



Fallbrook Senior Center Chronicle



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And then it was winter

Submitted by Jack Schirner - author unknown

I recently saw this article online and, although I didn't write it, I thought it would be appropriate to share.

You know time has a way of moving quickly and catching you unaware of the passing years. It seems like yesterday that I was young, just married, and embarking on my new life with my mate. Yet in a way, it seems like eons ago, and I wonder where all those years went. I know that I lived them all. I have glimpses of how it was back then and of all my hopes and dreams. But here it is ...the winter of my life, and it catches me by surprise... How did I get here so fast? Where did the years go and where did my youth go? I remember well seeing older people through the years and thinking that those "older people" were years away from me and that winter was so far off that I could not fathom it or imagine fully what it would be like. But here it is...my friends are retired and getting grey...they move slower, and I see an older person in myself now. Some are in better and some worse shape than me...but I see the great change...Not like the ones that I remember who were young and vibrant... but, like me, their age is beginning to show, and we are now those older folks that we used to see and never thought we'd be.

Each day now, I find that just getting a

shower is a real target for the day! And taking a nap is not a treat anymore...it's mandatory! Cause if I don't on my own free will...I just fall asleep where I sit! And so...now I enter this new season of my life unprepared for all the aches and pains and the loss of strength and ability to go and do things that I wish I had done but never did! But at least I know, that though the winter has come, and I'm not sure how long it will last...this I know, that when it's over on this earth...it's over. A new adventure will begin! Yes, I have regrets. There are things I wish I hadn't done...things I should have done, but indeed, there are also many things I'm happy to have done. It's all in a lifetime.



So, if you're not in your winter yet...let me remind you, that it will be here faster than you think. Whatever you would like to accomplish in your life please do it quickly! Don't put things off too long!! Life goes by quickly, so do what you can TODAY, as you can never be sure whether this is your winter or not! You have no promise that you will see all the seasons of your life...so, LIVE FOR TODAY and say all the things that you want your loved ones to remember. And hope that

(Continued on next page)

Mask Guidelines: Per the California Department of Public Health: Anyone entering the Senior Center building must wear a mask, regardless of vaccination status. This is effective until February 15, 2022 or as long as CDPH requires it.



**FALLBROOK
SENIOR
CENTER STAFF**

Susie Gonsalves
Director

Jeffrey Dionisio
Administrative Assistant

Araceli Flores
Lance McNatt
Server/Housekeeping/Driver

Rodolfo Pedroza
Chef

Veronica Orozco
Stephen Spencer
Kitchen Assistants

Davide 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

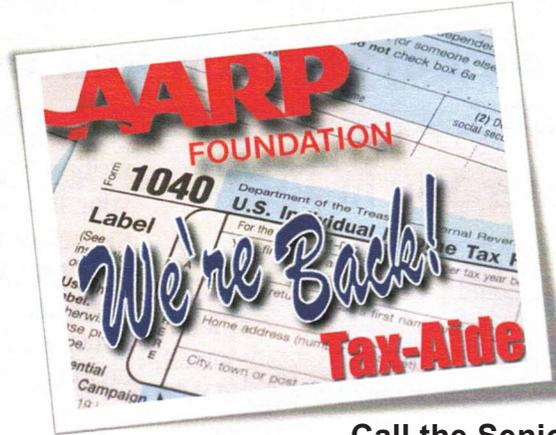
Major Market

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.



Freda Shade
October 31, 1929 - January 9, 2022

Thank you for your 40 plus years of service to the Fallbrook Senior Center. You will be greatly missed!



**FREE Income
Tax Return
Preparation Service**

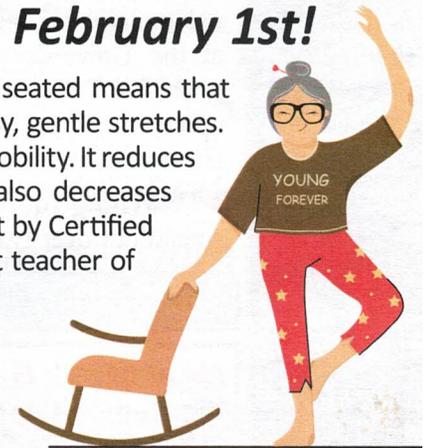
**AARP's Tax-Aide
Program IRS-Certified
Volunteer Preparers**

Call the Senior Center office to make your appointment 760-728-4498.

Chair Yoga Class Coming February 1st!

Chair Yoga has many health benefits. Staying seated means that even if you are not flexible, you can do the easy, gentle stretches. Chair Yoga improves circulation, strength and mobility. It reduces joint strain, helps lower blood pressure and also decreases stress and anxiety. The new class will be taught by Certified Yoga Instructor Elli Roberts, who is the current teacher of the Senior Wellness Exercise class on Mondays.

The Chair Yoga class begins Tuesday, February 1st at 12:30. Hope to see you there!



And then it was winter continued

they appreciate and love you for all the things that you have done for them in all the years past. "Life" is a GIFT to you. The way you live your life is your gift to those who come after you. Make it a fantastic one. Remember, "It is Health that is real Wealth, and not pieces of gold and silver. Your kids are becoming you...but your grandchildren are perfect! Going out is good... coming home is even better. You forget names...but it's OK, because other people forgot they even knew you. You realize you're never going to be really good at golf and you're probably not going to get a recording contract for your singing. The things you used to care to do, you no longer care to do, but you really do care that you don't care to do them anymore. You sleep better on a lounge chair with the TV blaring then in bed. It's called "pre-sleep." You miss the days when everything worked with just an "ON" and "OFF" switch. You tend to use more 4 letter words..."what?"..."when?" Now that you can afford expensive jewelry, it's not safe to wear it anywhere. What used to be freckles are now liver spots. Everybody whispers. But "Old" is good in some things: Old Songs, Old Paintings, Old movies...and best of all, our dear OLD FRIENDS. Stay well.

Happy Birthday



***Pierre Domere**
January 9th
Born in L.A.*



***Pat Roybal**
January 13th
Born in Hattiesburg, MS*



***Richard Obemache**
January 16th
Born in N.Y.*



***Marcie Roybal**
January 18th
Born in L.A.*



***Don Schutte**
January 25th
Born in Bisbe, AZ*

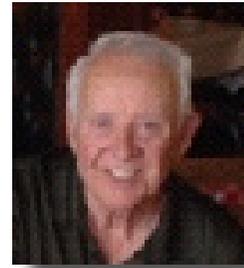


***Nanette Schuyler**
January 29th
Born in L.A.*

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.

The Adventures of a Former Crossing Guard

by Jack Schirner



I was born and grew up in what should be classified as the unofficial coldest place on this planet – lower middle Iowa. I’m sure my birth didn’t cause the bombing of Pearl Harbor – that was just a coincidence. I had an older sister at the time, and we later were joined by two other brothers and another sister. Life was almost perfect for us. Even though we were dirt-poor, we didn’t know it, and I couldn’t have asked for a better childhood. When it was time for me to start school, my sister and I got to ride a horse to a one-room schoolhouse, where I got to learn everything that was being taught to the kids in the other eight grades. Attending a one-room school proved to be an important foundation to my later love of learning.

After we moved to the one big city in our county (a town of 8,000 people), I discovered that school was pretty easy. In the first grade, our teacher would often leave the room and instruct the other students to “raise your hand if you have trouble reading any of the words and Jackie will help you.” In the first grade I also discovered the many joys of drumming. After pounding a bass drum for six months I moved on to tapping my fingers, then my first drumsticks, and finally marching band and concert band, my own drums, and forming my own bands.

When I was in the sixth grade, I was selected to be a crossing guard at my elementary school, and they gave me a sash and a badge that read, “safety patrol.” I held up a “stop” sign to help other students cross the street (we had no stop lights in the town at the time). You would have thought I was a full-fledged member of the Civil Air Patrol as I helped protect my school, my town, my country, and most of the western hemisphere that year.

With so many brothers and sisters at home, I spent most of my early years outside discovering the world. I entered the workforce when I was ten with my first paper route. I also worked in an Icehouse helping deliver blocks of ice to homes in the county. Throughout High School I worked in a Rexall Drug store after school, and stocked shelves at night at our Hy-Vee grocery store. Saturdays usually meant going to the movies (10 cents at the time) to see Lash LaRue, The Durango Kid, Joe Palooka, or Gene and Roy, or “Ambush at Apache Pass.” Scouting also added a great deal to my early life. Summers meant swimming in the lake (Lake Ahquabi) and going to summer scout camp (Camp



Mitigwa). Winters were filled with ice skating on one of our many rivers or ponds or sledding from morning to night. The rest of the time I spent riding around town on my trusty two-wheeled steed. Somehow during my High School years, I also managed to practice my drumming five to six hours *every day* (Oh my poor mother). I also loved art all my life and it was not uncommon for me to stay up all night painting a new picture.

After High School I cobbled together enough money by working two jobs plus earnings from my three bands and selling my paintings to attend Simpson College (which is also in my hometown). After three years, a close friend returned home from his term in the Marine Corps and convinced me that we should move to California. So, in August 1962 we drove to California in a 1957 Chevy with around \$60 in my pocket, with no job lined up and no place to live. But I wanted to try anything and everything and I wasn’t too worried about my future. Three days after arriving in California and settling into a \$135 per month apartment, I started a job with a finance company as a branch manager and stayed there a little over 10 years. During that period, I met and married another employee of the company and we had two children. A few years later she decided that married life and child raising was not for her. Suddenly, I was on my own to raise my children. I had shortly before that started a new position with a division of TRW (Experian) that required me to travel extensively all over the US reviewing operations in 70 different offices. I stayed with them for nearly 30 years and retired in 2000. Ten years before I retired, I finally finished college (29 years after I started) with a degree in Business.

Fourteen years after my divorce I met Jeanette on a blind date. Even though she lived in Escondido, and I lived in Anaheim, we went together for four years until our teenage children (she had three, I had two) were out of the house and we got married in 1984. And, as the story goes, we lived (are living) happily ever after.



20% OFF ALL Lamps and Furniture in February!

Happy Valentine's Day



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 - February 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>1 Chicken Fajitas/ ww tortillas Black Beans Brown Rice Mixed Green Salad Cantaloupe</p>	<p>2 Meatballs/ ww Spaghetti Zucchini with red peppers Mixed Green Salad Strawberries</p>	<p>3 Honey Mustard Chicken Baked Potato Carrots Mixed Green Salad/walnuts Whole Wheat Roll Banana</p>	<p>4 Baked Tilapia California Blend Vegetables Coleslaw Quinoa Fruit Cocktail</p>	
<p>7 Baked Chicken Spinach Sweet Potato Mixed Green Salad/garbanzos Whole Wheat Roll Apple</p>	<p>8 Sweet and Sour Meatballs Oriental Vegetables Brown Rice Mixed Green Salad Banana</p>	<p>9 Pork Chop Green Beans Sweet Potato Mixed Green Salad/garbanzos Whole Wheat Roll Applesauce</p>	<p>11 Fish Taco's/ww tortillas Broccoli Coleslaw Ambrosia</p>	
<p>14 <i>Happy Valentines Day</i> Beef Stroganoff/ ww pasta Carrots Mixed Green Salad Whole Wheat Roll Jell-O with Strawberries</p> 	<p>15 Vegetable Noodle Soup Egg Salad Sandwich on ww Brussel Sprouts Mixed Green Salad/garbanzos Grapes</p>	<p>10 <i>BirthDay Lunch</i> Roast Beef w/gravy Mashed Potatoes Carrots Mixed Green Salad Whole Wheat Roll BirthDay Cake/Strawberries</p> 	<p>18 Fish and Chips Sweet Potato Fries Mixed Vegetables Coleslaw Whole Wheat Roll Tropical Fruit ▲</p>	
<p>21 <i>Senior Center Closed</i> <i>Happy President's day</i></p> 	<p>22 Beef Tips Baby Carrots Brown Rice with Navy Beans Mixed Green Salad Pineapple Tidbits</p>	<p>17 Stuffed Bell Peppers Peas Quinoa Mixed Green Salad/garbanzos Pears</p>	<p>25 Fish Veracruz Broccoli Brown Rice Coleslaw Ambrosia</p> 	
<p>28 Teriyaki Chicken Skewers Corn Brown Rice Mixed Green Salad Apple</p>	<p>23 Polish Sausage/Sauerkraut Mixed Vegetables Sweet Potato Whole Wheat Roll Mixed Green Salad Apricots ▲</p>	<p>24 Herb Chicken Mixed Vegetables Baked Potato Whole Wheat Roll Mixed Green Salad/walnuts Banana</p>		

28 Teriyaki Chicken Skewers
Corn
Brown Rice
Mixed Green Salad
Apple

Doors open at 10:30 - Meal served at 11:15 a.m. Monday through Friday except holidays.
Suggested donation: \$5.00 per meal for seniors 60 and older.
There is a \$7.00 charge for non-seniors. Meal includes small salad.
Beverages: Milk, Coffee, and Juice. Home delivered meals do not include coffee & juice
Menus are subject to change without notice.
▲ denotes meal ≥1,000 mg of sodium



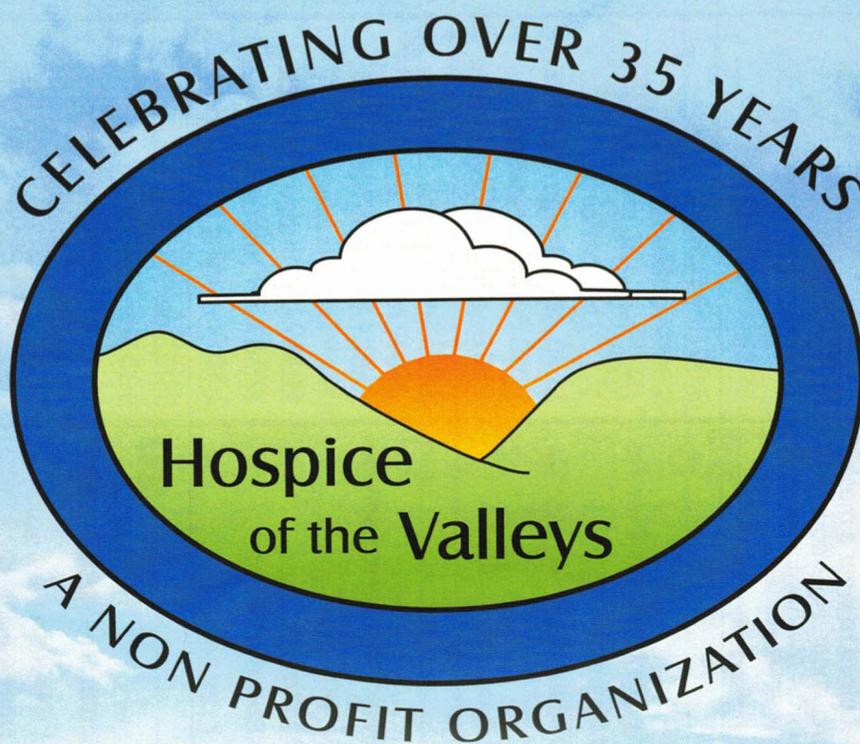
Fallbrook Senior Center - February 2022 Activity Schedule

399 Heald Lane Fallbrook CA 92028 760-728-4498

Monday	Tuesday	Wednesday	Thursday	Friday
 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle 12:00 Photography Club	1 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:00 Tai Chi 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament 2:00 Ping Pong	2 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong	3 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	4 9:00 Senior Wellness Exercise 11:30 Social Bridge
7 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle 12:00 Photography Club	8 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:00 Tai Chi 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament 2:00 Ping Pong	9 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 12:30 Board Meeting	10 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	11 9:00 Senior Wellness Exercise 11:30 Social Bridge 
14 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle	15 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:00 Tai Chi 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament 2:00 Ping Pong	16 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 	17 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	18 9:00 Senior Wellness Exercise 9:30 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
Senior Center Closed 	22 9:00 Line Dancing 10:00 Mastering Basics of Line Dancing 11:00 Tai Chi 12:00 Social Bridge 12:30 Chair Yoga 12:30 Pool Tournament 2:00 Ping Pong	23 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 	24 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	25 9:00 Senior Wellness Exercise 9:30 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:15 ACBL Bridge - SET FEE 11:30 Pinochle	28			

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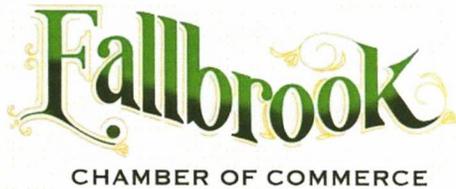
Fallbrook Regional
HEALTH  **DISTRICT**

A BIG
Thank
YOU

— **SUPPORTERS** —

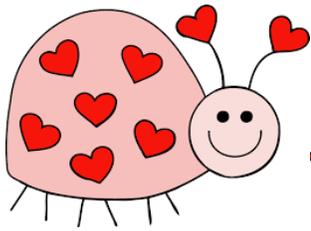


— **PARTNERSHIPS** —



— **IN-KIND DONORS** —

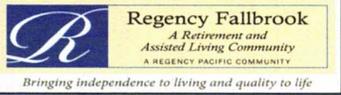




BRAIN GAMES

Answers on the back page

1. STONE STONE STONE STONE STONE STONE STONE STONE STONE STONE	2. DOft.OR	3. GO Jan. 6 Jan. 6	4. GREENNV
5. LOOK ME EYE	6. PROMISE	7. L C L U U R P B	8. OO ME
9. A+ PERFORM NCE	10. TAKE JOB	11. 8 - 6 = 2	12. NOW ^{HE} RE
13. 21 lb. 18 lb. HAND FOOT	14. SUIT SIT IT T	15. KNOW IT TI	16. HIS.TORY
17. LAWYER	18. T E BED G	19. VIRGO	20. O D C T C N U T



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Michelle Way, Community Relations Director

mway@regencyfallbrook.com

760-728-8504

Regency Fallbrook

609 E. Elder Street, Fallbrook, CA 92028

*Ask about our current specials!

Lic#374601685

Chronicle Advertising Prices

	1 Issues	3 Issues	6 Issues
1/8 page	\$20.00	\$48.00	\$90.00
1/4 page.	\$35.00	\$96.00	\$175.00
1/2 page	\$60.00	\$165.00	\$300.00
Full Page	\$110.00	\$300.00	\$500.00
Your Insert	\$45.00	\$120.00	\$200.00



THE FOUNDATION FOR Senior Care

"Helping seniors to live independently"

Your Donations Support Our Programs – THANK YOU!



Computer, Smart Phone & Tablet Training for Seniors by Seniors

Emmanuel Baptist Church

911 Elder St., Fallbrook

JANUARY/FEBRUARY 2022 CLASSES

CLASS	DATES & TIME	COST
Smartphone & Tablet (Androids) Instructors: Irv Rudderow & Elaine Pedigo	Mon 1/17, 1/24, 1/31 & 2/7 9:30-11:30 AM	\$40
Basic Computer File Management Instructor: Obie Weeks	Wed 2/2 9:30-11:30 AM	\$20
Solving Spreadsheet Problems Instructor: Obie Weeks	Wed 1/26 & 2/2 1-3PM	\$20
iPhone/iPad Class Instructor: Bob Cebulski and Coaches: Len Tevebaugh & Dan Wise	Thurs 9:30-11:30 AM 1/20 #1 Basics & Communication 1/27 #2 Built-in Applications 2/3 #3 Photography on the iPhone & iPad 2/10 #4 Built-in Functionality	Each Class \$10
Fix-It-Friday Offering help with your computer, tablet or cell phone	Every Friday 1-3 PM	FREE

Complete class descriptions at www.foundationforseniorcare.org

SIGN UP ONLINE AT OUR WEBSITE
www.foundationforseniorcare.org

You can also Call or Stop by our Office to Sign Up

Call 760-723-7570

135 S. Mission Rd, Fallbrook | FoundationForSeniorCare.org

Got Medicare?

Do you have questions about your current Insurance Plan or Prescription Drug Coverage? I can help. I am an Independent Broker and carry most Medicare Plans in San Diego County. Feel free to call me for a no obligation "Insurance Check-Up" at no cost to you! References available upon request.



Bradley Massey

CA Insurance License

#0L86250

Phone:

(760)815.6827



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FALLBROOK SENIOR CITIZENS SERVICE CLUB

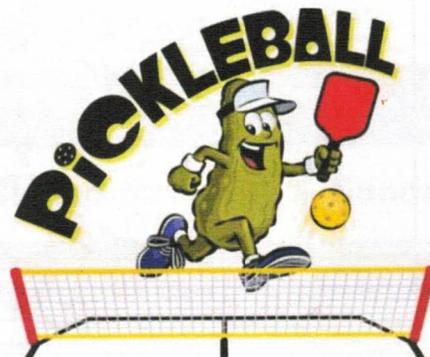
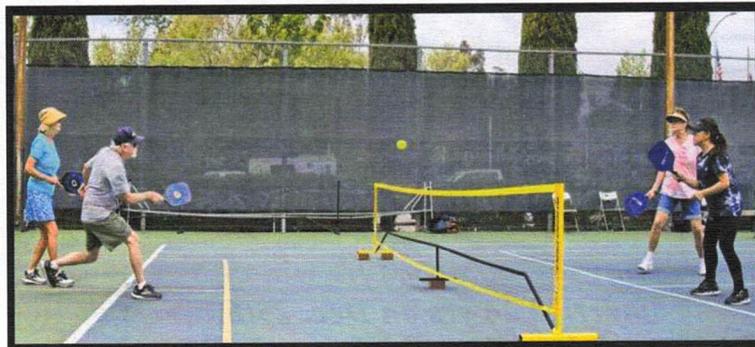
The mission of the Fallbrook Senior Center is to promote healthy aging, independence and well-being of active, older adults in the communities we serve. We will provide programs and services which support the dignity and enrichment of life for seniors fifty (50) and above. The Center provides a place 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.

Answers to Brain Game

1. Leave no stone unturned
2. Foot in the door
3. Go on a double date
4. Green with envy
5. Look me square in the eye
6. Broken promise
7. Pull up along side the curb
8. Excuse me
9. High grade performance
10. Take on a big job
11. Split the difference
12. He came out of nowhere
13. Wait on hand and foot
14. Suit to a T
15. Know it forward and back
16. A period in history
17. Crooked lawyer
18. Get up on the wrong side of the bed
19. Sign on the dotted line
20. Disorderly conduct



The Fallbrook Senior Center has the Community Center's pickleball courts reserved on Mondays from 9am – 11am

— Call 760-728-4498 for more information. —

