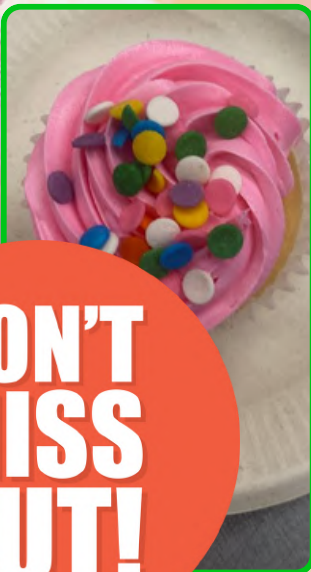
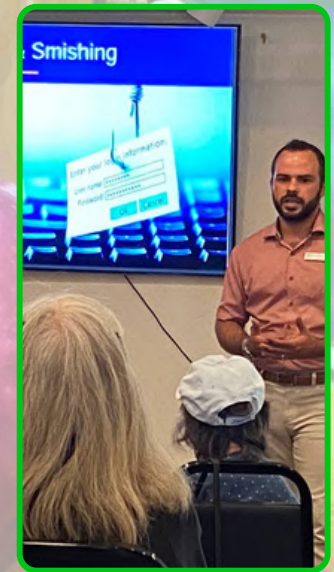


Your journey starts now

At A Glance



**DON'T
MISS
OUT!**



BYLAWS ARE CHANGING

**BE A PART OF THE DISCUSSION AND VOTE!
JOIN US ON TUESDAY, AUGUST 19TH AT 1:45PM**



STAFF

Susie Gonsalves
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
Saturdays 10am-3pm
Sundays CLOSED

Manager: Saliha Raddani
Driver/Sales: Robert
Mesquita

ACTIVITY SPOTLIGHT



Shoutout to Navy Federal Credit Union!

A big thank you to Navy Federal Credit Union for stopping by the Fallbrook Senior Center to present "How to Protect Your Personal Information." Their informative session helped shine a light on common scams, red flags to watch out for, and practical steps to avoid fraud. We appreciate their commitment to keeping our community informed and empowered!





SOMETHING NEW

★
EXCLUSIVE
★

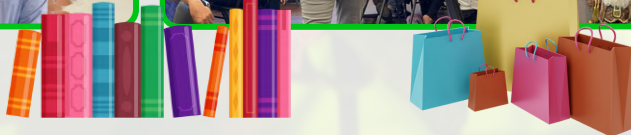
Meet the Staff

At the heart of the Fallbrook Senior Center is a team of dedicated individuals who keep things running smoothly behind the scenes. Each month, we take a moment to spotlight a couple of these amazing staff members—not only to celebrate the work they do, but to share a little bit about who they are beyond the job. This month, we're excited to introduce Matt and Rudy!

Matt Tompkins

As our Donor Development & Marketing Specialist, Matt wears many hats—from researching and writing grants to managing our website and social media. He also enjoys connecting with the community, often representing us at events like Rotary Club meetings.

When he's not at work, Matt loves spending time with his family, reading, and hunting for interesting books—whether it's fiction, non-fiction, history, or religion. He's also been known to enjoy some leisurely window shopping, daydreaming about home décor. This August, Matt is excited to head to Washington State with his family to visit a longtime friend, where they plan to enjoy a week filled with hiking, fishing, and quality time together.



FISHING PLACE



Rudy Pedroza

Rudy has been the heart of our Senior Lunch program for over 25 years. As our dedicated chef, he's been nourishing our community one delicious meal at a time.

When he's not in the kitchen, Rudy enjoys working around the house and is quite the handyman. Staying active is important to him—he keeps fit by walking, jogging, and running. At home, Rudy shares his space with a lively bunch of cats, and each November, he looks forward to his annual trip to Mexico to spend time with family and recharge.



We're so lucky to have such passionate and hardworking team members like Matt and Rudy here at the center. Their care and commitment help make this place feel like home, and we're grateful for everything they do!



UPCOMING EVENTS



4

Aug

ALICE Training

Monday, at 12:15 presented by Fire Chief Ernesto Diaz

This training aims to equip individuals with the tools and knowledge to respond effectively and decisively during a violent encounter, ultimately increasing the likelihood of survival.

ALICE = Alert, Lockdown, Inform, Counter, Evacuate
A must training for everyone!

6

Aug

MB Law Firm

Wednesday, at 12:15 presented by Attorney Matt Bushman

Matt will be discussing the benefits of estate planning, including wills, trusts, healthcare directives, power of attorney, and guardianship of minors. There will be time for Q&A.

11

Aug

One Safe Place

Wednesday, at 12:15 presented by Laurie Howard

Do you know someone who feels unsafe, controlled, or threatened—or have you experienced this yourself? One Safe Place is a welcoming and inclusive center offering a wide range of free services to support you. These include health and wellness care, employment assistance, legal help, restraining order support, therapy, and more—all at no cost for all ages.

19

Aug

ATTENTION ALL MEMBERS - Tuesday at 1:45 in the auditorium

This may be one of the most important Membership Meetings in the history of our center — and we need YOU there!

We will be voting on changes to our bylaws that will help us move forward with a potential merger that could greatly strengthen our center's future. This change would impact how membership votes work going forward — and your input is critical. This merger would combine senior services, staffing, and resources to build a better, more sustainable center for everyone 50 and better. It's about preserving what we have and building something even stronger together. Your voice matters. Your vote counts.

20

Aug

Smart Cremation

Wednesday, at 12:15 presented by Rose Wallace

The presentation will cover:

- How pre-planning saves thousands of dollars
- Social Security and Veterans' Benefits explained
- How to make your arrangements good anywhere
- How to document your final wishes and be assured they'll be honored

JULY BIRTHDAYS



TIM
JULY 5



KATHLEEN
JULY 7



DALILA
JULY 9



JOAN
JULY 26

Our June Senior Birthday Lunch was a lively and heartwarming celebration! We honored our birthday celebrants with a delicious lunch, sweetened by festive cupcakes generously provided by Carmen from Right at Home. The event was filled with the joyful sounds of live Hawaiian-style music performed by the talented Fallbrook Ukulele Strummers, and made even more special with graceful hula performances by Pinky, Becky, Lillian, and Kana from the West Kauai Sun in Fallbrook. We also welcomed Dee from Foundation for Senior Care, who joined us to share valuable resources and connect with our community. Mahalo to everyone who helped make the day so memorable!



FALLBROOK SENIOR CENTER

AUGUST 2025 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

 LEGACY ENDOWMENT Your pathway to community giving  Fallbrook Regional HEALTH DISTRICT 	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.		1 Fish and Fries Vegetable Salad/Roll Fruit	
4 Orange Chicken Vegetable Brown Rice Salad/Roll Fruit 	5 Vegetarian Chili with beans Vegetable Sweet Potato Salad/Cornbread Fruit	6 Chicken Tamale Vegetable Rice Salad/Roll Fruit	7 Beef Stroganoff Vegetable Pasta Salad/Roll Fruit	8 Baked Cod Vegetable Barley Salad/Roll Fruit
11 Baked Chicken Vegetable Baked Potato Salad/Roll Fruit	12 Sweet and Sour Meatballs Vegetable Brown Rice Salad/Roll Fruit	13 Salisbury Steak Vegetable Mashed Potatoes Salad/Roll Fruit	14 Birthday Lunch Chicken Pot Pie Vegetable Salad/Roll Dessert 	15 Crab Cake Vegetable Farro Salad/Roll Fruit
18 Chicken Fettuccine Alfredo Vegetable Pasta Salad/Roll Fruit	19 Pork Chop with Salsa Verde Vegetable Sweet Potato Salad/Roll Fruit	20 Cheese Omelet Biscuits and Gravy Sausage Fruit/Roll 	21 Turkey Burger on Bun Vegetable Baked Fries Salad/Roll Fruit	22 Fish Taco Beans Rice Salad/Roll Fruit
25 Vegetable Lasagna Vegetable Salad/Garlic Bread Fruit ▲	26 Teriyaki Beef Vegetable Barley Salad/Roll Fruit	30 Baked Herb Chicken Vegetable Baked Potato Salad/Roll Fruit	28 Black Forest Ham Vegetable Sweet Potato Salad/Roll Fruit	29 Fish Veracruz Vegetable Brown Rice Salad/Roll Fruit

▲ Denotes meal that is > 1,000 mg of sodium.

FALLBROOK SENIOR CENTER

AUGUST 2025 ACTIVITY SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge 12:00 Camera Club 12:30 Jewelry Making
4 NO PICKLEBALL 9:00 Exercise Class 9:00 NO PICKLEBALL 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle 12:15 Emergency Preparedness Class	5 9:00 Chess 9:00 Line Dancing 9:30 Friendship Circle 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	6 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 MB Law Firm Trusts, Wills and Estate Planning	7 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	8 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge 12:30 Jewelry Making
11 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle 12:15: One Safe Place Presentation	12 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	13 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 Board Meeting	14 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	15 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge 12:30 Jewelry Making
18 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	19 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga 1:45 Special Membership Meeting	20 9:00 Exercise Class 9:30 Veterans Group 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:15 Smart Cremation	21 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	22 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge 12:30 Jewelry Making
25 9:00 Exercise Class 9:00 Pickleball 10:00 Just Breathe 10:00 Spanish I Class 10:30 Mah Jong 12:00 Pinochle	26 9:00 Chess 9:00 Line Dancing 10:00 Beginning Line Dance 12:00 Bridge (Full) 12:30 Chair Yoga	27 9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong	28 9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge - Set Fee 12:30 Social Bridge	29 9:00 Exercise Class 11:00 Ukulele 11:30 Bridge 12:30 Jewelry Making

THE OPEN PEN



Let's play an Old Game of Sparrow

(By Jack Schirner)

You may have come to the Senior Center many times to play Canasta or Bridge, or even Dominos or Mexican Train. But have you ever joined your friends for a Sparrow game? Maybe you have but just didn't know it by that name. This too is a game using tiles. It originated in China about a hundred and seventy-five years ago, give or take a few dozen years. In Chinese the game was called "Máquè", which means Sparrow, because the sound of the tiles clattering around resembled the chattering of sparrows. It originally was played only by the elite royals before its popularity spread across the country and around the world. Each country adopted their own rules and method of playing. The name also evolved to what it is called today, Mahjong. Today there are many variations of Mahjong from the original Chinese version. Japan, Korea, Taiwan, and America each have their own slightly different versions.



The game became very popular in the United States in the early twentieth century. Images on the tiles changed from country to country, but the basics remained deeply rooted in the Chinese culture and mythology. Even though I have not yet played the game myself, I will try to give you an overview of American Mahjong in case you would like to participate in the game here at the center. There are players here who will teach you the strategies and secrets of the play. As you learn and improve your skills, you may wish to participate in tournaments around town here in Fallbrook. They tell me that once you try it you'll wonder how you could have lived so many years without it.

The American version of play uses a set of 152 tiles, instead of the 144 used in other countries. There are Suit tiles, Honor tiles, and optional Bonus tiles. The Suit tiles include Characters that represent one through nine and symbolize wealth, Bamboo tiles, shown as bamboo stalks, and Circles (or Dots) representing ancient Chinese coins. Honor tiles include Wind tiles, representing the four directions (East, South, West, and North), and Dragon tiles (Red, Green and White) symbolizing prosperity, success, and purity. Bonus tiles are composed of Flower tiles and Season tiles and provide additional points in certain game play variations. Whew, that kind of gave me a headache just typing it.

Mahjong typically has four players to a table. Play begins with the players drawing 13 tiles each in rotation. They then take turns drawing and discarding tiles to form sets (melds). There are three types of sets: Three identical tiles is called "Pung." A sequence of three tiles in the same suit is called "chow." Four identical tiles is called "Kong." A player wins by completing multiple sets ending with 14 tiles (playing the last draw with no discard). This usually consists of four melds and one pair.

Winning at Mahjong requires a combination of strategy, skill, and luck. You'll have to learn what that strategy entails by asking and observing a seasoned player. You will then develop skill over time. As for luck, you'll have to rely on Karma, and hope you've been a good person. Mahjong is played at the Senior Center every Wednesday at high noon. If you're just starting to learn how to play, you may wish to get with Alice LaBonte-Hsu. She will help you learn how to play what she calls "Fallbrook Mahjongg." Have fun.



Thank you

HEARTFELT HIGHLIGHTS



A Visit from Our Local Heroes

We'd like to extend a heartfelt thank you to the San Diego's Sheriff's Department for joining us during our recent Senior Lunch. They set up an informative table to share valuable resources, including details about the Blue Envelope Program and important scam prevention tips. Their presence was warmly welcomed, and we appreciated them staying through lunch to answer questions and connect with our seniors. It's always meaningful when our local law enforcement takes the time to reach out and support our community.

NOTEWORTHY



Bylaws Are Changing

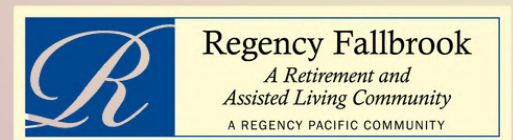
With our upcoming Membership Meeting on Tuesday, August 19 at 1:45 PM, we will be presenting proposed changes to the bylaws for discussion and voting. Copies are available in the office or on our website for your review. These changes are part of the preparations for our exciting merger with the Foundation for Senior Care. This merger will allow us to combine staff, share resources, and strengthen our position when applying for grants and fundraising. We are truly excited about what's ahead—and we need your vote to move forward!



SUPPORTERS



Bonsall Woman's Club



Bringing independence to living and quality to life



National Charity League, Inc.



VOLUNTEERS *NEEDED*

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

(760) 728-4498



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

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

THRIFT SHOP



BARGAINS

SALES



**399 Heald Lane
Fallbrook, CA 92028**

Explore the charm of the past at the Fallbrook Senior Center Thrift Shop and unearth timeless treasures and unique pieces that tell stories of bygone eras. From vintage trinkets to elegant furniture, each item has a tale to tell. Step into history and make your home a masterpiece.



(760) 723-4602

www.fallbrookseniorcenter.com

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