



Board Members

Nickie Williams
President

Ron Spencer
Vice President

Jack Schirner
Secretary

Carmen Cervantes

David Schwartz

Richard West

AS you may have surmised, I'm old. I am not there yet, but I am seemingly racing towards my 90th year on this planet. During the time I've been here, I've accumulated many life lessons that have been valuable to me. You've probably learned most of them as well, things like....

- It's just as easy to be positive as it is to be negative, but most problems are solved by being positive, not negative.
- There are two primary ways to be happy – by always showing your appreciation for your possessions and the people you meet along the way, and by helping other people.
- You don't need to be wealthy to have a fulfilling life.
- The most important guide in life is the Golden Rule. (Unfortunately, many young people have never heard of this guide, or so it seems.)
- A person can be well-schooled and still be ignorant, and some people can be uneducated and still be wise,

But one of the most important life lessons I've received was taught to me by a friend and business associate nearly a half century ago. Back in 1973, I met a couple of people who turned out to be very influential in my life. I don't need to identify them in this article, but they both devoted their lives to helping other people. They did not live an ostentatious lifestyle. They both worked hard throughout their lives. Some might think they were wealthy, but they believed that whatever they were given was enough to live an outstanding life. Sometimes they were frugal, often they were very generous. One was a teacher and active in an organization devoted to children ministries. His wife was a nurse for many years. I learned much from them both.

But perhaps the single most important lesson he taught me involved how to live your own life. The concept at first seems to be very simple. But the more you think about it and practice it, the more layers of complexity you discover. His lesson was, "Live your life as a Host, not as a Guest." He said that the population of the world is divided into two types of people, each person you meet will be either a "Host" or a "Guest." The population is not evenly divided, there are many more guests than



FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
Executive Director

Jeffrey Dionisio
Administrative Assistant

Araceli Flores
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

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
STORE**

(760) 723-4602

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

Manager: Saliha Raddini
Driver/Sales: Robert Mesquita

Life Lessons..continued

hosts. It's harder to be a Host.

Of course, he wasn't talking about literally becoming a host – throwing a dinner event or a birthday party – he was talking about have the attitude of a host. A host maintains an attitude of “What can I do to help?” or, “Unexpected problem? – I can take care of that.” There are times when all you need to be is a guest, such as while attending a movie or a theater performance, or when you take your car in for repairs, or call an electrician to install a ceiling fan.

If you've ever learned a new skill, while hoping that you'll never need to use that skill, such as CPR or the Heimlich maneuver, you're probably a host. If you've ever been stopped at a traffic accident or by a fire, and immediately thought “how can I help?” you're probably a host. If you've ever volunteered for any organization or event simply because you know you have the skill, knowledge, or time to help, you're probably a host.

Almost all first responders are hosts, but not all hosts are first responders. Almost all teachers or coaches are hosts, whether they are accredited or not. Almost all medical personnel are hosts, whether they are board certified or simply know first aid. Military personnel can be hosts, if they joined to serve their country, or guests, if they joined to avoid having to get a labor-intensive job. Almost every parent or coach is a host, and their children are guests - until their charges reach adulthood. If a child remains a guest beyond that time – there will likely be trouble ahead. Guests, on the other hand, typically think to themselves, “that's not my job, someone else will do it (or get it, bring it, or solve it).

Are you usually a guest, or are you usually a host? Your answer probably will determine how happy you are, or how fulfilling your life is, or becomes. Try your best to be a host.

Don't miss out on these classes

**Beginning Line Dance Class will start
Tuesday, January 3rd at 10:00 a.m.**

Spanish 1 or Spanish 2 classes

**If you are interested call the office at
760-728-4498 to sign up.**

Chess Group

Whether you would like to learn or a long time player we
have the group for you!

**Come join the Chess Group meeting on
Tuesday mornings from 9-11**

Christmas Tree Lighting

The Christmas Tree Lighting was held at the Community Center on Friday, December 2. The Senior Center had a booth there with crafts for kids and a Gift Box of Toys that we held a drawing for. The ticket was drawn at the end of the evening and the recipient was Krystal Hager.



Holiday Lunch



**Holiday Pictures
December 15**

Holiday Lunch



**More
Holiday Pictures
December 15**

FALLBROOK SENIOR CENTER JANUARY 2023 MENU

Serving Lunch at the Fallbrook Community Center - 341 Heald Lane - Monday - Friday at 11:15 a.m.

RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE - CALL 760-728-4498



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|--|---|---|---|
| 2 CLOSED  | 3 Orange Chicken Spinach Roasted Potato Mixed Green Salad w/walnuts Whole Wheat Roll Cantaloupe | 4 Beef Stroganoff Winter Blend Whole Wheat Pasta Mixed Green Salad w/garbanzos Pears | 5 Chicken Tamales Black Beans Brown Rice Mixed Green Salad Orange ▲ | 6 Baked Pollock w/Garlic and Lemon Roasted Brussels Sprouts Quinoa Mixed Green Salad w/walnuts Tropical Fruit |
| 9 Salisbury Steak Corn Quinoa Mixed Green Salad Strawberries | 10 Coconut Milk Curry w/garbanzos Green Beans Brown Rice Mixed Green Salad w/red peppers Apple | 11 Honey Mustard Chicken Baby Carrots Baked Potato Mixed Green Salad Whole Wheat Roll Orange | 12 Birthday Lunch BBQ Ribs California Blend Sweet Potato Fries Mixed Green Salad w/walnuts Whole Wheat Roll Grapes | 13 Fish Veracruz Broccoli Quinoa Mixed Green Salad Banana |
| 16 CLOSED  | 17 Vegetable Lasagna Broccoli 3 Bean Salad Whole Wheat Roll Apple ▲ | 18 Pork Loin Spinach Mixed Green Salad Baked Potato Whole Wheat Roll Cantaloupe | 19 Pesto Bruschetta Chicken Asparagus Brown Rice Mixed Green Salad w/walnuts Strawberries | 20 Fish and Chips Mixed Vegetables Baked Potato Fries Mixed Green Salad w/garbanzos Whole Wheat Roll Tropical Fruit |
| 23 Baked Chicken Corn Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Canned Peaches | 24 Sweet and Sour Meatballs Capri Blend Quinoa Mixed Green Salad Mandarin Orange | 25 Beef Tips Cauliflower Whole Wheat Pasta Mixed Green Salad w/garbanzos Apple | 26 Chicken Pot Pie Brussels Sprouts Mixed Green Salad w/garbanzos Whole Wheat Roll Fruit Cocktail ▲ | 27 Fish Taco's Fiesta Blend Whole Wheat Tortilla Mixed Green Salad Banana |
| 30 Spaghetti and Meatballs Zucchini w/red peppers Whole Wheat Pasta Mixed Green Salad w/walnuts Tropical Fruit | 31 Turkey Stuffed Bell Pepper Green Beans Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Apple | RESERVATIONS REQUIRED BY 11:15 A.M. THE DAY BEFORE. MONDAY RESERVATIONS DUE THE FRIDAY PRIOR. | | Suggested contribution: \$5.00 per meal for seniors 60 and older. There is a \$10.00 charge for non-seniors. Meals include small salad, bread, and milk. Menus are subject to change without notice. ▲ denotes meal ≥1,000 mg of sodium |

FALLBROOK SENIOR CENTER JANUARY 2023 ACTIVITY SCHEDULE

399 Heald Lane Fallbrook CA 92028 760-728-4498



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|---|--|--|--|--|
| 2  CLOSED | 3 9:00 Line Dancing 10:00 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga | 4 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong | 5 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge | 6 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 12:00 Camera Club |
| 9 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu | 10 9:00 Line Dancing 10:00 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga | 11 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting | 12 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge | 13 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge |
| 16 CLOSED  | 17 9:00 Line Dancing 10:00 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga | 18 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong | 19 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge | 20 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge |
| 23 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu | 24 9:00 Line Dancing 10:00 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga | 25 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong | 26 9:00 Line Dancing 10:00 Beginning Line Dance 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge | 27 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge |
| 30 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 1:00 Fun Fu | 31 9:00 Line Dancing 10:00 Beginning Line Dance 9:00 Chess 12:30 Chair Yoga |  | | |

Fallbrook Senior Center Thrift Shop



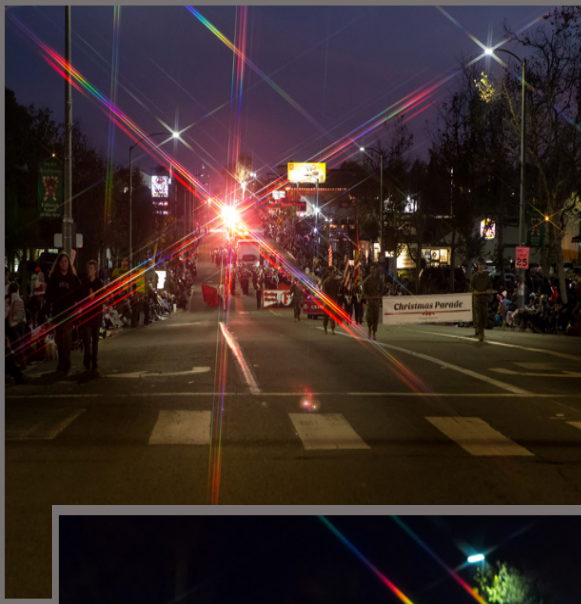
**10% off with your
membership!**



**Hours Monday - Friday 9am - 3pm
760 723.4602**

The Christmas Parade

Below are photos from the Christmas Parade that was held Saturday, December 3rd. Our Ukulele Group the Strummers represented the Senior Center on a trailer that was wonderfully decorated. The Strummers played Christmas music as the tractor drove them down Main Street.





Don't let this be your last Newsletter!

The Senior Center membership is valid from January – December of each year. It is time to join up again for 2023.

You can easily become a member of the Senior Center and begin enjoying the benefits of membership. This includes participation in the center's activities like: Pickleball, Mah Jong, Line Dancing, Exercise Classes, Yoga, Cribbage, Ukulele, Spanish Class and more. You can browse through our library or enjoy a cup of coffee, cookies and relax in the lounge.

With membership you will also receive a 10% discount in our Thrift Shop and get a copy of our newsletter.

Membership dues are still only \$15.00 for the calendar year. Stop by the office to sign up or mail your membership application in with a check payable to Fallbrook Senior Center.



FALLBROOK SENIOR CITIZENS'S SERVICE CLUB

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

Membership Application - Annual Dues \$15.00

Name: _____ **Date:** _____

Address: _____ **City, State, Zip:** _____

Phone: _____ **Date of Birth:** _____

Emergency Contact: _____ **Phone:** _____

Do you wish to receive the monthly newsletter? ☐ **Yes** ☐ **No**

If yes, how would you like to receive the newsletter? ☐ **Mail** ☐ **Email** ☐ **Both**

Email (required for email option on newsletter): _____

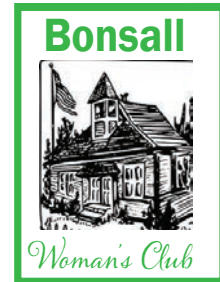
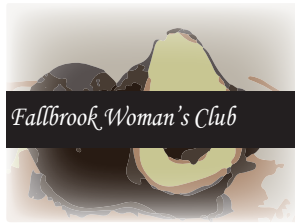
Would you like to receive updates and notifications via email? ☐ **Yes** ☐ **Opt out of notifications**

Current/Prior Occupation: _____ **Hobbies & Interests:** _____

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

Signature _____

- SUPPORTERS -



- PARTNERSHIPS -



- IN-KIND DONORS -



Lunch Reservations

- Due to the rising costs of food we will be switching to a lunch reservation system.
- Beginning, November 1st lunch reservations will be required.
- Serving time will be 11:15am
- **Reservations are needed by 11:15 a.m. the previous day (for Monday lunch, reservations are due 11:15 a.m. on the Friday before)**
- Walk-ins will receive a meal only if an existing reservation is not upheld by 11:15am.
- Weekly reservations can be made.

Call the office at 760-728-4498 to make your reservation.



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 service. 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



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.

smart  **cremation**

Cremation Planning Specialists

Martha Franco - 714-273-9980
Local Area Representative

Call for your free Planning Guide.