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Gee Whillikers Mister – It's a Lost Language!

by Jack Schirner

I happened to see a discussion of old words and expressions online recently and thought you might enjoy them. I adapted the discussion to share with our members. Of course, some of our members are still relatively young (50 to 65) and may not remember any of these words or expressions. Being at least 30 years older than some of you, I remember pretty much all of them. But most of them are now gone forever.

The other day a not so elderly (I'd say about 75) lady said something to her grandson about how she used to drive a *jalopy*; and he looked at her quizzically and said, "What the heck is a *Jalopy*?" He had never heard the word *Jalopy*. She knew she was old, but not that old.

"Heavens to Murgatroyd." Have you ever said that? My spellcheck says that *Murgatroyd* is not a real word, but I know many who have used it in the past.

Well, I hope you are *Hunky Dory* after you read this. Do you remember, "*Don't touch that dial*;" "*Carbon copy*;" and, "*You sound like a broken record*." After a hard day, you were *Put through the Wringer*; or maybe, *Hung out to dry*.

"Heavens to Betsy," "*Jumping Jehoshaphat*," and "*Holy Moley*" were once common everyday expressions. We were *in like Flynn* and *living the life of Riley*; and even a *regular guy* couldn't accuse us of being a *knucklehead*, a *nincompoop*, or a *pill, not for all the tea in China*. Life used to be *swell*,

but now the word "*swell*" has gone the way of *beehives*, *pageboys*, and *D.A.s*; of *spats*, *knickers*, *fedoras*, *poodle skirts*, *saddle shoes*, *white bucks*, and *pedal pushers*.

When you first began to drive, you probably did so in a *stick shift*, or maybe you had *four on the floor*. You may have had *running boards*, *white walls*, *wind wings*, *curb feelers* and maybe even a *suicide knob*. If you were lucky, your grandparents had a *rumble seat*. With gas under



\$.50 a gallon, you often took a Sunday afternoon drive just to read the *Burma Shave* signs.

If you grew up on a farm, you had to cross the barnyard with your *galoshes* or *four buckles* on. If weather conditions were tolerable, you may have used a *two-holer*. If not, you used a *chamber pot*. When you wanted a drink of water, you probably had to *prime the pump*. Your house had a *wash board*. Your *party line* wasn't what it sounds like. You used a *slop bucket* to dispose of cooking waste. (And now we use one again in 2022.)

When a young couple got married, you may have

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FALLBROOK SENIOR CENTER STAFF

Susie Gonsalves
Executive Director

Jeffrey Dionisio
Administrative Assistant

Araceli Flores
Lance McNatt
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-](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

fallbrookscdirector@gmail.com
www.fallbrookseniorcenter.com

Thrift Shop

760-723-4602

Monday - Friday 9-3

Closed Saturday & Sunday

Manager: Saliha Raddani

Driver/Sales: Phoenix Vantveer



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.

Gee Whillikers Mister continued

thrown them a *shivaree*. Any unmarried woman over 25 was thought to be an *old maid*. Any man over 30 was considered to be an *old geezer*. The old geezers thought anyone under 20 was a *young whippersnapper*. When kids acted up, they were having a *hissy fit*.

"So's your old man," "Hot Diggity Dog," "Hold your horses," and, "That's a bunch of Baloney," were regularly heard, along with, "Oh, my aching back." "Kilroy was here," but he isn't anymore. Before you can say, "Well I'll be a monkey's uncle," or, "This is a fine kettle of fish," we discover that the words we grew up with, the words that seemed as omnipresent as oxygen, have vanished. Long gone are, "Pshaw," "The milkman did it," "Hey, it's your nickel," "Don't forget to pull the chain," and "Knee high to a grasshopper."

Those were the days when the strongest statement of dismay was – "Oh fiddlesticks." We were *Going like Sixty*, and when we parted, we said, "I'll see you in the funny papers," or, "Don't take any wooden nickels." If we didn't agree with someone we may have said, "Wake up and smell the roses."

It turns out there are more of these lost words and expressions than *Carter has liver pills*. We had a *lot of moxie*, but now we've learned to *straighten up and fly right*.

These are the words of our youth, the words we've left behind. We blinked and they're all gone. Just like phone booths. Where will Superman go to change again? When was the last time you said, "Okidoki?"

We were given one of our most precious gifts: living in the peaceful and comfortable times, created for us by the "Greatest Generation." No one will ever have that opportunity again.

Jeepers Creepers, this article is getting too long. So, I'll *skedaddle* without any more *monkey business*, I'll say, "See ya later, Alligator", and you can say, "After while Crocodile," Okidoki?"



Membership Meeting

**A membership meeting will be held on
Thursday, August 11th at 10:00 a.m.**

Come and get all the latest updates on your Senior Center. New plans for the Thrift Shop and the upcoming Board elections are just a couple of the topics that will be covered.

Happy Birthday



*Dalia Mendoza
July 12th*



*Johny Romero
July 24th*



Entertainment by the Fallbrook Ukulele Strummers

*Join us the 2nd Thursday of each month where 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.*

YES

by Jack Schirner

In the early 1980s, Nancy Reagan introduced an ad campaign to address the escalating drug problem around the country. Although the campaign was meant for everyone, the “Just Say No!” campaign was especially aimed at school-aged children and young people in general. In spite of its good intentions and the fact that the campaign lasted a little over ten years, it never was considered to have been very successful, as you might know from listening to current news reports about the soaring rates of addiction, crime, and homelessness. I think that one of the reasons the ads fell short of their intended consequences was that we all have some bias against negative suggestions. Every day we face a barrage of signs and instructions telling you to don’t do something. “Don’t walk on the grass,” “Keep Out,” “No right turn,” “No Soliciting,” “No Parking,” “No Standing,” “No Running,” “You shouldn’t even think about travel this Year,” “No gathering in groups unless you stay six feet apart,” “No dogs allowed,” “No bikes,” “No Entrance,” “No Exit,” etc., etc., etc.

As a result of this constant negativity in our lives, some of us may get in the habit of always saying “no” to any request offered to us. “Do you want to go to the Fair this year?” “No.” “Would you like to go to a movie this weekend?” “No,” “Will you consider giving a donation of ten dollars a month to help feed our neighbors in need?” “No,” “Why don’t you try Ballroom Line Dancing?” “No,” etc., etc., etc.

Of course, the pandemic that we all experienced over the last couple of years may also have had something to do with your hesitancy to go out again. Many people have become quite comfortable just doing nothing. And the price of gas may also affect our desire to drive more than a block away. There may be many reasons why a person frequently says “no,” but a negative reaction shouldn’t always just be a knee-jerk reaction either.

Always saying no, without weighing your response, may close the door to many life experiences. A simple yes may have opened the door to something that could change your life completely. If you had gone to the fair, you may have met an old friend that you hadn’t seen for years, or you may have purchased a newly invented gadget of some type that you didn’t know existed, which ended up making your daily chores much easier. If you had said yes to the request to donate, you may have learned much later that you were helping a dear friend who you had no idea was in trouble and needed your help. If you had tried Line Dancing, maybe you could have become so good that you would be called up to star in.... Wait! I’m getting a little carried away. You won’t be called up at all, but you may experience real benefits to your mind and body and shed some aches and pains.

If you too got very comfortable during the pandemic and now you feel withdrawn from life, things will pick up if you say “yes” more often. If you can little by little get used to saying yes more, one yes will usually lead to another, and that’s when the fun starts. New life experiences lead to stories, and stories enrich your life.

Now I’m not suggesting that you always say yes to everything, especially those activities targeted by the “Just Say No” campaign. But when an activity or event that wouldn’t hurt you or anyone else is offered to you, try saying yes and see what happens. Even if the activity doesn’t work out like you had hoped, you’ll have a new life experience, and a new story. Even some of the worst experiences (as long as no one gets hurt) make the best stories. Even though positivity should not be blind and unlimited, saying yes more often can definitely be rewarding. You will meet people you would never otherwise have met, go to places you would never otherwise have gone, and do things you would never otherwise have done.

Which brings me to the point of this article. (You know by now that I always have trouble getting to the point). The point is that your Senior Center needs four members to step up and run for a term on the Board of Directors, since four existing Board Members’ terms will be expiring in December. And we still need multiple volunteers to help with an assortment of duties around the center. Here’s a chance to begin your new life experiences by saying “Yes.” You may be very pleasantly surprised with what happens next.



FALLBROOK SENIOR CENTER AUGUST 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

1 Vegetable Lasagna Three Bean Blend Mixed Green Salad w/red peppers Whole Wheat Roll ▲	2 Baked Chicken Broccoli Sweet Potato Brown Rice Mixed Green Salad w/garbanzos Banana	3 Beef Fajitas Fiesta Blend Mixed Green Salad w/red peppers Whole Wheat Tortilla Apple	4 Honey Mustard Chicken Spinach Baked Potato Mixed Green Salad w/garbanzos Canned Peaches	5 Crab Cake California Blend Quinoa Coleslaw Pineapple 
8 Vegetarian Chili w/beans Cauliflower Whole Grain Corn Bread Mixed Green Salad Strawberries	9 Turkey Stuffed Bell Pepper Green Beans Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Apple	10 Orange Chicken Asian Blend Brown Rice Mixed Green Salad w/walnuts Mandarin Oranges	11 BBQ Ribs California Blend Baked Potato Mixed Green Salad w/red peppers Whole Wheat Roll	12 Baked Pollock Peas and Carrots Coleslaw Quinoa Orange
15 Chicken Alfredo Broccoli Whole Wheat Pasta Mixed Green Salad w/walnuts Fruit Cocktail	16 Salisbury Steak Corn Sweet Potato Mixed Green Salad Whole Wheat Roll Banana	17 Chicken Pot Pie Carrots Mixed Green Salad w/garbanzos Whole Wheat Roll Cantaloupe	18 Turkey Meatballs with Whole Wheat Spaghetti Corn w/red peppers Mixed Green Salad w/red peppers Tangerine	19 Fish Taco Fiesta Blend Coleslaw Whole Wheat Tortilla Grapes
22 Chicken Rolled Taco's Black Beans Brown Rice Mixed Green Salad Orange	23 Teriyaki Beef Asian Blend Quinoa Mixed Green Salad w/walnuts Strawberries ▲	24 Baked Herb Chicken Mixed Vegetables Sweet Potato Mixed Green Salad w/garbanzos Whole Wheat Roll Grapes	25 Beef Tips w/gravy Cauliflower Whole Wheat Pasta Mixed Green Salad w/garbanzos Applesauce	26 Fish Veracruz Broccoli Coleslaw Brown Rice Ambrosia 
29 Chicken Cordon Bleu California Blend Baked Potato Mixed Green Salad Whole Wheat Roll Tropical Fruit ▲	30 Roast Turkey Brussel Sprouts Sweet Potato Mixed Green Salad w/walnuts Whole Wheat Roll Strawberries	31 Chicken Burrito Corn w/red peppers Brown Rice Mixed Green Salad w/red peppers Canned Peas 	<p>Suggested contribution: \$5.00 per meal for Fallbrook Regional 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> HHSA COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY</p>	

FALLBROOK SENIOR CENTER AUGUST 2022 ACTIVITY SCHEDULE

399 Heald Lane Fallbrook CA 92028 760-728-4498

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

1 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle	2 9:00 Line Dancing 11:00 Spanish Class 12:30 Chair Yoga	3 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong 	4 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	5 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 12:00 Photography Club
8 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle	9 9:00 Line Dancing 11:00 Spanish Class 12:30 Chair Yoga 	10 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	11 10:00 Membership Meeting 1:00 Beginning Social Bridge	12 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
15 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle	16 9:00 Line Dancing 11:00 Spanish Class 12:30 Chair Yoga	17 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong	18 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge 	19 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge
22 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle	23 9:00 Line Dancing 11:00 Spanish Class 12:30 Chair Yoga	24 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong	25 9:00 Line Dancing 11:15 ACBL Bridge- Set Fee 1:00 Beginning Social Bridge	26 9:00 Senior Wellness 10:00 Beginning Ukulele 11:00 Ukulele 11:30 Social Bridge 
29 9:00 Senior Wellness 9:00 Pickleball 12:00 Pinochle 	30 9:00 Line Dancing 11:00 Spanish Class 12:30 Chair Yoga	31 9:00 Senior Wellness 12:00 Pinochle 12:00 Mah Jong		

THRIFT STORE



Thrift Shop Hours 9:00 a.m. - 3:00 p.m. Monday - Friday

Jeannette Schirner has generously volunteered her time to head up the Sunshine Committee. The purpose of the committee is to bring a little joy into the lives of our members. For those celebrating special occasions such as retirement, birthdays or when things aren't going well either through an illness or death of a loved one. It is comforting to know that they are cared for and thought about.

Please call the office and let us know if someone from our membership is in need of a little sunshine, and Jeanette will get a card off to them.

Sunshine

Interested in either of the following, call the office to sign up.

- Chinese Studies Lecture
- Watching old B&W comedy movies.



Pinochle Players Meet Twice A Week



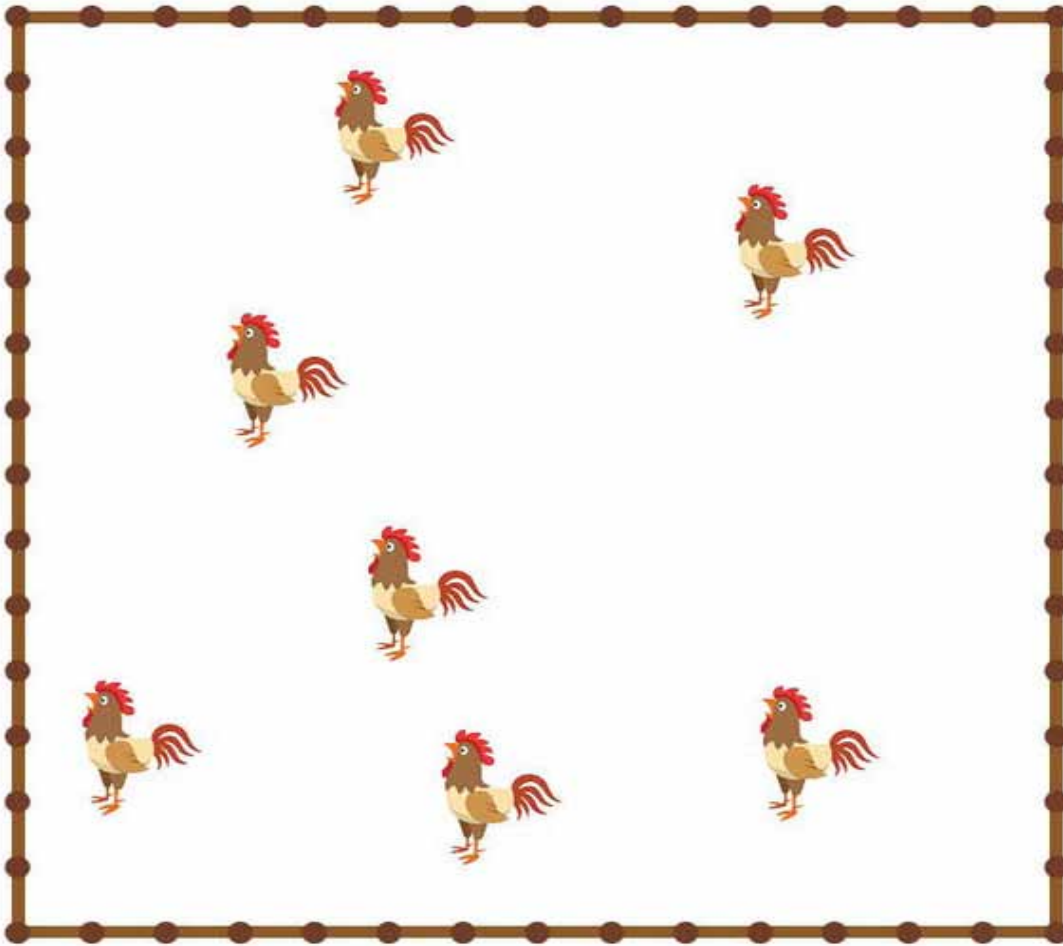
Come Join the Fun! Monday's and Wednesday's at noon. They are always looking for new players.



Farmer Brown's Brain Bender #1

Use **3** straight lines to separate each of the roosters into their own area.

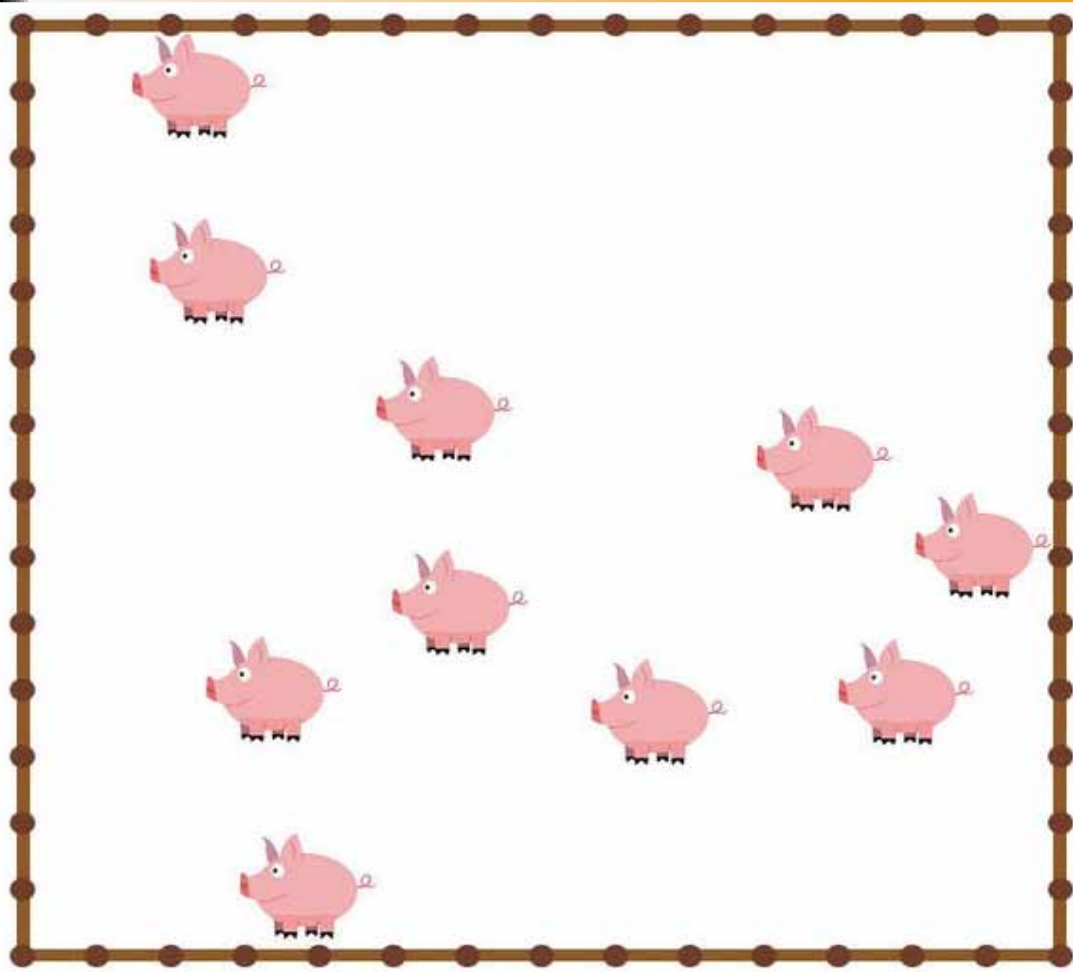
Answer on back page



Farmer Brown's Brain Bender #7

Use **4** straight lines to separate each of the pigs into their own area.

Answer on back page



FALLBROOK SENIOR CENTER

2021-2022 ANNUAL IMPACT REPORT

Seniors were served 22,823 meals this year

Thrift Shop revenue doubled

New classes offered this year: Learn to Speak Spanish, Photography Class, and Chair Yoga returned.

Program Impact	2020-2021	2021-2022
CONGREGATE/MEALS-TO-GO SERVED	9,307	8,887
HOME-DELIVERED MEALS SERVED	14,282	13,936
TRANSPORTATION PROVIDED	-0-	-0-
MEMBERSHIP	452	404
THRIFT SHOP REVENUE	\$43,890	\$86,584

2021-2022 Revenue Sources

GRANT FUNDING	64.9%
PROGRAM FEES	10.6%
DONATIONS	5.4%
THRIFT SHOP	17.2%
FUNDRAISING	1.5%
OTHER	0.4%
TOTAL ANNUAL INCOME:	\$501,910



A BIG
Thank
YOU

— SUPPORTERS —



COUNTY OF SAN DIEGO



HHSA

HEALTH AND HUMAN SERVICES AGENCY
Aging and Independence Services

Fallbrook Regional
HEALTH  DISTRICT



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SAN DIEGO
Seniors Community
FOUNDATION



The Angel Society of Fallbrook

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HEALTH  DISTRICT

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NEWS**



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Senior Care



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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.

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Martha Franco - 714-273-9980

Local Area Representative

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Chronicle Advertising Prices

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