



Your journey starts now

At A Glance



Monthly Words of Wisdom

Studies have shown that people who have more birthdays tend to live longer than those who don't.

STAFF

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Chief Executive Officer

Alyce Guererro
Executive Director

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Transportation
Coordinator

Elisha Wright
Referral & Support
Advocate Door-Through-
Door Coordinator

Joanna Costello
Development Specialist

Kym Heisler
Market Specialist

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Server/Facilities

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Chef

Veronica Orozco
Kitchen Assistant

The Center for Senior
Wellbeing is a Form 990 that
can be viewed and printed
from the guidestar website:
www.guidestar.org

The Center for Senior
Wellbeing
399 Heald Lane
Fallbrook, CA 92028

OFFICE HOURS

Monday-Friday 8am - 4pm
(760) 728-4498

THRIFT SHOP

760-723-4602

Monday- Friday 9am-3pm
Manager: Saliha Raddani
Driver/Sales: Robert
Mesquita

ACTIVITY SPOTLIGHT





ACTIVITY SPOTLIGHT



Christmas Senior Lunch Celebration

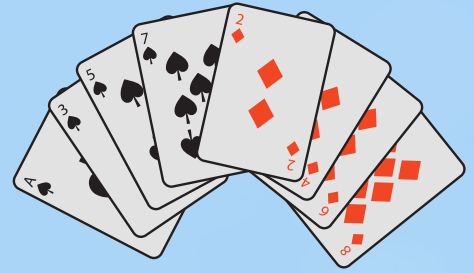
Our recent Christmas Lunch was a wonderful success, welcoming over 100 seniors for an afternoon filled with festive cheer, delicious food, and joyful music. Guests enjoyed a hearty holiday meal featuring roast beef with mashed potatoes and gravy, vegetables, and dessert. The dining room was beautifully decorated with Christmas-themed décor, including mini Christmas trees adorning each table, creating a warm and cheerful atmosphere. Adding to the fun, The Music Men Barbershop Quartet delighted attendees with classic harmonies, while a fully decked-out photo booth captured plenty of smiles and holiday memories. The event was well received and truly embodied the spirit of the season—bringing our community together to celebrate, connect, and enjoy the holidays. 🎄

UPCOMING EVENTS



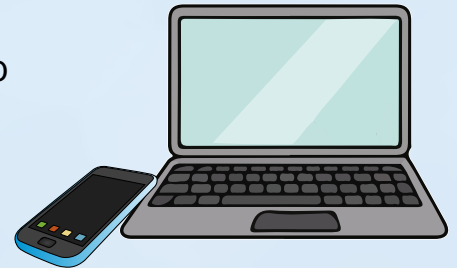
Bridge Lessons

New to Bridge or looking to brush up on your skills? Join us on Thursdays at 11:00 a.m. in the card room. Bridge is taught in a fun, friendly, and welcoming environment, with time to learn, practice, and enjoy the game together. All are welcome!



Fix-It Mondays

Having trouble with your phone, tablet, or laptop—or just want to learn more about what it can do? Stop by Fix-It Mondays, from 10:30–11:30 a.m., during lunch at the Community Center. Get help, ask questions, and learn something new!



DECEMBER BIRTHDAYS



CHARLIE
DEC 3



BILL
DEC 30



December Birthday Lunch was a joyful celebration as we honored our December birthday celebrants with live music from Oli on guitar and Melissa on piano, creating a lively and festive atmosphere. Guests enjoyed delicious birthday cupcakes generously provided by Carmen from Right At Home, making the afternoon extra sweet. 🍰🎂



HAPPY
NEW
YEAR!

THE OPEN PEN

What are you doing New Years?

(By Jack Schirner)

Do you have any special practices that you always do on New Years Eve or New Years Day? Perhaps your traditions have changed over time and you no longer stay up until midnight to ring in the new year – but rather celebrate at nine O'clock, or not at all. Do you know how the practices came to be? There have been many interesting traditions down through the years that you may not have heard about. And there are traditions in other countries and different centuries that are fascinating. Let's look at the history of New Years celebrations and how they have evolved over the centuries. Some of the first practices began over 5,000 years ago. The earliest celebrations were initiated in the Middle Eastern and Asian regions. Most were religious celebrations – some were just superstitions.



- In Babylon around 2,000 BC, they celebrated what they called an "Akitu" festival that lasted for 11 days (now we're talking) and involved rituals of renewal and purification.
- In ancient Rome the new year began in March, but was changed to January to honor Janus, their god of beginnings and transitions. What we now call resolutions were originally promises made to their gods.
- Persians celebrated a new year by thoroughly cleaning their houses, feasting on new-sprouted greens, and painting symbolic eggs.
- For thousands of years the Chinese have celebrated each new year on the first new moon of a lunar calendar, which is in late January through mid-February, and includes many red decorations, dragon dances, and family reunions. They also help ensure that the New Year will be rewarding and prosperous by providing a meal (either purchased or home-made) to friends or complete strangers. My wife and I were once surprised recipients of the tradition when we went to a Dim Sum restaurant in Hawaii on Lunar New Year Day.
- Very similarly, the Vietnamese celebrate their Tet festival on the Lunar New Year, at which they honor ancestral spirits with offerings, fireworks, and lucky money.
- The Scottish have a custom called "first footing" that requires the first visitor after midnight to bring a gift for good luck.
- In Spain, the custom of eating 12 grapes at midnight will supposedly bring good luck for each month of the New Year ahead.
- The Brazilians believe that good luck will follow them if they wear white and jump seven waves at the beach on New Year's Day.
- In Denmark, people smash plates against friends' doors to banish bad spirits and show affection. (No, really)
- The residents of many countries use gunfire, fireworks, or simply bang on pots and pans to ward off any evil in the upcoming year.
- Long before our custom of watching the Times Square ball drop on New Year's Eve (which began in 1907), Americans in the 1800s had a "New Year's Day Calling" tradition of visiting the homes of all their friends and acquaintances to offer good wishes, along with a small gift. It was considered rude to skip anyone in your social circle. Until the 1850s, Americans gave more gifts on New Year's Day than Christmas. Around the 1870s, merchants began promoting gift-giving at Christmas instead of New Year's Day.



- Ald Lang Syne, the Scottish song symbolizing reflection and friendship, is often sung at midnight of New Year's Eve.
- A midnight kiss is believed to ward off loneliness and evil spirits.
- Eating certain foods, like Black-Eyed peas or Cabbage or other greens symbolizing wealth and prosperity, is common.
- Avoid any hard work or crying on New Year's Day – It's considered bad luck.
- Finally, and most importantly, Happy New Year from us to you – but please don't smash any plates against our door.

THE CENTER FOR SENIOR WELLBEING JANUARY 2026 ACTIVITY SCHEDULE

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

					1	CLOSED	2	CLOSED
5	6	7	8	9				
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge 12:00 Camera Club				
12	13	14	15	16				
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge				
19	20	21	22	23				
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge				
26	27	28	29	30				
9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	9:00 Exercise Class 10:00 Ukulele Lessons 11:00 Ukulele 11:30 Bridge				

THE CENTER FOR SENIOR WELLBEING

JANUARY 2026 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

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.



Fix It Monday's
Help is available for phones, laptops, and tablets—or just come by to learn something new!



5
Baked Chicken
Vegetable
Rice
Salad/Roll
Fruit
Fix It Monday

6
Tomato Basil
Bisque Soup
Grilled Cheese
Sandwich
Black Beans
Salad/Roll
Fruit ▲

7
Sloppy Joe on Bun
Vegetable
Potato Salad
Salad/Roll
Fruit

8 **Birthday Lunch**
Pesto Bruschetta
Chicken
Vegetable
Baked Potato
Salad/Roll
Dessert

9
Baked Fish
Vegetable
Quinoa
Salad/Roll
Fruit

12
Spaghetti and
Meatballs
Vegetable
Garlic Bread
Sala
Fruit
Fix It Monday

13
Baked Fried
Chicken
Vegetable
Baked Fries
Salad/Roll
Fruit



14
Vegetarian Chili
with Beans
Vegetable
Sweet Potato
Salad/Roll
Fruit ▲

15
Ground Turkey
Stuffed Bell Pepper
Vegetable
Baked Potato
Salad/Roll
Fruit

16
Fish Taco
Vegetable
Rice
Salad/Roll
Fruit

19
Chicken
Fettuccine Alfredo
Vegetable
Pasta
Salad/Roll
Fruit
Fix It Monday

20
Rudy's Home
made Bean and
Cheese Burrito
Vegetable
Rice
Salad/Roll
Fruit

21
Shepards Pie with
with Mashed
Potato Topping
Spinach
Salad/Roll
Fruit

22
Pork Loin
Vegetable
Sweet Potato
Salad/Roll
Fruit



23
Crab Cake
Vegetable
Farro
Salad/Roll
Fruit

26
Herb Chicken
Vegetable
Rice
Salad/Roll
Fruit
Fix It Monday



27
Beef Stroganoff
Vegetable
Pasta
Salad/Roll
Fruit

28
Cheese Ravioli
Garlic Parmesan
White Beans
Sweet Potato
Salad/Roll
Fruit ▲

29
Black Forest Ham
Vegetable
Scalloped Potatoes
Salad/Roll
Fruit

30
Baked Fish
Vegetable
Farro
Salad/Roll
Fruit



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

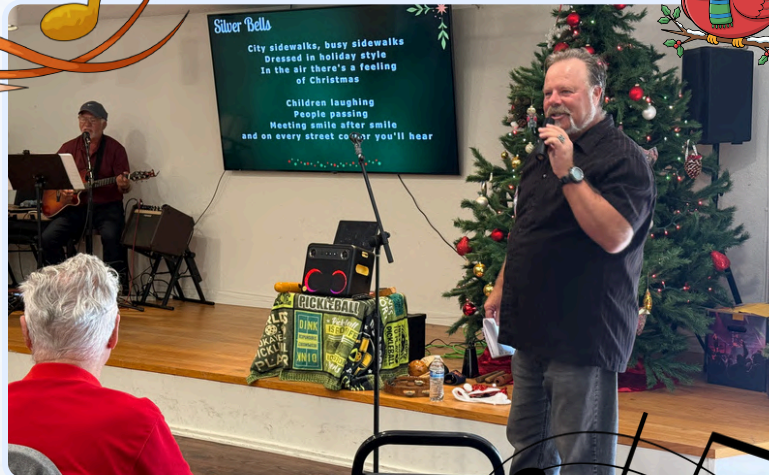


SOMETHING NEW

★
EXCLUSIVE
★

Christmas Sing-A-Long Brings Holiday Cheer

Holiday spirit filled the room during our recent Christmas Sing-A-Long at the Fallbrook Senior Center! With Bruce leading the way on vocals and Oli accompanying on guitar and backup vocals, the afternoon was lively, joyful, and full of laughter. Familiar Christmas favorites had everyone singing along, tapping their feet, and soaking in the season. Guests also enjoyed festive treats including cookies, chips, spinach dip, and an assortment of cheeses and crackers—making it a truly merry gathering that left smiles all around.



MEMBERSHIPS



New Year, New Membership!

January is the perfect time to join or renew your Fallbrook Senior Center membership for 2026. For just \$25 (\$26 by card), enjoy a full year of classes, activities, meal prep, Thrift Shop savings, and more. Whether you're continuing your membership or joining us for the first time, start the year connected, active, and having fun at the Center!

Choose how you receive your newsletter: email, pickup, or both (no mail delivery). We look forward to another great year together.



THE CENTER FOR SENIOR WELLBEING

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

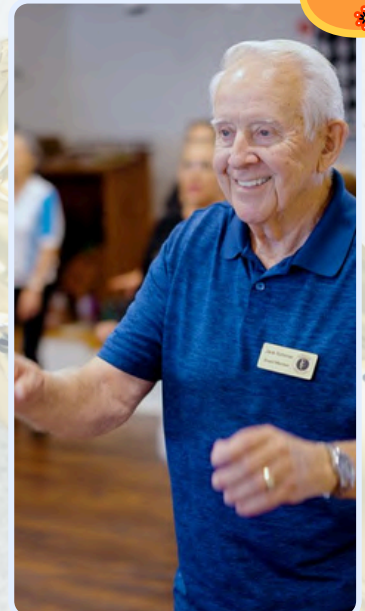
Email (required for email option on newsletter): _____

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



SUPPORTERS



Bonsall Woman's Club



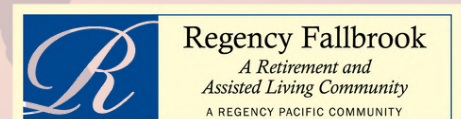
The Charitable Foundation



SDGE



National Charity League, Inc.®



Bringing independence to living and quality to life



SUPPORTERS



HEARTFELT HIGHLIGHTS



Heartfelt Highlight: Thank You, Chuck & Margaret

For months now, Chuck and his wife Margaret have been sweetening our days with their homemade baked treats, generously shared with our Senior Center family. From brownies and apple bars to pumpkin and lemon bars (and so many more!), their kindness has been felt—and tasted—by all. Their thoughtfulness, time, and love poured into every batch remind us what community is all about. We are truly grateful to Chuck and Margaret for their continued generosity and for making our gatherings a little sweeter. ♥



☀ Is back pain or joint pain stopping you from doing the things you enjoy?



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- Fast working
- Long lasting
- And safe



☎ Call today to learn about how we can help get you back doing what you love!



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☎ (760) 645-3880 | Mon-Fri, 10:00 AM – 6:00 PM
 www.yourpersonalpharmacy.net

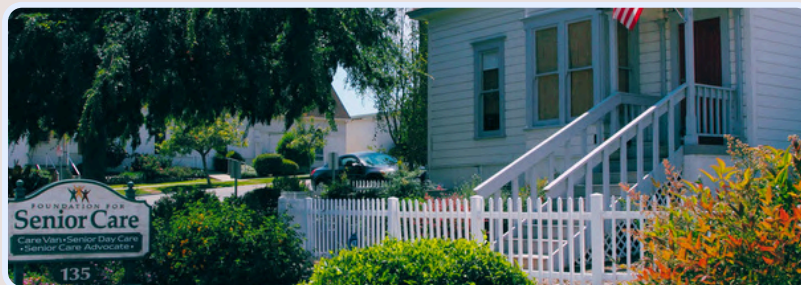
Supplements
sold here at
 **fair price**

THE CENTER FOR SENIOR WELLBEING

135 S Mission Rd
Fallbrook, CA 92028

399 Heald Ln
Fallbrook, CA 92028

Office Hours
Mon-Fri 8am - 4pm
(760) 728-4498



H A P P Y N E W Y E A R