

Fallbrook Senior Center Chronicle

April 2022



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It's Spring – Let's Plant Something Good

by Jack Schirner

April is upon us, and not only do we get to enjoy one of my favorite days of the year (National Grilled Cheese Day on April 12th), but we also finally have some regular sun. Of course, we have quite a bit of sun all year long but since we're so spoiled, whenever the temperature drops down to 60 degrees or less, we act like we're in the middle of an ice storm. Now daylight savings time is back and that means we have more time to get out into the garden and either plant something new or admire the results of the bulbs we planted last fall.

But today I'd like to talk about planting something different, and it will only take you about five minutes at a time to plant. But just like the other things in your garden, you will have to cultivate and water these things on a regular basis, some of them every day, until they finally take hold and bloom on their own. Today we'll be talking about planting new *habits* – ones that will help assure that this year will be a little bit better than last year. They're not exactly resolutions, but rather a collection of little things that will make you feel better, become less stressed, broaden your horizons, or reconnect with some of your old friends.



The first habit to consider is one that some of our members have already begun. It's ***Learn a new Language***. And yes, you can do that in five minutes a day. Just get in the habit of learning a few new words every day, perhaps every morning, just like having a morning cup of coffee. You'll be amazed at how soon you get used to doing it and how soon you'll be able to speak in this new language.

The second new habit I would like to encourage is ***Work five minutes on a Project you Hate***. Don't tell me you don't have such a project. We all do. The five-minute habit is a great way to get something done that is not so pleasant but that you must finish, like taxes or housework. No matter how much you hate doing it, you can do almost anything if it's only for five minutes a day.

Continued on next page

Mask Guidelines: Per the California Department of Public Health: Only unvaccinated persons are required to mask in all Indoor Public Settings. Fully vaccinated individuals are recommended to continue indoor masking when the risk may be high.



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
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
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.

It's Spring continued

If you're feeling particularly stressed sometime during the day, ***Close your Eyes for Five Minutes***. You may not have time for an afternoon nap, but you always have five minutes to quit thinking about a problem or unpleasant situation and just unplug your brain for a few minutes of peace.

Do you have a list of ways you would like to improve yourself or goals you would like to accomplish? If not, make a list of things that you're already good at, or how you'll feel once you begin to realize some of your dreams. Then spend five minutes every day to ***Repeat your Affirmations***. It will greatly improve your self-development journey.

Do you have friends that you've met over the years that you occasionally think about but never get to see or talk to? Buy a bundle of small note cards and ***Write and Send a Note to an old Friend***. Just tell them you were thinking of them and perhaps recall a special memory that you can share with them. You'll both feel better.

Can't get down to the Center for exercise class? Take five minutes every day to go outside, ***Take some Deep Breaths, and Stretch or Exercise***. If you do this in the morning it will help you wake up your body. If you do it in the afternoon it will help relax your muscles.

Finally, don't forget that April has two other special days that are worth your attention. April 10th is ***Hug Your Dog Day***, and April 14th is ***International Moment of Laughter Day***. Both are good for your health. Stay well.



Happy Retirement!

In the kitchen, he's known as a whisk taker. Stephen tirelessly served as our assistant cook at the center for the past several years and his last day was on March 9, 2022. Stephen is also very active in the Fallbrook Ukulele Strummers who meet at the Senior Center every Friday.

We wish him all the best and many more happy memories in the future. Whenever the Fallbrook Senior Center kneads him, we know he will bread. So here's to a happy retirement and we are all excited to see what he's got cookin' up in the next recipe of his life!

Happy Birthday



***Diane Hall
March 14
Born in Long Beach***



***Joyce Black
March 3
Born in Missouri***



***Dalia Rodriguez
March 5
Born in Fallbrook***



***Birthday Cake Provided by
Claudia Miner***



***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



*20% OFF ALL
PICTURES IN*



**Fallbrook Senior
Center Thrift Shop**
399 Heald Lane,
Fallbrook CA 92028
760-723-4602

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

— 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 **April** 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
<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>				
<p>4</p> <p>Beef Lasagna Zucchini with red peppers Mixed Green Salad Whole Wheat Roll Cantaloupe ▲</p>	<p>5</p> <p>Roasted Chicken Spinach Brown Rice Mix Greens Salad w/garbanzos Mango</p>	<p>6</p> <p>Beef Stew Cauliflower Baked Potato Mix Greens Salad w/garbanzos Strawberries</p>	<p>7</p>  <p>Chicken Fajitas Fiesta Blend Rice Mixed Green Salad Whole Wheat Tortillas Mandarin Oranges</p>	<p>1</p> <p>Baked Pollock Mixed Vegetables Baked Potato Coleslaw Whole Wheat Roll Orange</p>
<p>11</p> <p>Sweet and Sour Meatballs Asian Blend Vegetables Brown Rice Mixed Green Salad w/walnuts Tropical Fruit</p>	<p>12</p> <p>Chicken Drumsticks Peas Sweet Potato Mix Greens Salad w/garbanzos Whole Wheat Roll Applesauce w/cinnamon</p>	<p>13</p> <p>Turkey Meatballs with whole wheat Spaghetti Corn with Red Peppers Mix Greens Salad w/garbanzos Orange</p>	<p>14</p> <p><i>Birthdays Lunch</i> Roast Beef with gravy California Blend Vegetables Baked Potato Mixed Green Salad w/walnuts Whole Wheat Roll Strawberries</p>	<p>15</p> <p>Fish Veracruz Brussels Sprouts Brown Rice Coleslaw Ambrosia</p> 
<p>18</p> <p>Chicken Cordon Bleu Broccoli Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Peaches ▲</p>	<p>19</p>  <p>Pork Loin Brown Rice Green Beans Mix Greens Salad w/garbanzos Cantaloupe</p>	<p>20</p> <p>Bean and Cheese whole grain Burrito Corn with Red Peppers Rice Mix Greens Salad Strawberries</p>	<p>21</p> <p>Beef Stuffed Bell Peppers California Blend Vegetables Roasted Potatoes Mixed Green Salad Whole Wheat Roll Pears</p>	<p>22</p> <p>Lemon Baked Pollock Butternut Squash Brown Rice Coleslaw Orange</p>
<p>25</p> <p>Honey Mustard Chicken Carrots Mashed Potatoes Mixed Green Salad w/walnuts Whole Wheat Roll Tropical Fruit</p>	<p>26</p> <p>Beef Tips/whole wheat Pasta Asparagus Mixed Green Salad Mandarin Oranges</p>	<p>27</p> <p>Turkey Burger on a whole wheat bun Mixed Vegetables Baked French Fries Mixed Green Salad w/walnuts Cantaloupe</p>	<p>28</p> <p>BBQ Chicken Cauliflower Sweet Potato Mix Greens Salad w/garbanzos Whole Wheat Roll Strawberries</p>	<p>29</p> <p>Fish Taco California Blend Vegetables Coleslaw Whole Wheat Tortillas Ambrosia</p>

Fallbrook Senior Center **April** 2022 Activity Schedule

399 Heald Lane Fallbrook CA 92028 760-728-4498

Monday	Tuesday	Wednesday	Thursday	Friday
 				
4 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle 12:00 Photography Club 	5 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	6 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong	7 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	1 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
11 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle	12 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	13 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 12:30 Board Meeting	14 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	15 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 
18 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle 	19 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	20 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 	21 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	22 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
25 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle	26 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	27 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong	28 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	29 9:00 Senior Wellness Exercise 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge

We're feelin' Green





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 




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





Answers on the back page

<p>M1Y L1H1F1E</p>	<p>Get it Get it Get it Get it</p>	<p>Try $\frac{\text{stand}}{2}$</p>
<p>$\frac{\text{TRAVEL}}{\text{CCCCCCC}}$</p>	<p>FAST</p>	<p>T O W N</p>
<p>EYE EYE</p>	<p>father </p>	<p>ONCE </p>
<p>POT oo oo oo oo</p>	<p>D movie D movie D movie</p>	<p>SECRET  SECRET SECRET</p>

A BIG
Thank
YOU

— SUPPORTERS —



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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.



Computer, Smart Phone & Tablet Training for Seniors by Seniors!



"Helping seniors live independently"

Join us at our new computer lab located at:

*The Fallbrook Wellness Center
Education Building-Classroom #4
1636 E. Mission Blvd., Fallbrook, CA 92028*

*Fix it Friday's beginning - April 1, 2022
Computer Class Series beginning - May 2, 2022*



Register at
www.foundationforseniorcare.org
or you may also stop by our office at
135 S. Mission Road, Fallbrook, CA 92028
or call 760.723.7570

Answers to Brain Game

- 1 – For once in my life (four ones in my life)
- 2 – Forget it
- 3 – Try to understand
- 4 – Travel overseas or overseas travel
- 5 – Breakfast
- 6 – Downtown
- 7 – Eyeshadow
- 8 – Stepfather
- 9 – Once upon a time
- 10 – Potatoes (pot 8 O's)
- 11 – 3D movie
- 12 – Top secret



Wellness Checks
Blood Pressure and Glucose
provided by the San Marcos State nursing students

Wednesdays, April 13th and 27th from 10:30 -11:30
held during our lunch service at the Community Center