). Here's to another great year at the Center!

THE CENTER

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

Membership Application - Annual Dues \$25.00 (\$26.00 Credit Card)

Name: _____ Date: _____

Address: _____ City, State, Zip: _____

Phone: _____ Date of Birth: _____

Emergency Contact Name: _____ Emergency Contact Phone: _____

How would you like to receive the monthly newsletter? ☐ Email ☐ Pickup ☐ Both

Email (required for email option on newsletter): _____

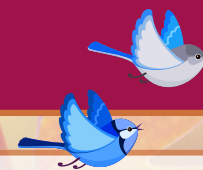
Current/Prior Occupation: _____ Hobbies & Interests: _____

Participation in any activities at the Center is at your own risk.

Signature _____

We value your privacy and are committed to protecting your personal information. Please be assured that any information provided in this form will remain confidential and will not be shared, sold, or disclosed to any third parties without your explicit consent, except as required by law. Your trust is important to us, and we take every precaution to ensure the security of your data

THE OPEN PEN



You can be Happy if you've a Mind to (By Jack Schirner)

I recently wrote an article for the Senior Chronicle that was part fantasy and part reality titled, "What Ever Became of the Seven Dwarfs?" I hope you remember it. At the end of the article I promised to reveal some of the steps that you can take to become more happy in your daily life, perhaps leading to a longer life in the process. When I started to write this continuation I thought of a line from one of Roger Miller's old songs from the 50's or 60's called "You can't Roller Skate in a Buffalo Herd." The song relates multiple things that you can't do, and then ends with the title of this paper – "...But you can be Happy if you've a Mind To." And it is true – Being happy is primarily the result of your conscious decision to be happy. But there are also practices that you can incorporate into your daily routine that may help. I would like to relate those practices in this article. I'll use some of the entries from "Happy's" journal that I referenced in my previous article.



I've always tried my best to be a happy person even when, like you, I encounter circumstances that are far from happy. When I was working, over a quarter of a century ago, people in my department frequently came to me and said, "We have a problem." I usually told them to not think of it as a problem, instead to imagine it to be an opportunity to find a new and better way to do it. It usually worked. My employees were some of the most creative problem solvers and productive employees in the company. I know it's not always possible, but if you always try to reframe an unfortunate situation and try to find something positive with it, you will frequently be successful. Here are more entries from the journal that might help you live a happier life:

Choosing happiness doesn't mean suppressing sadness, anger, or frustration. It means acknowledging the full spectrum, and deciding that joy deserves its space too. Every day when you wake up, think of some personal characteristic(s) that you would like to improve – such as patience, gratitude, or joy – and let it guide your actions throughout the day. Start each day with something positive such as music, reading, or physical movements before grabbing your phone or listening to the news. At the end of the day write down three things that you were thankful for, or happy things that you noticed throughout the day. It will eventually rewire your brain to notice positive things.

Practice your positive social interactions by offering authentic compliments or sharing a laugh or entering into meaningful conversations. Each of these can elevate your mood. Protect your energy by stepping away from negativity when needed. Also practice active listening – it builds deeper trust and emotional connections.

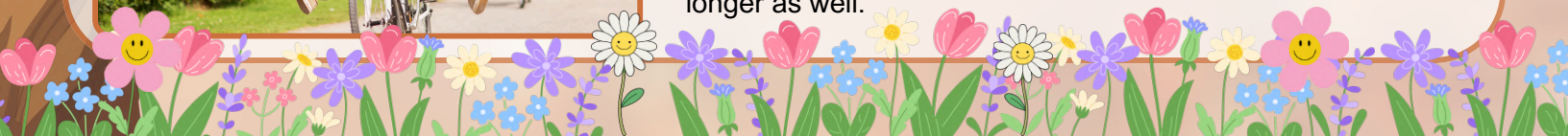
Move a little, walk, stretch, exercise, or dance. Physical motion influences emotional motion. Make small changes to your space, like plants, scents, or light that can influence how you feel in your environment.

Engage in micro-creativity: doodle, take photos, rearrange a shelf, anything that stimulates imagination. Don't worry about results, focus on the process. You may also try breathing exercises, or meditation, or even a coffee break, to help develop a sunny disposition.

At the end of the day, reflect on what went well with the day and what could be improved tomorrow. Focus on repeating what went well. Think about any new friends you met. Create a soothing bedtime ritual – reading, herbal tea, dim lights – to signal rest.



The primary way to be happy most days is to make up your mind that you will be happy. Sure, sometimes something will come up that is outside your control that might negatively impact your happiness. But if you continue to train your mind to look for the positive, happy things in life, in the long run you will be happy and others will feel happy to be in your presence. And, as Happy has demonstrated, you might live longer as well.



HONORING OUR VETERANS



Edward Abodilla
Air Force 73-77



Mike Bermudez
AF 62-66 Navy 83-89



Daryl Bickley
Army 72-74



Arlen Bilsborough
Army 64-66



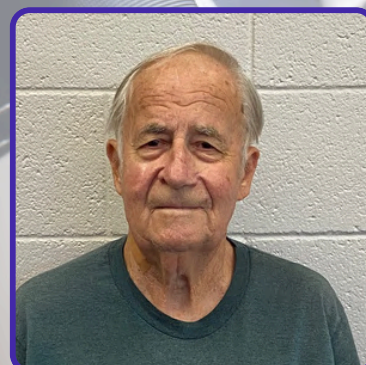
Delos Eyer
Army 56-58



John Gavula
Army 52-55



Paul Griffith
Army 54-56



Eugen Gryg
Navy 70-74



Bob Johnston
Air Force 64-72



Donald Kirkham
Air Force 68-71



Patrick Landes
Navy 62-66



Mick McCammond
Navy 66-70



Richard Obemacha
Army 53-59



Fred Radack
Air Force 55-60



Don Schutt
Navy 51-55



Lou Schweizer
Air Force 60-64



John Canavero
Army 54-56



Don Carrington
Coast Guard 52-62



Ron Crum
Army 62-65



John D'Alonzo
Navy 70-74



Chuck Guy
Marines 55-87



Bill Howard
Navy 53-74



Charlie Hull
Army 52-54



Norman Janke
Air Force 74-76



Bill McGowan
Navy 64-68



Jim McRae
Army 63-66



Bob Miller
Air Force 66-70



Tom Mintun
Navy 62-11



Michael Summers
Army 58-62



Len Tevebaugh
Marines 59-85



Richard West
Air Force 63-67



Steve Wilson
Navy 72-76

FALLBROOK SENIOR CENTER

NOVEMBER 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
3 Chicken Alfredo Broccoli Pasta Salad/Roll Fruit	4 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	5 Split Pea Soup with Ham Cheese Quesadilla Vegetable Salad/Roll Fruit	6 Shepards Pie with Mashed Potato Topping Spinach Salad/Roll Fruit	7 Curried Shrimp Vegetable Pasta Salad/Roll Fruit
10 Beef Stuffed Bell Pepper Vegetable Baked Potato Salad/Roll Fruit	11 CLOSED 	12 Herb Chicken Vegetable Quinoa Salad/Roll Fruit	13 Birthday Lunch Black Forest Ham Vegetable Sweet Potato Salad/Roll Dessert 	14 Baked Cod Vegetable Farro Salad/Roll Fruit
17 Beef Carne Asada Taco Vegetable Rice Salad/Roll Fruit	18 Celebrating Thanksgiving Turkey Mashed Potatoes with gravy Stuffing Green Beans Cranberry Sauce Salad/Roll Pumpkin Pie ▲ Live Music 	19 Sweet and Sour Meatballs Vegetable Rice Salad/Roll Fruit	20 BBQ Chicken Vegetable Baked Fries Salad/Roll Fruit	21 Fish Veracruz Vegetable Quinoa Salad/Roll Fruit
24 Chicken Tamales Beans Rice Salad/Roll Fruit	25 Beef Lasagna Zucchini Salad/Garlic Bread Fruit ▲	26 Turkey Noodle Soup Grilled Cheese Sandwich Vegetable Salad/Roll Fruit	27 CLOSED 28 CLOSED 	
 LEGACY ENDOWMENT Your pathway to community giving  Fallbrook Regional HEALTH DISTRICT		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

NOVEMBER 2025 ACTIVITY SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	4 9:00 Line Dancing 9:30 Friendship Circle 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	5 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Fall Prevention	6 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	7 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge 12:00 Camera Club
10 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	11 CLOSED 	12 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	13 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	14 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
17 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 Zero Waste 101	18 9:00 Line Dancing 10:00 Beginning Line Dance 10:30 Thanksgiving Lunch 12:00 Bridge (Full) 12:30 Chair Yoga	19 9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 SCAN Medicare Program	20 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	21 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge
24 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	25 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	26 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	27 CLOSED 	28 CLOSED
				

SUPPORTERS



Bonsall Woman's Club



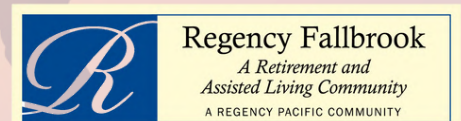
The Charitable Foundation



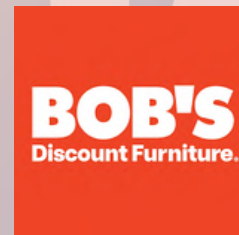
SDGE



National Charity League, Inc.®



Bringing independence to living and quality to life



SUPPORTERS



Thank you!



Your support funds freshly prepared, sit-down weekday meals for local seniors—reducing food insecurity and isolation.



Thank You ♡

We're deeply grateful to FRHD for helping local seniors share fresh, sit-down weekday lunches at the Fallbrook Community Center. Your support brings friendship, care, and better health to those we serve every day.



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



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



WEBSITE



DONATE

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- Long lasting
- And safe



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🌐 www.yourpersonalpharmacy.net

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fair
price**



**SENIOR CENTER
THRIFT SHOP**

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and Sat 10-3pm

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Books & Toys
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And more surprises!

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