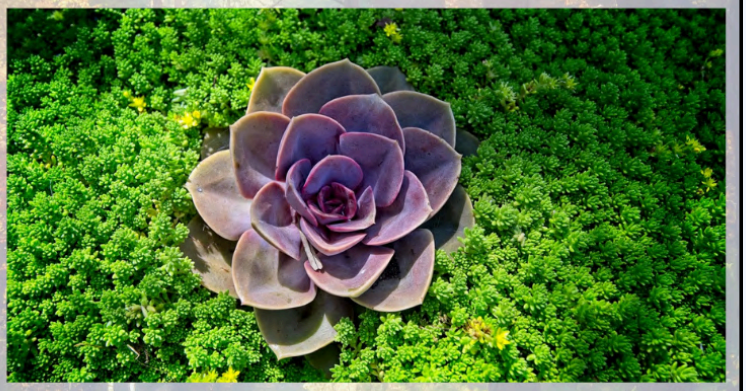
Your journey starts now

At A Glance



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Donor Development & Marketing Specialist

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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

The Photography Club went on a field trip this August to the Self-Realization Fellowship Garden in Encinitas. While enjoying a peaceful walk through this beautiful, serene garden overlooking the ocean, we practiced taking photos of the water features, flowers, the surrounding seascape, and of course, people. Everyone interested in having fun while practicing and improving their photography skills are welcome to join us. The Photography Club meets the first Friday of each month at the Fallbrook Senior Center's conference room at 12:00 noon. ~Ron

UPCOMING EVENTS

Smart Phone 101

Join us for this fun class while improving your smart phone skills!
Classes will be held on these Mondays in September
the 9th, 16th, 23rd, and 30th, at noon.
Topics include: Basic Use, Messaging, Internet Browsing, Downloading Apps, Navigating Websites, and more.

Dr. Patish - Podiatrist

Tuesday, September 17th at 1:30 in the auditorium.
Learn about common foot problems.
There will be a time for questions and answers. Dessert Provided.

Parkisons Disease

Monday, September 23rd at noon in the auditorium
Learn what it is and how to help those living with it. Dessert Provided.

Beginning Ukulele

Starting Friday, October 4th at 10:00 in the auditorium
this class will run for 8 weeks.

Honoring our Veterans

In our upcoming November newsletter issue, we will have a page dedicated to honoring the veterans who have served our nation. To make this edition truly special, we invite all veterans to stop by the office Monday - Friday from 8:00 a.m. to 3:30 p.m. and no later than September 30th to have your picture taken.

Your presence and participation would mean a lot to us. Don't miss this opportunity to be a part of our special Veterans' feature.

Please call 760-728-4498 if you have any questions.

Back to School – What would YOU like to Learn this Year?

(By Jack Schirner)

September has historically been the month when we nervously return to the classroom. Here in Fallbrook, and in most of San Diego County, school started last month. In my mind August is too early to begin, especially because many classrooms are not air conditioned, and August is one of the hottest months of our year. For us, however, school can begin whenever we want, if we have enough students to warrant the class. Look at the possible classes we could offer at the Fallbrook Senior Center this year. If you see one or two or more that might fit your interests, call our administrative office at (760) 728-4498 and register for each class. Your tuition will likely be as much as $5 per class. Where else in town can you get such a bargain? If you are interested in painting or drawing, art appreciation, writing, physical fitness, brain fitness, music appreciation, photography, memory improvement, wine appreciation, or understanding electronics, we can have classes for you. Each class will be taught by an acclaimed college professor and provided to you on video, displayed in one of our classrooms. Here are our first semester classes, with a brief description of each:

Writing

Writing your Story – Each of us has a story to tell. This course teaches you how to translate your life stories into a memoir that will captivate readers. You'll learn more about language, structure, dialogue and description. You owe it to your descendants to get to know you better. They'll treasure your writing forever. Seven one-hour sessions.

Writing Great Fiction – Storytelling tips and techniques. A master class in storytelling, taught by an accomplished writer. You will learn the ins and outs of the fiction writer's craft. You've probably told yourself that "someday I'm going to write a novel." Now's the time. You'll learn and practice the many techniques that will help you succeed. Six one-hour sessions.

Writing Best-Selling Fiction – a comprehensive class on the entire writing process. Best practices to help you with unique plots and characters, and how to format, package, and promote your finished material. Elevate your novel to become a best-seller. Twelve one-hour sessions.

Analysis and Critique – How to engage and write about anything. Your writings will be most effective and memorable when they're built on fundamental critical and analytical skills. You'll learn the concepts and methods for clear and strong writing. Twelve one-hour sessions.

Art

How to Look at and Understand Great Art – Learn the technical skills and knowledge necessary to comprehend the full richness of artworks. Discover the hidden significance of master paintings, sculptures, and prints. Eight one-hour sessions.

Everyday Urban Sketching – You'll learn how to render the buildings, the people, and the different environments. You'll practice techniques, journaling and storytelling with your sketches. You'll develop your skills in drawing, perspective, color, light, movement and more. Eight one-hour sessions.

Painting with Watercolors – The fundamentals of watercolors. You'll be introduced to supplies, techniques and materials and learn about different brushes and their care. You'll practice with different papers and create seascapes, botanicals, and bird portraits. Seven one-hour sessions.

Colored Pencil Basics – Combine the techniques of drawing with the power of vibrant color. This course is the perfect place to start if you are just beginning and a great resource for more experienced artists as well. Discover the astonishing range of colored pencils.

Health

Yoga for a Healthy Mind and Body – These twelve half-hour sessions are the ideal first step for a newcomer. After covering the history and physiological effects of yoga, your instructor will introduce you to a set of routines designed to improve your physical health. You'll learn how conscious breathing and mindfulness can produce many benefits for you. Six one-hour sessions. (Continued on Page 5)

Back to School – What would YOU like to Learn this Year?

(By Jack Schirner) (Continued from Page 4)

Optimizing Brain Fitness – Discover the secrets to increasing and expanding your brain's power to meet everyday challenges. Taught by a practicing neurologist, these lectures are filled with research-based exercises you can perform every day to tap into your hidden mental potential. You can improve your attention capabilities, your general memory and working memory. Six one-hour sessions

How to Stay Fit as you Age – You know very well that our bodies change over time, despite how we may feel inside. You can transform your experience of aging into a positive and healthy one. Create and practice a balanced, adaptable fitness program. Make the most of your life. Nine one-hour lessons.

These courses should get us started. We'll have more next semester.

JULY BIRTHDAYS

HAPPY BIRTHDAY

Lisa
August 11

Martin
August 2

SHOUT-OUT TO CARMEN FROM RIGHT AT HOME FOR PROVIDING US TREATS IN OUR BIRTHDAY LUNCHES!

FALLBROOK SENIOR CENTER SEPTEMBER 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
2 CLOSED LABOR DAY	3 Beef Lasagna Vegetable Garlic Bread Salad Fruit ▲	4 Baked Chicken Spinach Baked Potato Salad/Roll Fruit	5 Scrambled Eggs Biscuits with gravy Sausage Fruit/Muffin	6 Curried Shrimp Pasta Vegetable Salad/Roll Fruit
9 Sweet and Sour Meatballs Vegetables Barley Salad/Roll Fruit	10 Black Forest Ham Vegetable Baked Potato Salad/Roll Fruit	11 Chicken Salad w/Pita Vegetable Sweet Potato Salad/Roll Fruit	12 Birthday Lunch Meat Loaf w/gravy Vegetable Mashed Potatoes Salad/Roll Cupcake ▲	13 Fish Taco Vegetable Brown Rice Salad/Roll Fruit
16 Chicken Parmesan Vegetable Farro Fruit	17 BBQ Pork Chop Vegetable Baked Potato Salad/Roll Fruit	18 Been & Cheese Burrito Vegetable Barley Salad/Roll Fruit	19 Beef Stew Vegetable Corn Bread Salad/Roll Fruit	20 Fish and Chips Vegetable Baked Potato Fries Salad/Roll Fruit ▲
23 Chicken Rolled Taco's Vegetable Brown Rice Salad/Roll Fruit	24 Sloppy Joe on Bun Vegetable Potato Salad Salad/Roll Fruit	25 Roasted Chicken Vegetable Baked Potato Salad/Roll Fruit	26 Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	27 Baked Cod Vegetable Farro Salad/Roll Fruit
30 Tomato Basil Soup Cheese Quesadilla Vegetables Salad/Roll Fruit ▲			Fallbrook Regional HEALTH DISTRICT LEGACY ENDOWMENT Your pathway to community giving	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 SEPTEMBER 2024 ACTIVITY SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED LABOR DAY	**3** 9:00 Chess 9:00 Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	**4** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**5** 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**6** 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full) 12:00 Camera Club
9 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone 101	**10** 9:00 Chess 9:00 Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	**11** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting 12:30 Dominos	**12** 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**13** 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
16 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone 101	**17** 9:00 Chess 9:00 Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga 1:30 Dr. Patish (Foot Doctor)	**18** 9:00 Exercise Class 9:30 Veterans Group 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**19** 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**20** 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
23 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone 101 12:00 Learning about Parkinson's Disease	**24** 9:00 Chess 9:00 Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga	**25** 9:00 Exercise Class 10:00 Spanish II Class 12:00 Pinochle 12:00 Mah Jong 12:30 Dominos	**26** 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 12:30 Social Bridge	**27** 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge (Full)
30 9:00 Exercise Class 9:00 Pickleball 10:00 Spanish I Class 12:00 Pinochle 12:00 Smart Phone 101				

INTERGENERATIONAL ACTIVITIES

Mark YOUR Calendar

Nature Unplugged

Saturday, September 14th from 9:00 a.m. - 10:30 a.m.
This will be our last summer Intergenerational Activity
Join us at LIve Oak Park at 2746 Reche Road
Birdwatching, Crafts and Snacks
Binoculars and compasses will be provided.
Please call 760-728-4498 if you plan to attend.

Wild Wonders Animal Show held August 7th was enjoyed by all.

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

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Where Every Day Matters
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Come Join Us. (760) 728-8880
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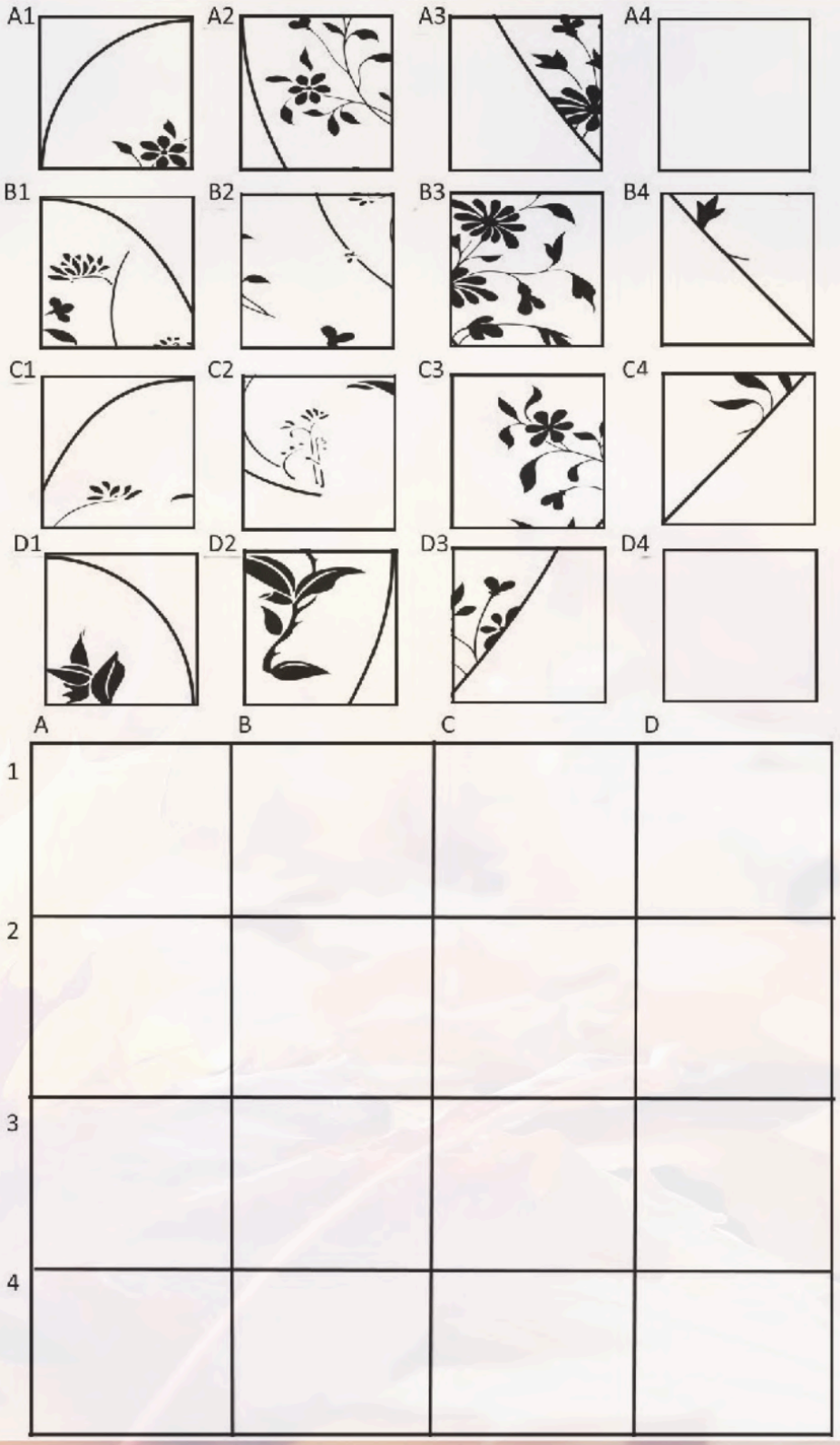
BRAIN TEASER

Draw each image to it's corresponding square



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

Grocery Outlet bargain market

Fallbrook Garden Club
EST 1931

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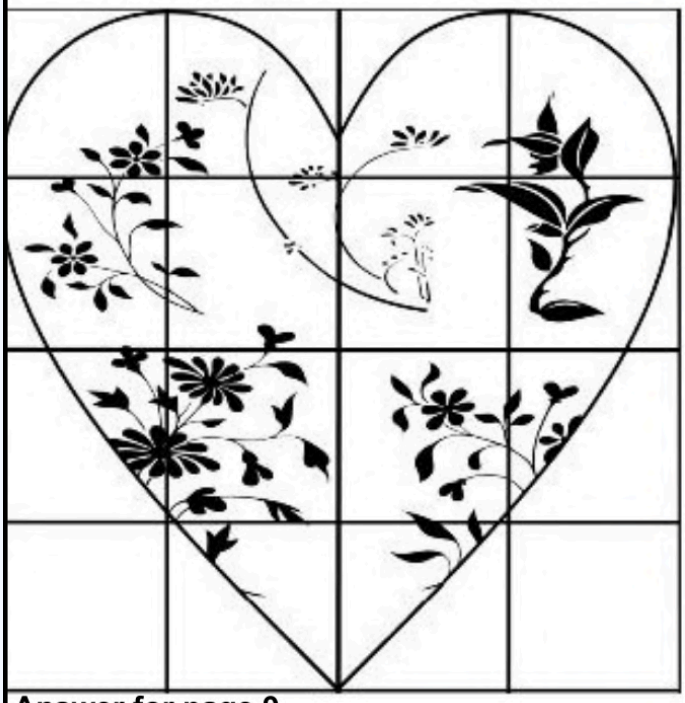
Regency Fallbrook
A Retirement and Assisted Living Community
A REGENCY PACIFIC COMMUNITY

Bringing independence to living and quality to life



Answer for page 9

VOLUNTEER OPPORTUNITY

"Those who bring sunshine to the lives of others cannot keep it from themselves."
-James Matthew Barrie

Consider volunteering at the Senior Center just a few hours a week. Call the office to see how you can help.

760-728-4498

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
THRIFT SHOP

Furniture

Home Decor

Clothing

Books & Media

Toys & Games

HOURS:
MONDAY - FRIDAY
9AM - 3PM

399 Heald Lane
Fallbrook, Ca 92028
760.723.4602