



**At A Glance**



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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 8am - 4pm  
Closed Saturday & Sunday  
**(760) 728-4498**

[fallbrookscdirector@gmail.com](mailto:fallbrookscdirector@gmail.com)  
[www.fallbrookseniorcenter.com](http://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



The Fallbrook Senior Center rang in the new year with a memorable celebration, featuring a delicious lunch of savory ribs that had everyone raving. The highlight of the afternoon was a lively performance by magician Jerry Langford, who kept the crowd laughing with his hilarious tricks and comedic flair. It was a joyful event filled with laughter, good food, and great company—an unforgettable way to kick off 2025!



# UPCOMING EVENTS

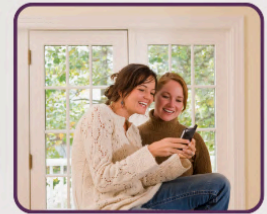


## Prepare for the Unexpected - Monday, February 3rd at 12:15

Join Cory Oliver, Estate Attorney and Lisa DeLuna, Senior Care Advisor for an informative workshop where they will discuss the “What If?” book and how it can help you: Ensure your family knows your wishes, organize important documents for emergencies, Navigate legal, medical, and financial decisions with confidence. Dessert will be provided.

## Photography Club - Friday, February 7th at noon

The Photography Club will be conducting a class on smartphone photography that will consist of approximately 10 sessions. We will be meeting the first Friday of each month in the Senior Center’s conference room. This class will be based upon The Complete Guide to Smartphone Photography from The Great Courses DVD series and is for all skill levels.



## BINGO - Monday, February 10th at 12:15



Presented by Alexis Beaz-Pecoraro from Arosa - Care Elevated

Join us for a fun-filled Bingo event as we celebrate Heart Healthy Month! Fun Prizes and sweet treats for you to enjoy.

## Merger Q & A - Tuesday, February 18th at 1:45

Following our announcement last month about entering into discussions with the Foundation for Senior Care regarding a potential merger, we invite you to join us for a follow-up session. This will be an opportunity for a deeper discussion, where we will answer your questions and gather your valuable input.



## Scams Targeting Older Adults Wednesday, February 19th at 12:15

Learn how to protect yourself from common scams like Medicare fraud, phishing, and romance scams. Workshop presented by Cole Samaroo from Senior Tech Connect. A tasty dessert will be included.

## How to Improve your Health with Simple Changes Monday, February 24th at 12:15

Join us for an informative session with Pharmacist Kris Rigas, PharmD, TTS, as he shares insights on the habits that have the greatest impact on your health. Kris will discuss how daily decisions and habits influence your well-being and offer simple, practical tips to improve your health. Discover how easy it can be to make meaningful changes for a healthier lifestyle! Snacks provided.





# THE OPEN PEN



## What the World Needs Now

(By Jack Schirner)

February is the month we celebrate the magic of Love. Valentines' day is one of the highlights of the month. But do you really understand the power that love has over your health and longevity? You need to know just how important love plays in your life. Before you shake your head and think to yourself, "I'm too old to think about love," or "Love is only for the young," let me share some important information that you may not have heard before.



Love is the single most powerful emotion in each of our lives. Did you know that love, in nearly all forms, can have a profound impact on our physical and mental well-being?

Loving relationships release oxytocin, a hormone that helps lower stress levels and blood pressure. It also helps reduce rates of heart disease and can boost your immune system. Love also increases your body's serotonin and dopamine, the "happy" chemicals which can elevate your mood and combat depression. Some studies even suggest that a loving relationship can extend your life by reducing the risk of mortality. And it's not just the love for a specific individual that brings on better well-being.

You can bring on increased levels of oxytocin by having and loving a pet, or even by petting an animal. Many people are completely convinced that they sleep better when they sleep with their dog. I can understand it even though I don't (and won't) practice that. Pet owners often have lower blood pressure and cholesterol levels. Dogs, in particular, can encourage regular exercise, whether you feel like it or not. Remember, "neither rain nor shine nor the dark of night can keep you from your appointed rounds" when it comes to walking your dog. You don't even want to think of the alternative.

You certainly can love a hobby and receive similar benefits. A hobby can keep your brain active and can delay cognitive decline. A hobby also provides a form of relaxation and a sense of achievement. Doing what you love brings joy and satisfaction to your life. You can love your job and equally love your retirement. A fulfilling career gives meaning and direction to life. Achieving career goals boosts self-esteem and professional confidence.

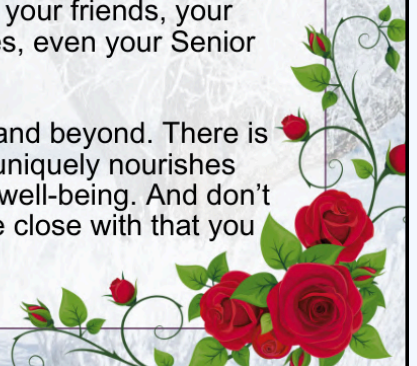
If you have a loving relationship with a spouse or partner, you can receive crucial emotional support during tough times. In general, married individuals often enjoy better physical health and longevity. Even if you no longer have a spouse, your love for your children and grandchildren (and perhaps great-grandchildren) can reduce feelings of loneliness and isolation. And so can close friends. Your friends can provide you with support and understanding, boosting your emotional strength. A vibrant social network can increase your life span.

Think about all the elements of your life that you can love: Your spouse, your pet, your



vacations, your job, the books you read, your food and drink (be careful here. Remember, all things in moderation), your extended family, your friends, your music, your hobbies, your memories, even your Senior Center.

So let's celebrate love this month, and beyond. There is much out there to love. Each type uniquely nourishes different aspects of our health and well-being. And don't forget to regularly tell those you are close with that you love them, even to your dog.





# JANUARY BIRTHDAYS

**HAPPY  
BIRTHDAY!**



**LOU**  
JAN 1



**IRMA**  
JAN 1



**NANNETTE**  
JAN 29



**GORDON**  
JAN 24



**CAROL**  
JAN 7



SHOUT-OUT TO CARMEN  
FROM RIGHT AT HOME  
FOR PROVIDING US  
TREATS FOR THE  
BIRTHDAY LUNCH

SEE YOU AT THE NEXT  
BIRTHDAY LUNCH!











# FALLBROOK SENIOR CENTER FEBRUARY 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

<b>3</b> Vegetable Lasagna Sweet Potato Salad/Garlic Bread Fruit	<b>4</b> Split Pea Soup w/Ham Cheese Quesadilla Vegetable Salad/Roll Fruit ▲	<b>5</b> Sweet and Sour Meatballs Vegetable Rice Salad/Roll/Fruit	<b>6</b> Baked Chicken Vegetable Baked Potato Salad/Roll Fruit	<b>7</b> Baked Cod with garlic & lemon Vegetable Barley Salad/Roll Fruit
<b>10</b> Chicken Rolled Taco's Vegetable Rice Salad/Roll Fruit	<b>11</b> Chicken Parmesan Vegetable Pasta Salad Fruit	<b>12</b> Teriyaki Beef Vegetable Brown Rice Salad/Roll Fruit	<b>13</b> <b>Birthdays Lunch</b> Pork Loin Vegetable Mashed Potatoes Salad/Roll Dessert 	<b>14</b> <b>Happy Valentines</b> Fish and Chips Vegetable Baked Potato Salad/Roll Dessert 
<b>17</b> <b>CLOSED</b> 	<b>18</b> BBQ Pulled Pork on bun Vegetables Macaroni Salad Salad/Roll Fruit ▲	<b>19</b> Shepards Pie w/Mashed Potato Topping Vegetable Salad/Roll Fruit	<b>20</b> Soft Chicken Taco's Black Beans Rice Salad/Roll Fruit	<b>21</b> Baked Shrimp Vegetable Farro Salad/Roll Fruit
<b>24</b> Cheese Ravioli Garlic Parmesan White Beans Sweet Potato Salad/Roll Fruit	<b>25</b> Orange Chicken Vegetable Rice Salad/Roll Fruit	<b>26</b> Salisbury Steak Vegetable Scalloped Potatoes Salad/Roll Fruit	<b>27</b> Chicken Vegetable Noodle Soup Cheese Quesadilla Salad/Roll Fruit	<b>28</b> Fish Veracruz Vegetable Farro Salad/Roll Fruit
			 	
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 FEBRUARY 2025 ACTIVITY SCHEDULE

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

## MONDAY

**3** 9:00 Exercise Class  
9:00 Pickleball  
10:00 Spanish II Class  
12:00 Pinochle  
12:15 Prepare for the Unexpected

**10** 9:00 Exercise Class  
9:00 Pickleball  
10:00 Spanish II Class  
12:00 Pinochle  
12:15 BINGO (Heart Healthy Bingo)

**17** CLOSED



**24** 9:00 Exercise Class  
9:00 Pickleball  
10:00 Spanish II Class  
12:00 Pinochle  
12:15 Improve your Health with Simple Changes

## TUESDAY

**4** 9:00 Chess  
9:00 Line Dancing  
10:00 Beginning Line Dance  
12:00 Bridge (Full)  
12:30 Chair Yoga

**11** 9:00 Chess  
9:00 Line Dancing  
10:00 Beginning Line Dance  
12:00 Bridge (Full)  
12:30 Chair Yoga

**18** 9:00 Chess  
9:00 Line Dancing  
10:00 Beginning Line Dance  
12:00 Bridge (Full)  
12:30 Chair Yoga  
1:45 Merger Q&A

**25** 9:00 Chess  
9:00 Line Dancing  
10:00 Beginning Line Dance  
12:00 Bridge (Full)  
12:30 Chair Yoga

## WEDNESDAY

**5** 9:00 Exercise Class  
10:00 Spanish I Class  
12:00 Pinochle  
12:00 Mah Jong  
12:30 Dominos

**12** 9:00 Exercise Class  
10:00 Spanish I Class  
12:00 Pinochle  
12:00 Mah Jong  
12:30 Board Meeting  
12:30 Dominos

**19** 9:00 Exercise Class  
9:30 Veterans Group  
10:00 Spanish I Class  
12:00 Pinochle  
12:00 Mah Jong  
12:15 Scams Targeting Older Adults  
12:30 Dominos

**26** 9:00 Exercise Class  
10:00 Spanish I Class  
12:00 Pinochle  
12:00 Mah Jong  
12:30 Dominos

## THURSDAY

**6** 9:00 Line Dancing  
10:00 Beginning Line Dance  
11:15 ACBL Bridge - Set Fee  
12:30 Social Bridge

**13** 9:00 Line Dancing  
10:00 Beginning Line Dance  
11:15 ACBL Bridge - Set Fee  
12:30 Social Bridge

**20** 9:00 Line Dancing  
10:00 Beginning Line Dance  
11:15 ACBL Bridge - Set Fee  
12:30 Social Bridge

**27** 9:00 Line Dancing  
10:00 Beginning Line Dance  
11:15 ACBL Bridge - Set Fee  
12:30 Social Bridge

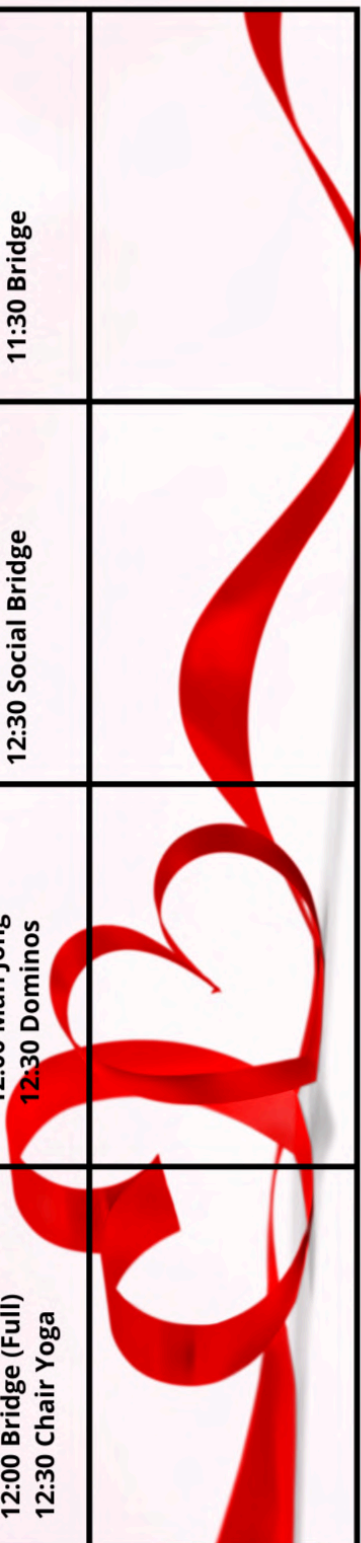
## FRIDAY

**7** 9:00 Exercise Class  
10:00 Beginning Ukulele  
11:00 Ukulele  
11:30 Bridge  
12:00 Camera Club  
Cell Phone Photography

**14** 9:00 Exercise Class  
10:00 Beginning Ukulele  
11:00 Ukulele  
11:30 Bridge

**21** 9:00 Exercise Class  
10:00 Beginning Ukulele  
11:00 Ukulele  
11:30 Bridge

**28** 9:00 Exercise Class  
10:00 Beginning Ukulele  
11:00 Ukulele  
11:30 Bridge

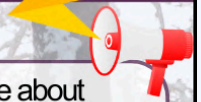






# SOMETHING NEW

**DON'T  
MISS OUT!**



As announced at last month's Membership Meeting, we are in discussions with the Foundation for Senior Care about merging our two organizations. Both groups share a common mission: improving the well-being of older adults in our community. By combining resources, staff expertise, funding opportunities, and physical infrastructure, this merger would strengthen both organizations. A united organization means a stronger voice to advocate for the needs of older adults.

This potential merger presents an opportunity to streamline operations, reduce costs, and maximize available resources. While the merger would bring about eventual changes such as a new name, branding, and shared location, the day-to-day activities and programs of both organizations would continue as usual during the transition.

Both organizations are dedicated to ensuring a smooth and thoughtful process for the older adults we serve. A follow-up meeting is scheduled for Tuesday, February 18th, at 1:45 PM. Your input will be essential, and we will address any questions you may have. We look forward to hearing from you!



## HEARTFELT HIGHLIGHTS



### A Big "Thank You" to Bob Drzewicki

Bob Drzewicki was born in and grew up in Chicago, Illinois. After high school at an all-men's school, he attended and received his Bachelor of Architecture in Design from the University of Illinois. After working a short time for others, in 1973 he decided to start his own company - RMD Architects/Construction Management Service. In 1976, an opportunity required him to transfer to California to work on multiple projects for the Irvine Company. His contracts with them were to design and build industrial buildings, hotels, and healthcare facilities. While completing work for them, he continued to design and build a variety of building types for other clients.



As a licensed Architect in California, Bob managed new retail development tenant designs and tenant contractors, and on-site construction coordination for his own company. After decades of project construction management, which included pre-construction design, reviews, estimating, bid review/evaluations, and site administration, Bob retired in 2014 and moved to Fallbrook in 2015.

He is proficient in Computer Aided Drafting (CAD) and most all Microsoft computer software programs necessary for project management and administrative responsibilities for the design and construction of various building types.

Bob agreed to help us review the designs provided to us by a local contractor that would expand our Thrift Shop to make the space more functional, and in turn to make the shop more profitable. He spent many hours reviewing and suggesting modifications to the designs. Unfortunately, the expansion project had to be cancelled when San Diego County decided to limit their future lease agreements to a maximum of fifteen years. The expense of the Thrift Shop expansion became an unwise investment with the possibility of a relatively short lease period. Never-the-less, for his assistance to the Senior Center, we are extremely grateful, and we hope to be able to utilize his talents again at some time in the future.



Thank you 

# HEARTFELT HIGHLIGHTS



## Thank You, Las Patronas!

We are thrilled to announce that the Fallbrook Senior Center was recently awarded a generous grant from Las Patronas, which is helping us bring exciting improvements to our facility! This grant has enabled us to expand one of our classrooms by tearing down a wall to create a larger, more functional space for our programs and activities. Additionally, the grant allowed us to upgrade our video equipment, including the addition of large TVs, a video camera, and laptops to enhance our technology offerings for members.

We extend our deepest gratitude to Las Patronas for their commitment to supporting organizations like ours.

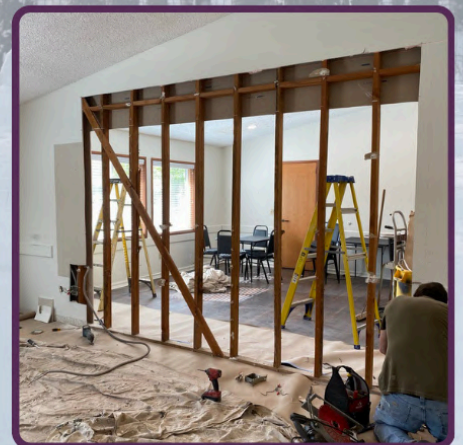
### About Las Patronas

Las Patronas is a philanthropic organization dedicated to supporting charitable institutions throughout San Diego County. Since 1946, they have raised nearly \$27 million through yearlong fundraising efforts and their renowned Jewel Ball. Their generosity has impacted countless lives, and we are honored to be among the organizations they have supported.

Thank you, Las Patronas, for helping us continue to grow and serve our community!

**LAS PATRONAS**  
PARTNERING WITH THE SAN DIEGO COMMUNITY SINCE 1946

Website: <https://www.laspatronas.org/>





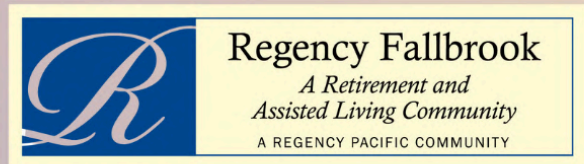
# SUPPORTERS



Bonsall Woman's Club



National Charity League, Inc.®



Bringing independence to living and quality to life



# 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](mailto:fallbrookscdirector@gmail.com)  
[www.fallbrookseniorcenter.com](http://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



# The Thrift Store

@thefallbrookseniorcenter

FIND YOUR NEXT FAVORITE THING

760.723.4602

M-F, 9-3, Sat, 10-3

399 Heald Lane

Fallbrook CA 92028



## 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.



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Where Every Day Matters

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