

Fallbrook Senior Center Chronicle

December
2021

Happy
Holidays



BOARD MEMBERS

Nickie Williams
Acting President

Ron Spencer
Vice President

Joan Spencer
Treasurer

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Secretary

Carmen Cervantes

Matt Obermueller

David Schwartz

Richard West



The Fallbrook Senior Center

presents

Holiday Movie Night

& Silent Auction!



Friday, December 3, 2021 • Doors open at 5pm

Fallbrook
Mission
Theater
231 N. Main Ave

\$10 presale tax
\$12 at the door

visit www.fallbrookseniorcenter.com or call (760) 253-8904 for tickets!

New Mask Guidelines: Those who have been vaccinated are not required to wear a mask.
(Link below for current guidance from the California Department of Public Health.)

Those who have not been vaccinated are required to wear a mask. Reference Link: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx#June15guidance>
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings>



FALLBROOK SENIOR CENTER STAFF

Rena Rasmussen
Executive Director
Nutrition Manager

Araceli Flores
Lance McNatt
Server/Housekeeping/Driver

Jeffrey Dioniso
Administrative Assistant

Rodolfo Pedroza - Chef
Steven Spencer
Veronica Orozco
Kitchen Assistants

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 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*

Representative: *Phoenix Vantveer*



Major Market

Don't forget to save your receipts from Major Market and bring them in to 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.

To Be OR Not to Be...?

A Member of the Fallbrook Senior Center...

What a time it has been these last two years! In March 2020, the Senior Center was forced to close its doors because of COVID-19. Although the Meal Programs were able to continue, no activities or services could be offered. More than a year later in May 2021, the first activities resumed while observing social distancing. Through all this time, our members continued to encourage the Senior Center through donations and inquiries about how staff were doing and asking when the Center was going to reopen. Despite the closures and limited activities during this time, more than 100 new members joined the Senior Center. Thank you, to all of our members, for your on-going support!

Last January, the Senior Center announced that the membership renewal fee of \$15 would be waived for 2021 due to our members being unable to participate in activities during most of 2020. Now as we approach a new year and most activities have resumed, the Senior Center is pleased to tell you that the annual membership fee will remain unchanged at \$15 for the year beginning January 2022. The office began accepting membership renewal payments last month and will continue in December for the 2022 year. New membership (not renewal) fees paid prior to November are not prorated.

What does the \$15 membership fee buy you? First, members receive a 10% discount on everything they buy in the Thrift Shop. Be sure to show your membership card every time you shop. Spend just \$150 in the Thrift Shop and you've paid for your membership! Next, members are given exclusive pricing on special events. In October, the Senior Center hosted a pickleball clinic and our members received \$5 off the standard registration fee. Finally, members receive the Fallbrook Senior Center Chronicle, our monthly newsletter filled with informative articles, brain games, the monthly meal menu and activities calendar, along with announcements of what's happening at your Senior Center. Membership in the Fallbrook Senior Center is not mandatory, but your membership fee goes toward the general operating expenses that help us keep the Center a safe, clean and welcoming place where everyone who comes has an enjoyable time. Please consider renewing your membership today and remain a part of the 524 members who call the Senior Center, their Center.

A BIG
Thank
YOU

— **SUPPORTERS** —



— **PARTNERSHIPS** —



— **IN-KIND DONORS** —





“And mom in her kerchief and I in my cap, had just settled in for a long winter’s nap.”

by Jack Schirner

Ah yes, everyone loves a good nap, or so it seems. But naps have been both a curse and a blessing to me all my life. So, this month I decided to do a little research on naps to see if many other people are as affected by them as I have been. I think my obsession with sleep started when I was in kindergarten. Because I went to a one-room country school and was the only student in my grade, I didn’t get to unroll a rug and take a nap like most kids in kindergarten did at that time. But I sure made up for the naps I missed when I got to High School and College. Instead of earning a yearbook graduation picture tag line like, “Most likely to Succeed,” or, “He came, he studied, he conquered,” my tag line said, “He never sleeps in study hall unless the teachers make so much noise he can’t sleep in class.” What a legacy. I’ve always been able to sleep at the drop of a hat (sometimes standing up), which has been a blessing and, more often, an embarrassing condition. Like when someone falls asleep and snores in the theater during a live performance of the ballet “Swan Lake.” Do you too have sleep issues?

I’ve asked myself many questions about sleep. Is napping a good thing or not? Can you get too much sleep? Why do I always feel tired? Should I consider a sleeping pill? Is my sleep apnea damaging my health? Here’s some of what I found.

If you’ve ever had trouble sleeping and have researched the subject yourself, you may know that there are four or five different stages of sleep, and each stage is divided into one of two types of sleep. Without getting too technical, the two types of sleep are either “REM” (Rapid Eye Movement), or Non-REM. Both types are important to help your body (both mentally and physically) rejuvenate and prepare for

the next day. How long you sleep each night, especially how much stage three (“deep sleep” – REM) sleep you get, can drastically affect your overall condition from day to day. The other three stages are all non-REM stages that perform the other important aspects of sleep, like helping you calm down and shut down certain functions, or helping you wake up and re-activate your brain or other bodily functions.

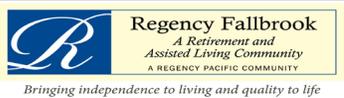
We all need an average of seven to eight hours of quality sleep each night. There are many things that can affect the quality of your sleep. Your pillow, your mattress, sleep apnea, the noise level, the light level, the amount of caffeine or alcohol in your system, your activities scheduled for the next day, etc., can all contribute to your sleep either positively or negatively. If you are always tired during the day you may have a medical condition, or the length or quality of your sleep could be a factor in your drowsiness.

Getting back to naps, are they good or bad? The experts suggest that the answer to that question is “yes.” Frequent naps may be a signal of underlying health conditions that should be addressed. On the other hand, other experts say that napping two or three times a week might be good for your heart health. Our minds and bodies need to be powered off for about a third of their existence. Shutting down allows our vital organs time to rest. There is still no consensus among doctors regarding the role napping plays in our health. The closest they seem to get is to say that as long as a person doesn’t have issues with insomnia, there’s nothing wrong with napping, and it may help reduce heart ailments.

So, naps are OK, but can I sleep too much? Doctors and scientists seem to agree that oversleeping is linked to a variety of medical problems, including diabetes, heart disease, and increased risk of death. Two other factors, depression and low socioeconomic status, are closely related to oversleeping. Chronic oversleeping can also lead to obesity and back pain. Yes, you can sleep too much.

Sleep is one of the three pillars of healthy living, along with diet and exercise. But like almost everything else, too little or too much is not a good thing. Sleep well.





Senior Living, Assisted Living and Memory Care Community

Take the stress off yourself! Let us take care of the housecleaning, the cooking, driving and home maintenance!

Live a care-free life at Regency Fallbrook!

Find out how Regency Fallbrook can assist you with your long term or short-term needs by scheduling a tour!

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

NOVEMBER 2021

HAPPY BIRTHDAY

Dorothy Roth, born in Florida on Nov. 11th & has lived in Fallbrook for 41 yrs.

Rose Marie Peralta, born in the Philippines on Nov. 18th & has lived in Fallbrook for 46 yrs.

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.

Birthday Table Decorated by Freda Shade & Sally Sutter

FALLBROOK HOUSE CLEANING & HANDYMAN SERVICES
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Dear Neighbors: We Wear Masks, Gloves & Stay 8ft Away!!!
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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.

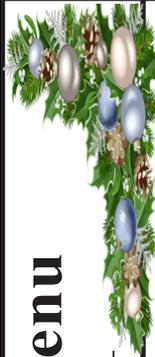
Bradley Massey
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Phone:
(760)815.6827

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

Fallbrook Senior Center — December 2021 Menu

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

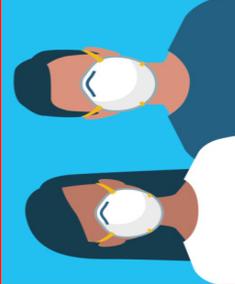


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Suggested donation: \$5.00 per meal for seniors 60 and older. There is a \$7.00 charge for non-seniors. Meals include small salad, bread and 1% milk. Menus are subject to change without notice. ▲ denotes meal >1,000 mg of sodium</p> <p>6 ▲ Spaghetti w/Meatballs Zucchini Mixed Green Salad Whole Wheat Spaghetti Cantaloupe</p>	<p>COUNTY OF SAN DIEGO HHSA HEALTH AND HUMAN SERVICES AGENCY Aging and Independence Services Fallbrook Regional HEALTH DISTRICT</p> <p>7 Baked Chicken Sweet Potatoes Brown Rice Mixed Green Salad Watermelon</p> 	<p>1 ▲ Polish Sausage w/Sauerkraut Brown Rice Mixed Vegetables Mixed Green Salad Whole Wheat Roll Banana</p>	<p>2 Baked Cod w/Mushrooms Scalloped Potatoes Green Peas Mixed Green Salad Whole Wheat Roll Orange</p>	<p>3 Mild Chicken Tamales White Rice Black Beans Coleslaw Whole Wheat Roll Apple</p>
<p>13 Chicken Pot Pie Butternut Squash Mixed Green Salad Whole Wheat Roll Mango Slices</p> 	<p>14 Stuffed Bell Peppers w/Ground Turkey Roasted Potatoes Chinese Spinach Mixed Green Salad Whole Wheat Roll Canned Apricots</p>	<p>8 Baked Lemon Tilapia White Rice Baby Carrots Mixed Green Salad Whole Wheat Roll Tropical Fruit</p>	<p>9  Roast Beef w/Gravy Normandy Blend Vegetables Mashed Potatoes Mixed Green Salad Whole Wheat Roll Birthday Cake/Blueberries</p>	<p>10 Baked Salmon Corn and Peas Quinoa Coleslaw Grapes</p> 
<p>20 Pork Loin Baked Potato Broccoli Mixed Green Salad Whole Wheat Roll Banana</p>	<p>15 Beef Pepper Steak Brown Rice Broccoli Mixed Green Salad Banana</p>	<p>15  BBQ Ribs Baked Beans (low sodium) Baby Carrots and Quinoa Mixed Green Salad Whole Wheat Roll Dessert/Honeydew Melon</p>	<p>16 BBQ Ribs Baked Beans (low sodium) Baby Carrots and Quinoa Mixed Green Salad Whole Wheat Roll Dessert/Honeydew Melon</p>	<p>17 Fish Veracruz White Rice Brussel Sprouts Coleslaw Whole Wheat Roll Apple</p>
<p>27 Swiss Steak Scalloped Potatoes Mixed Vegetables Mixed Green Salad Whole Wheat Roll Banana</p>	<p>21 Baked Chicken Lima Beans Brown Rice Mixed Green Salad Cantaloupe</p> 	<p>22 ▲ Split Pea Soup w/Tuna Sandwich on Whole Wheat Baby Carrots Mixed Green Salad Oranges</p>	<p>23 Chicken Alfredo California Blend Vegetables Mixed Green Salad Whole Wheat Penne Grapes</p>	<p>CLOSED - CHRISTMAS EVE 24</p> 
<p>28 Beef Cabbage Rolls Brown Rice Peas and Carrots Mixed Green Salad Mandarin Oranges</p>	<p>29  Crab Cakes White Rice Corn Mixed Green Salad Whole Wheat Roll Ambrosia/Orange Juice</p>	<p>30 Beef Chili w/Beans Whole Grain Cornbread California Blend Vegetables Mixed Green Salad Grapes</p> 	<p>31 CLOSED - NEW YEAR'S EVE</p> 	<p>CLOSED - NEW YEAR'S EVE 31</p>

Fallbrook Senior Center — December 2021 Activity Schedule

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>New Mask Guidelines:</p> <ul style="list-style-type: none"> • Those who have been vaccinated are not required to wear a mask. • Those who have not been vaccinated are required to wear a mask. 				
<p>8:00 Cribbage</p> <p>9:00 Senior Wellness Exercise</p> <p>9:00 Pickleball</p> <p>11:30 ACBL Bridge - SET FEE</p> <p>11:30 Pinochle</p> <p>12:00 Photography Class - Lounge</p> 	<p>9:00 Line Dancing</p> <p>10:00 Mastering Basics of Line Dancing</p> <p>11:00 Tai Chi</p> <p>12:00 Social Bridge</p> <p>12:30 Ping Pong</p> <p>12:30 Pool Tournament</p>	<p>9:00 Senior Wellness Exercise</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jong</p> <p>12:30 Board Meeting</p>	<p>9:00 Line Dancing</p> <p>10:00 Mastering Basics of Line Dancing</p> <p>11:15 ACBL Bridge - SET FEE</p> <p>12:30 Pool Tournament</p> <p>1:30 Beginning Social Bridge</p>	<p>9:00 Senior Wellness Exercise</p> <p>9:30 Beginning Ukulele</p> <p>11:00 Ukulele</p> <p>11:30 Social Bridge</p>
<p>8:00 Cribbage</p> <p>9:00 Senior Wellness Exercise</p> <p>9:00 Pickleball</p> <p>11:30 ACBL Bridge - SET FEE</p> <p>11:30 Pinochle</p>	<p>9:00 Line Dancing</p> <p>10:00 Mastering Basics of Line Dancing</p> <p>11:00 Tai Chi</p> <p>12:00 Social Bridge</p> <p>12:30 Ping Pong</p> <p>12:30 Pool Tournament</p>	<p>9:00 Senior Wellness Exercise</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jong</p> 	<p>9:00 Line Dancing</p> <p>10:00 Mastering Basics of Line Dancing</p> <p>11:15 ACBL Bridge - SET FEE</p> <p>12:30 Pool Tournament</p> <p>1:30 Beginning Social Bridge</p>	<p>9:00 Senior Wellness Exercise</p> <p>9:30 Beginning Ukulele</p> <p>11:00 Ukulele</p> <p>11:30 Social Bridge</p> 
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<p>8:00 Cribbage</p> <p>9:00 Senior Wellness Exercise</p> <p>9:00 Pickleball</p> <p>11:30 ACBL Bridge - SET FEE</p> <p>11:30 Pinochle</p>	<p>9:00 NO LINE DANCING</p> <p>10:00 NO LINE DANCING</p> <p>11:00 Tai Chi</p> <p>12:00 Social Bridge</p> <p>12:30 Ping Pong</p> <p>12:30 Pool Tournament</p>	<p>9:00 Senior Wellness Exercise</p> <p>12:00 Pinochle</p> <p>12:30 Mah Jong</p>	<p>9:00 NO LINE DANCING</p> <p>10:00 NO LINE DANCING</p> <p>11:15 ACBL Bridge - SET FEE</p> <p>12:30 Pool Tournament</p> <p>1:30 Beginning Social Bridge</p>	<p>CLOSED - NEW YEAR'S EVE</p> 

HOSPICE OF THE VALLEYS

Caring for our community since 1982



951-200-7800

www.HospiceoftheValleys.org

Fallbrook services generously supported by FRHD



Be Involved – Need Game Organizers

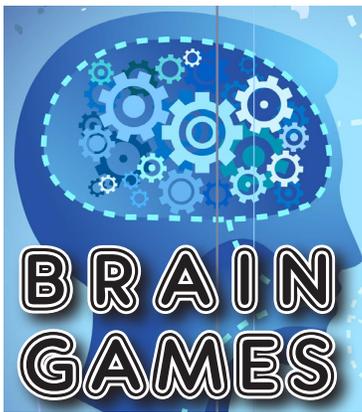
One of the ways we can begin to get back to normal is to make plans to resume as many activities as possible, as soon as possible. One of those activities is a staple for many of our members. Bingo offers several benefits to players and to the Center because the games are a form of fundraising for us. When we resume the Bingo games, we would like to make them even more exciting, with a larger audience and a variety of new features. Bingo offers a social interaction activity that is fun, mentally stimulating, and potentially financially rewarding to every participant. As you may know, our bingo games are open to anyone and everyone over the age of 21, whether the participant is a Senior Center member or not.

To prepare for Bingo resumption, we need to find several volunteers who could assist in organizing the games. We also need to find several volunteers who like to be in front of an audience, who have a good sense of humor, and who have a loud, clear speaking voice to become callers for the games. Each volunteer participant must be approved by the San Diego County Sheriff's department because our games are a legal form of gambling.



One of the potential new features of our games will enable our players to dress in outrageous blinged-out costumes and potentially win prizes for being “Best Dressed.” We will again have tasty treats, along with coffee and teas, during intermission. If you can help, please contact the office at (760) 728-4498 and we will discuss the requirements and opportunities with you.

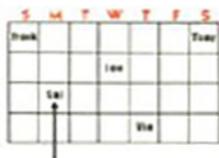
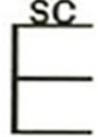
• DECEMBER 2021 •



• WACKY SNACKIES •

December is a month for having a variety of foods. Get good and hungry and chew on these images. Each one represents something edible, but as usual a variety of word-cooking tricks were applied – not all of them from the recipe books. Can you figure out what is on the menu? Try to solve them without peeking at the answers (found later in this Chronicle).

• Good Luck and Bon Appétit. •

1 	2 	3 	4 
5 	6 	7 	8 
9 	10 	11 	12 
13 	14 	15 	16 
17 	18 	19 	20 



20% Off ALL Christmas & 2nd Floor Items in December!

The thrift shop will be closed on Friday, December 24th & 31st 2021.

Have a fun and safe Holiday Season!



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**

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***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!**



A REMARKABLE WOMAN

The "Remarkable Women of Greater Fallbrook" is the name of a calendar and the theme of last month's fundraiser for the Fallbrook Senior Center. Unfortunately, one woman who was very deserving of being featured in the calendar, and had accepted the invitation to be photographed, at the last minute was not able to participate due to a tragedy in her family. This month, the Senior Center would like to honor the remarkable woman, Lucy Taylor, and share a little about the many contributions she made to the village of Fallbrook.

Many remarkable people call the Greater Fallbrook area home, and they dedicate thousands of hours volunteering their time to make the community a village we all love. Lucy Taylor is such a woman.

After one of Lucy's sons died in 1983, she needed a pursuit to help get her mind off the pain. "I was really praying that God would fill my hands and my mind, and not just let me dwell on the death of my son," she said. Lucy became affectionately known as the "Cake Lady", and would start each day at 3am reading her Bible and then baking 7 or 8 cakes that she would personally deliver to individuals or businesses just to bring them joy. Lucy volunteered as a pink lady for over 30 years at the Fallbrook Hospital. Then, seeing a need and sensing the call, Lucy attended Bible classes to become a chaplain and continued volunteering for the hospital as chaplain. In addition to her duties as chaplain, Lucy also provided transportation

for patients to go to doctor's appointments. Lucy once said, "I don't mind getting old -- I just mind falling apart, and I'm not completely fell apart yet, I'm still going." When asked what keeps her going, Lucy responded, "I love doing what I do." The same sentiment was heard from many of the remarkable woman featured in the Fallbrook Senior Center's 2022 calendar. Lucy no longer bakes cakes and has become non-communicative, but she hasn't lost her smile that she shared with everyone she met.



The Calendar Girls Fundraiser was well attended. Approximately 150 people were there to support the Senior Center and enjoy the evening. There was a lot of smiles and laughter for all who were in attendance.



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.

FALLBROOK SENIOR CENTER BI-WEEKLY POOL TOURNAMENTS

Know how to shoot pool or want to learn? Don't want to go to a bar or have anyone to play with? If these apply to you, we have the solution. We have pool tournaments at 12:30 p.m. each Tues. & Thurs. No cost to play (and no prizes for winning, but your name will be in our newsletter). The tournaments are open to men & women and are usually played with two player teams. Usage of the pool room is restricted to 10 players at a time and is also open during the week, contact the office for table availability. Come join us and show off your talents, or just have a good time.

WE ARE LOOKING FOR MORE PLAYERS



Past Pool Tournament Winners:

- 2/13/20 Don Thomas
- 2/20/20 Russ Kortlever
- 2/27/20 Dan Novak
- 3/3/20 Dan Novak & Jim McRae
- 3/5/20 Nelson Eagle
- 3/10/20 Jim McRae & Nelson Eagle
- 2/18/20 John Gavula
- 2/25/20 Diane Hein

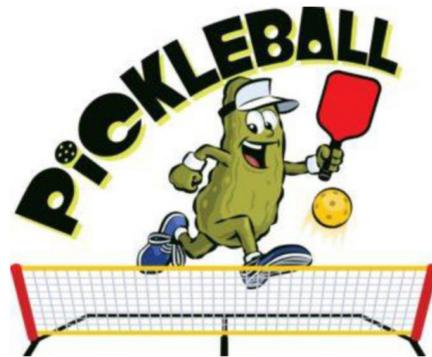
You could be our next winner!



Practice begins at noon and the tournament start time is 12:30 p.m. All are welcome - Come join in!

December 2021 Brain Game Answers:

1. Slim Jim (Slim Gym), 2. Shrimp Cocktail, 3. Toast, 4. Herring, 5. Saltine (Salt in E), 6. Macaroni (Ma car on I), 7. Fish, 8. Salmon (Sal Mon), 9. Noodles, 10. Weenie (Wee knee), 11. Linguine (L in G, U in E), 12. Raisin Bread (RA is in Bread), 13. Doughnuts, 14. Filet (file T), 15. Apple Turnover, 16. Calzone, 17. Trail Mix, 18. Truffles (T ruffles), 19. Scone (SC on E), 20. Antipasto



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

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

