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Good Job, Here's an Extra Six Years for You

(By Jack Schirner)

There are many of us here at the Center who have had a great life – a wonderful childhood, a rewarding working career, and a well-earned retirement. And some now wonder, “why is my life supposedly now entering the winter season when I feel like I’m just getting started.” Of course, there are also some who may not have had the life they wished for. Unfortunately, there are no do-overs. But now there may be a formula for extending our life, regardless of how old you are. There is no genie in a lamp that we can get three wishes from. We can’t just drag our feet and try to slow down the passing days and weeks and years. But there is now scientific evidence that we can add additional years to our life if we choose to do so, just by getting into shape.

Last month in the May 18th issue of the Village News, there was an article about one of our Fallbrook residents, Betsy Phillips, who just celebrated her 106th birthday. And Fallbrook’s Music Man, Bud Roberds, recently celebrated his 103rd birthday. What’s their secret? Why are they still young at 100+ and others are old at 66? Science now has an answer, and it’s not a secret at all, but it is a longevity formula. Let me share it with you.

A year ago, in May 2022, the University of Osaka, in Osaka Japan, published the results of their twenty-plus year study involving over 50,000 men and women. The study was titled the “*Impact of Modifiable Healthy Lifestyle Adoption on Lifetime Gain from Middle to Older Age.*” I know that’s a mouthful – it just means that there are several relatively minor changes you can make to your life that will give you an average of six extra years, whether you are in your forties or your eighties. The purpose of the study was to identify which factors contributed to death from cancer, heart disease and diabetes (and others), and which protected against those ailments. It caught my eye because that’s what I’ve been looking for. Perhaps you have too.



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
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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

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(760) 723-4602

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

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

Good Job continued....

The study regularly asked the participants a few questions about their lifestyle over a twenty-year period – questions about their diet, exercise, alcohol intake, smoking status, sleep duration and BMI (body mass index). It also asked them about the ailments they encountered along the way. The participants scored from 0 to 8 points for each of the eight lifestyle categories. Men who scored 7 or 8 points in at least six of the eight categories gained an average of 6.8 extra years above their predicted average lifespan. Women who scored the same gained an average of 11.3 years. Both groups gained additional years regardless of the presence of their ailments (called comorbidities) mentioned above. An increased number of years were gained whether the participants raised their scores when they were in their 40s or their 80s.

So, here's the eight categories (try to excel in at least six – all are important):

1. Get moderate Exercise – walk or exercise at least an hour a day or participate in a sports activity.

2. Cut Saturated Fats – limit red meat to 2x per week, eat more fish, fruit, and milk.

3. Don't Smoke! – If you currently smoke, quit immediately. Many places can help you.

4. Limit Alcohol – 1-2 drinks per day, maximum.

5. Get sufficient sleep – 7 to 8 hours per night

6. Keep hydrated – drink water instead of sugary or artificially sweetened drinks.

7. Watch Weight – maintain a BMI of 21-25 (Learn your BMI online at cdc.com)

8. Take care of mental health – reduce stress with meditation, maintain face-to face social connections.

I would bet that Betsy Phillips scores high on each of these categories. She exercises three times a day. The same is most likely true of others who live to be 100 or more. Now you too can gain extra years by paying attention to these eight categories and making minor modifications to your daily routines. The Senior Center is here to help you improve in most of these categories, especially with the most important numbers 1,7, and 8. No magic pills, fads, or drastic efforts, just a little bit every day. Together we can extend YOUR life. Get started today and don't forget to plan what you will do with your extra years. Don't waste them.



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At Silvergate Fallbrook, neighbors become fast friends, enjoying spectacular activities together every day.

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July 17th at 12:30
Healthy Living for Your Brain and Body
presented by the Alzheimer's Association

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

OUR COMMUNITY'S CHOICE
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**"We are committed
to caring for our
community and treat
our patients as if they
were our own family"**

*Leslee B. Cochran, M.D.
Executive Medical Director*

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Intergenerational Activities

We are excited to bring a collaboration between the Fallbrook Senior Center and The Fallbrook Community Center Summer Camp kids. This summer, we are introducing a series of intergenerational activities that will bring together our older adults and enthusiastic young campers.



Come join in on the following activities.

June 30th @ 12pm Wild Wonders Animal Show in the Community Center Auditorium

July 5th @ 11am Hawk Talk @ Fallbrook Community Center

July 19th San Dieguito County Park. Transportation provided

August 2nd Los Pen County Park. Transportation provided





August 9th @ 1pm Wild Wonders Animal Show in the Community Center Auditorium

Space is limited on July 19th and August 2nd for ranger led nature walks in the park. If you would like to join us, please call the office at 760-728-4498 to make your reservation.

FALLBROOK SENIOR CENTER JULY 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane

Monday - Friday Doors open at 10:30 760-728-4498


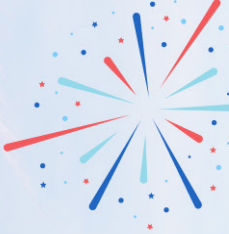
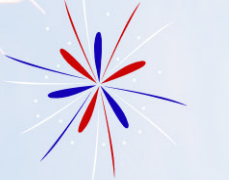
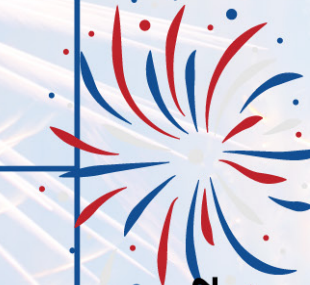

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Salisbury Steak Corn Sweet Potato Mixed Green Salad Whole Wheat Roll Canned Pears	4 CLOSED 	5 Honey Mustard Chicken Baby Carrots Baked Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Yogurt with Strawberries	6 Beef Fajitas Waxed Beans Whole Wheat Tortilla Mixed Green Salad Cantaloupe	7 Fish and Chips Mixed Vegetables Baked French Fries Coleslaw Whole Wheat Roll Canned Tropical Fruit
10 Sweet & Sour Turkey Meatballs Spinach Brown Rice Mixed Green Salad w/walnuts Mandarin Orange	11 Cheese Ravioli Garlic Parmesan White Beans Butternut Squash Mixed Green Salad Whole Wheat Roll Yogurt with Strawberries ▲	Baked Herb Chicken Mixed Vegetables Quinoa Mixed Green Salad Whole Wheat Roll Kiwi	13 Birthday Lunch  Pork Loin Green Beans Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Blueberries	14 Cilantro & Lime Tilapia Broccoli Baked Potato Coleslaw Whole Wheat Roll Ambrosia
17 Vegetable Lasagna Brussels Sprouts Three Bean Salad Whole Wheat Roll Apple	18 Beef Stew Broccoli Brown Rice Mixed Green Salad w/garbanzos Banana	19 Turkey Stuffed Bell Pepper Collard Green Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Fruit Cocktail	20 BBQ Chicken California Blend Quinoa Mixed Green Salad Ambrosia	21 Baked Pollock Sliced Carrots Baked Potato Coleslaw Whole Wheat Roll Tangerine
24 Chicken Tamales Black Beans Brown Rice Mixed Green Salad Mango	25 Turkey Burger on Whole Wheat Bun Mixed Vegetables Baked French Fries Mixed Green Salad w/garbanzos Orange	26 Swedish Meatballs Spinach Whole Wheat Pasta Mixed Green Salad Yogurt with Strawberries	27 Baked Chicken Roasted Sweet Peppers Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Apple	28 Crab Cake California Blend Coleslaw Brown Rice Grapes
31 Chicken Cordon Bleu Cauliflower Sweet Potato Mixed Green Salad Whole Wheat Roll Applesauce				 Fallbrook Regional HEALTH DISTRICT

Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal ≥1,000 mg of sodium

FALLBROOK SENIOR CENTER JULY 2023 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 Spanish 1 Class 12:00 Pinochle	4 CLOSED 	5 9:00 Exercise Class 10:00 Spanish 2 Class 11:00 a.m. Hawk Talk at FCC 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	6 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	7 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club
10 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong Class	11 9:00 Line Dancing 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	12 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos 12:30 Board Meeting	13 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	14 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge
17 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Healthy Living for Brain and Body	18 9:00 Line Dancing 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	19 8:30 San Dieguito Park 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	20 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	21 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge
24 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong Class	25 9:00 Line Dancing 9:00 Chess 12:00 Bridge (Full) 12:30 Chair Yoga 12:30 Pool Tournament	26 9:00 Exercise Class 10:00 Spanish 2 Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	27 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	28 9:00 Exercise Class 11:00 Ukulele 11:30 Social Bridge
31 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish 1 Class 12:00 Pinochle 12:30 Ping Pong Class		12 		

Fallbrook Senior Center ★ Thrift Store

Closed July 3rd & July 4th



Hours Monday - Friday 9am - 3pm
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Barbara Sacic
June 6



Ramona Lopez
June 8



Ronnie Branson
June 9

birthday



Edward Cyran
June 9



Maria Gomez
June 14



Leticia Stamos
June 27



Pablo Miramontes
June 30

This will stretch your Memory to the Limit

The following catch phrases shown on the left were used on radio or TV during the forties and early fifties to advertise products shown on the right. Try to match each phrase with the product it promoted, drawing a line from one to the other, or simply writing the number with the letter (i.e., 1-J.) This will be difficult, especially since some of these have not been used in the last 70 to 80 years. Try your best to complete the quiz before you resort to looking at the answers, found later in this issue. You may want to compare your answers with another friend at the Center before you give up. Good luck and happy memories.

1. Got Indigestion & Your Stomach is Upset?

2. The Fresh Up Family Drink

3. For a Better Breakfast

4. Good to the Last Drop

5. Man to Man, Smoke _____

6. Running on Borrowed Time?

7. A Little Dab'll Do Ya

8. "He Man" is the Word for This

9. Only \$600 and Up

10. Body by Fisher

11. Mountain Grown

12. Since 1760, a Treat you can Trust

13. Contains not one Medication, but Four

14. 99% Pure

15. For that Rich Farm-fresh Flavor

16. Instantaneous Cure

17. Pure Refreshment

18. Look for the Package with the Ship that Sails the Ocean

19. You'll Wonder where the Yellow Went

20. See the USA

21. Mother Knows Best

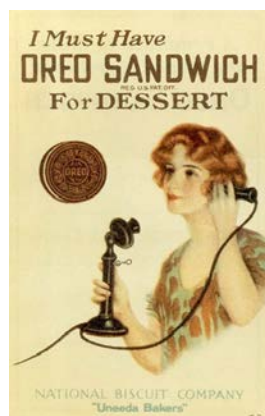
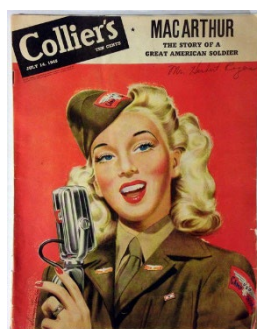
22. Life is Swell when you keep Well

23. Get Your Orphan Annie Shake-Up Mug

24. Take a Minute – See what's in It

25. Brought to You by Peter Pan Peanut Butter

26. Feeling Lucky?



A. Chevrolet

B. Cocaine Toothache Drops

C. Ivory Soap

D. Anacin

E. Lucky Strike Cigarettes

F. Kellogg's Corn Flakes

G. Pepsodent

H. Maxwell House

I. AC Fuel Pump

J. Carter's Little Liver Pills

K. Ovaltine

L. 7-up

M. Old Spice

N. Vimm's Vitamins

O. Cambell's Beef Soup

P. Brylcreem

Q. Folger's

R. Post's Bran Flakes

S. Coca Cola

T. Sky King

U. Old Gold Cigarettes

V. Keyko Oleomargarine

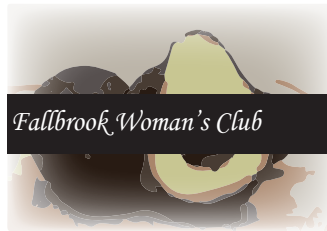
W. Roy Tan

X. Pontiac

Y. It's Ralston

Z. 1936 Dodge

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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 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

Beginning Ping Pong Class!

Join us for our Beginning Ping Pong Class, starting on Monday's July 10, 24, and 31st, from 12:30 PM to 1:30 PM. This class is designed for beginners and those looking to enhance their ping pong skills. Our experienced instructor will teach you the fundamentals, rules, and strategies of the game. Following the class, from 1:30 PM to 3:00 PM, there will be open play sessions where you can practice and enjoy friendly matches. No need to bring equipment as we will provide paddles and balls. **Any questions please contact the office at 760-728-4498.**



Have you ever wanted to take better photographs?

Of your family, of your vacation, of your memories?

Without relying on luck?

The Fallbrook Senior Center Photography Club is planning to start a series of photography classes that can help you build photography skills. **Please stop by or call the office 760-728-4498 if interested.**

This will stretch your Memory to the Limit (Answers)

1-J, 2-L, 3-Y, 4-H, 5-W, 6-I, 7-P, 8-O, 9-Z, 10-X, 11-Q, 12-U, 13-D, 14-C, 15-V, 16-B, 17-S, 18-M, 19-G, 20-A, 21-F, 22-R, 23-K, 24-N, 25-T, 26-E