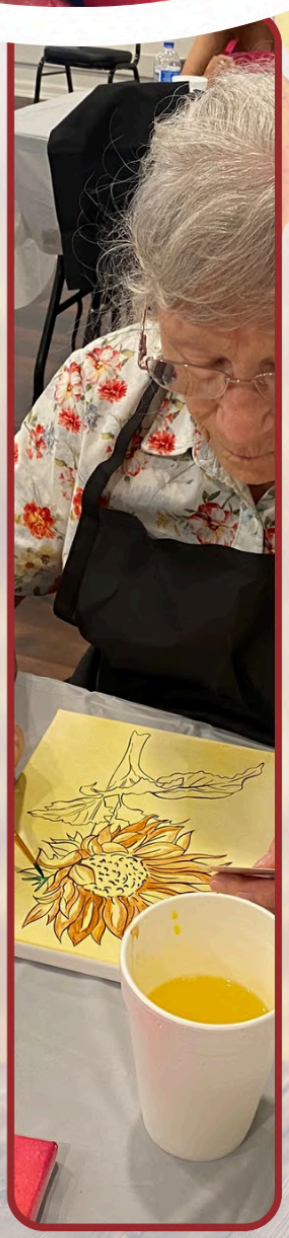
At A Glance



Board Members

Nickie Williams
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Mark J. Weaver
Vice President

Jack Schirner
Secretary

Howard Salmon
Treasurer

Tom Mintun

Richard West

STAFF

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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

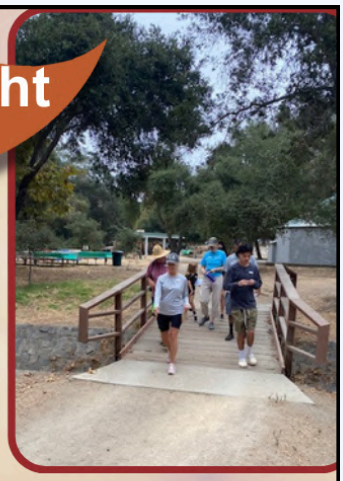
THRIFT SHOP

760-723-4602

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

Manager: Saliha Raddani
Driver/Sales: Robert Mesquita

Activity Spotlight



On Saturday, September 14th, we wrapped up our final summer intergenerational activity with our members and students from Potter and Fallbrook High School. The event was held at Live Oak Park, where the group Nature Unplugged hosted a fun-filled morning outdoors, including birdwatching, games, a scavenger hunt, and snacks. We also went on a trail walk led by the park ranger, and the beautiful weather made the day even more enjoyable.

UPCOMING EVENTS

We've got a great lineup of activities and events this October to keep you learning, moving, and connecting with others. Check out what's coming up:

Mondays: Smart Phone Help
Every Monday from Noon to 1:00 PM
Need help with your smartphone? Drop in for open support sessions to get your questions answered.

Tuesdays & Thursdays: Beginning Ballroom Line Dancing
Tuesdays and Thursdays at 10:00 AM
No partner or previous dance experience needed! Join our beginner ballroom line dancing class.
Limited to the first 20 who register – Call or stop by the office at 760-728-4498 to reserve your spot!

Fridays: beginning Oct. 11 at 1:30 pm, we will run 9 weeks of Chair Yoga

Monday, October 14th: Understanding Advance Care Planning
Monday, October 14 at Noon
Learn about the importance of Advance Care Planning and how to make decisions about your future healthcare. Dessert will be provided!

Thursday, October 17th: Halloween Bracelet Making
Thursday, October 17 at 9:45 AM
Get creative with Halloween bracelet making!
Limited to the first 15 who sign up – Call or stop by the office at 760-728-4498 to reserve your spot.

Monday, October 21st: Medicare Changes and Options Information
Monday, October 21 at 12:15 PM
Learn about the latest Medicare changes and options available to you. Giveaways and Raffles. Goodies will be provided!

Tuesday, October 29th: Doc Talk on Diabetes & Mini Health Fair
Tuesday, October 29 at 1:45 PM
Join us for a discussion on diabetes with a visiting doctor, plus a mini health fair featuring blood pressure checks and lots of giveaways! Goodies provided.

Thursday, October 31st: Halloween Costume Contest held during lunch.
Join us for a spooktacular time! Doors open at 10:30 AM, with costume voting at 11:15 AM. Prizes will be awarded at 11:30 AM. The costume categories are:

- Most Creative Costume
- Best Hat
- Best Use of Props
- Best Group Costume

Don't miss out on the fun—come celebrate with us!

We look forward to seeing you at these fun and informative events! Call or stop by the office at 760-728-4498 for more information or to sign up.

I've Learned

(By Andy Rooney – CBS Sunday Morning
Compiled by Jack Schirner)

This is a little piece that I received online. I didn't write it, but it is worth sharing. It sums up what many of us have learned so far.
Hope you enjoy it as much as I did.

I've learned...That the best classroom in the world is at the feet of an elderly person.
I've learned...That when you're in love, it shows.
I've learned...That just one person saying to me, "You've made my day" makes my day.
I've learned...That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
I've learned...That being kind is more important than being right.
I've learned...That you should never say no to a gift from a child.
I've learned...That money doesn't buy class
I've learned...That love, not time, heals all wounds.
I've learned...That I can always pray for someone when I don't have the strength to help him in some other way.
I've learned...That sometimes all a person needs is a hand to hold and a heart to understand.
I've learned...That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
I've learned...That we should be glad God doesn't give us everything we ask for.
I've learned...That to ignore the facts does not change the facts.
I've learned...That it's those small daily happenings that make life so spectacular.
I've learned...That under everyone's hard shell is someone who wants to be appreciated and loved.
I've learned...That when you plan to get even with someone, you are only letting that person continue to hurt you.
I've learned...That the easiest way for me to grow as a person is to surround myself with people smarter than I am.
I've learned...That everyone you meet deserves to be greeted with a smile.
I've learned...That no one is perfect until you fall in love with them.
I've learned...That life is tough, but I'm tougher.
I've learned...That opportunities are never lost, someone will take the ones you miss.
I've learned...That when you harbor bitterness, happiness will dock elsewhere.

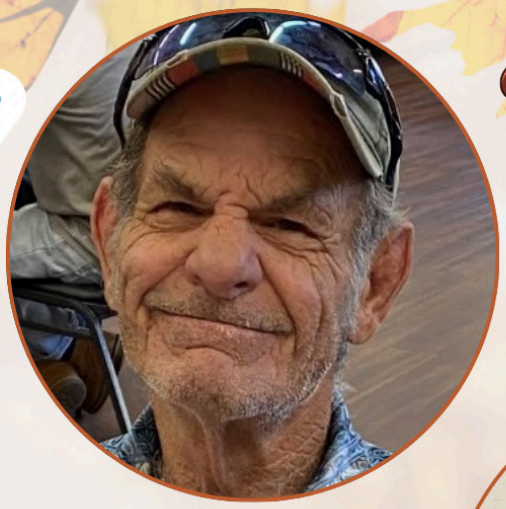
I've learned...That I wish I could have told my Mom that I love her one more time before she passed away.
I've learned...That one should keep his words both soft and tender, because tomorrow he may have to eat them.
I've learned...That a smile is an inexpensive way to improve your looks.
I've learned...That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.
I've learned...That the less time I have to work with the more things I get done.

SEPTEMBER BIRTHDAYS

HAPPY BIRTHDAY

SHOUT-OUT TO CARMEN FROM RIGHT AT HOME FOR PROVIDING US TREATS, THE FALLBROOK STRUMMERS FOR PROVIDING MUSIC, AND DARA FROM ROYAL BENEFITS FOR SOME GIVEAWAYS

SEE YOU AT THE NEXT BIRTHDAY LUNCH!



WILLIAM
SEPT 10

HANH
SEPT 18

CHARLENE
SEPT 26

FALLBROOK SENIOR CENTER OCTOBER 2024 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
Fallbrook Regional HEALTH DISTRICT LEGACY ENDOWMENT Your pathway to community giving	**1** Herb Chicken Vegetable Sweet Potato Salad/Roll Fruit	**2** Swedish Meatballs w/pasta Vegetable Salad/Roll Fruit	**3** Chicken Fajitas Tortilla Vegetable Salad/Roll Fruit	**4** Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit ▲
7 Vegetable Lasagna Corn Salad/Roll Fruit ▲	**8** Beef Tips w/gravy Vegetable Brown Rice Salad/Roll Fruit	**9** Pesto Bruschetta Chicken Vegetable Baked Potato Salad/Roll Fruit	**10 Birthday Lunch** Black Forest Ham Vegetable Sweet Potato Salad/Roll Dessert 	**11** Baked Cod Vegetable Barley Salad/Roll Fruit
14 BBQ Chicken Vegetable Mashed Potatoes Salad/Roll Fruit 	**15** Scrambled Eggs Pancakes Sausage Fruit/Muffin	**16** Teriyaki Beef Vegetable Barley Salad/Roll Fruit ▲	**17** Chicken Pot Pie Vegetable Salad/Roll Fruit	**18** Fish Veracruz Vegetable Brown Rice Salad/Roll Fruit
21 Meatballs and Spaghetti Vegetable Salad/Roll Fruit	**22** Rudy's Homemade Been & Cheese Burrito Vegetable Rice Salad/Roll/Fruit	**23** Chicken Noodle Soup Vegetable Cheese Quesadilla Salad/Roll Fruit	**24** BBQ Pulled Pork on a whole wheat bun Vegetable Scalloped Potatoes Salad Fruit ▲	**25** Baked Cod Vegetable Farro Salad/Roll Fruit
28 Chicken Cordon Bleu Vegetable Baked Potato Salad/Roll Fruit ▲	**29** Cheese Manicotti Black Beans Sweet Potato Salad/Roll Fruit	**30** Chicken Tamale Beans Rice Salad/Roll Fruit	**31 Happy Halloween** Beef Stroganoff Vegetable Pasta Salad /Roll Dessert 	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 OCTOBER 2024 ACTIVITY SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	**2** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**3** 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**4** 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full) 12:00 Camera Club
7 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone Help	**8** 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	**9** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	**10** 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**11** 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full) 1:30 Chair Yoga
14 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone Help 12:00 Advance Care Planning	**15** 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	**16** 9:00 Exercise Class 9:30 Veterans Group 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**17** 9:00 Line Dancing 9:45 Bracelet Making Sign Up Required 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**18** 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full) 1:30 Chair Yoga
21 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone Help 12:15 Medicare Changes	**22** 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	**23** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**24** 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**25** 9:00 Exercise Class 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Bridge (Full) 1:30 Chair Yoga
28 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone Help	**29** 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 1:45 Doc Talk w/Health Fair	**30** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**31** Happy Halloween 9:00 Line Dancing 10:00 Beginning Line Dance 10:30 Costume Contest held at lunch. 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	

MEMBERSHIP

Renew Your Senior Center Membership!

For over 20 years, our Senior Center has offered unbeatable value with a wide range of activities, educational classes, tax preparation, and more, all at an extremely low cost. As we look ahead to 2025, we want to continue providing you with these wonderful services. To help us do that, we will be raising our annual membership dues to just $25 for the 2025 calendar year.

Here's what your 2025 membership includes:

- Activities and educational classes
- Free tax preparation services
- 10% discount in our Thrift Shop
- And more!

Sign Up Early and Beat the Rush!

Membership renewals for 2025 begin on November 1, 2024. Don't wait!

Newsletter Options for 2025:

Choose to receive our newsletter by email or pick up a paper copy at the office or both. We will no longer be mailing them out each month.

We're excited about what's to come in 2025 and look forward to seeing you at the Center!

FSC YOUR JOURNEY STARTS NOW

FALLBROOK SENIOR CENTER

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

Membership Application - Annual Dues $25.00

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:** _____

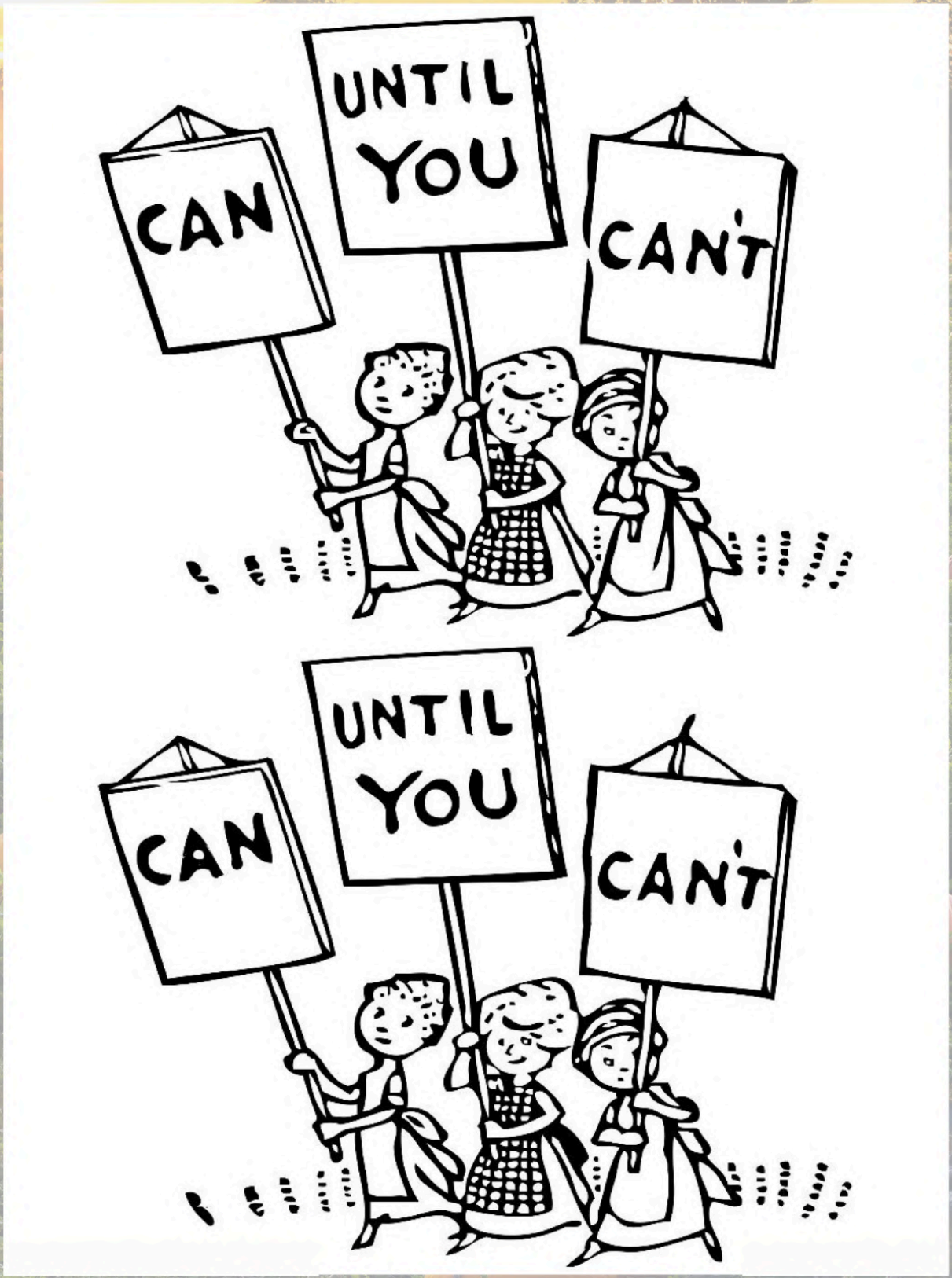
Participation in any activities at the Fallbrook Senior Citzens Service Club is at your own risk.

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

BRAIN TEASER

Spot the 10 differences between the two images



Answer on page 11

SUPPORTERS

Bonsall Woman's Club

Major Market

Shamrock Foods
DELIVERING SATISFACTION

Angel Society of Fallbrook

Fallbrook Woman's Club
SINCE 1907

San Diego Seniors Community Foundation

Legacy Endowment
Your pathway to community giving

Costco Wholesale

Fallbrook Regional Health District

Right at Home
Franchise Opportunity

The Foundation for Senior Care

Albertsons

Walmart

Bonsall Chamber of Commerce

SDGE

Fallbrook & Bonsall Village News

Fallbrook Chamber of Commerce

Royal Benefits Insurance Services

independence at home
A SCAN COMMUNITY SERVICE

linda keck
GRAPHIC & WEB DESIGN

Fallbrook Garden Club
EST 1931

National Charity League, Inc.

Grocery Outlet bargain market

Performance Print Solutions

Regency Fallbrook
A Retirement and Assisted Living Community
A REGENCY PACIFIC COMMUNITY

Bringing independence to living and quality to life

Answer for page 9

VETERANS GROUP

Meeting Every 3rd Wednesday of the Month at 9:30 a.m.

Join us for coffee, cookies, and casual conversation. No agenda, just a relaxed gathering for veterans to connect and chat.

FALLBROOK SENIOR CITIZENS SERVICE CLUB

399 HEALD LANE
Fallbrook, CA 92028
(760) 728-4498

OFFICE HOURS
Mon-Fri 8am - 4pm
(760) 728-4498

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com

WEBSITE

DONATE

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

FALLBROOK SENIOR CENTER

FSC

THRIFT STORE VIBES

9AM - 3PM, M-F

Find your style, save some cash, and make a difference—one thrifted piece at a time.

FALLBROOKSENIORCENTER.COM

VOLUNTEERS NEEDED

Consider volunteering at the Senior Center just a few hours a week. We are need help serving lunch or in our Thrift Shop. Call the office to see how you can help.

(760) 728-4498

Time Is Precious

At Silvergate Fallbrook, make the most of your time again with help from a professional team planning fun & exciting activities every day.

Come reignite your passion for life in Fallbrook's finest retirement community and

Make Every Day Matter

BEAUTIFUL APARTMENTS | ENDLESS ACTIVITIES | UNBELIEVABLE CUISINE | MAINTENANCE-FREE LIVING | AWARD-WINNING CARE

SILVERGATE FALLBROOK

Where Every Day Matters

Lic.#374600907

Come Join Us. (760) 728-8880

Memory Care

Independent Living • Assisted Living •

420 Elbrook Dr. • Fallbrook, CA 92028 • SilvergateRR.com/FB