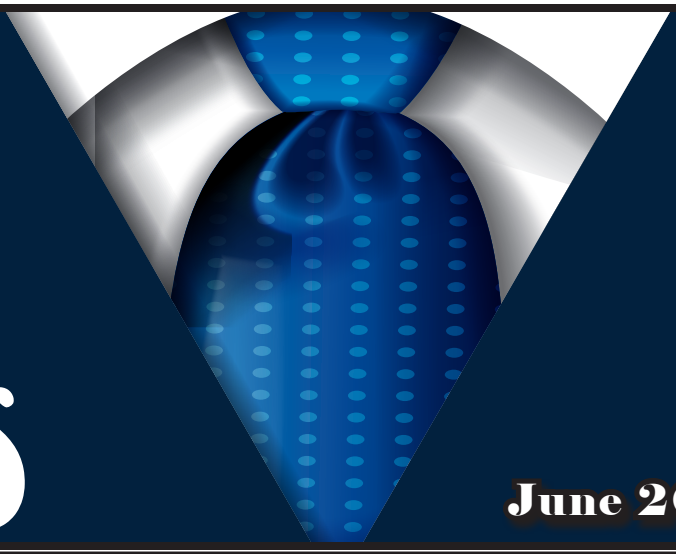
Fallbrook Senior Center Chronicle

HAPPY Father's DAY



June 2021

BOARD MEMBERS

Nickie Williams
Acting President

Ron Spencer
Vice President

Joan Spencer
Treasurer

Jack Schirner
Secretary

Carmen Cervantes

Irma Ciotti

David Schwartz

Richard West

The Senior Lunch Program will resume in the Community Center Auditorium starting June 15th. If you prefer ordering the to-go meals, that program will be available until December 15, 2021. We request that you continue to make a reservation for either the Congregate and Meals-to-go lunch.

Beginning June 1st, 2021, the Fallbrook Senior Center is re-opening one activity at a time. This is for your health & safety and is being done with guidance from the State of California and the County of San Diego.

For starters, we will be re-opening our weekly Tuesday & Thursday Line Dancing Class June 1st at 9am. We anticipate re-opening the Billiard Club, Chair Yoga and the Wellness Fitness classes shortly after.

Line Dancing

www.fallbrookseniorcenter.com

Check our website or call for updates on your favorite activity.

Pickleball

Exercise Patio

Notice: Starting June 1, 2021 the Senior Center is re-opening one activity at a time starting with the Line Dancing activity on Tuesday and Thursday. Starting June 15, 2021 the Senior Lunch Program will resume at 11:15 a.m. in the Community Center Auditorium. Meals-to-go will continue to be available until December 15, 2021 for pick-up also in the Community Center Auditorium daily at 11:15 a.m. We request that you continue to make reservations for either the Congregate and Meals-to-go lunch.

FALLBROOK SENIOR CENTER STAFF

Renae Rasmussen
Executive Director
Nutrition Manager

John Eastom
Server/Housekeeping/Driver

Jeffrey Dionisio
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: John Eastom

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.

— Meet our newest Board Member – David Schwartz —

David Schwartz was born, raised, and educated through high school in San Diego County. Even since before graduating Michigan State University College of Law in 2009, he has spent his entire legal career focusing on seniors' legal needs with the non-profit law firm Elder Law & Advocacy, first as a law student intern, later as a volunteer attorney, and eventually becoming a full-time staff attorney in early 2011. From 2011 to 2015, David ran Elder Law & Advocacy's Conservatorship Clinic in largely rural Imperial County, and has spent the last six years at Elder Law & Advocacy's San Diego office as the staff attorney for the North County region, advising North County seniors on a broad spectrum of legal issues.

Thank You Marci!!!

We would like to thank Marci Crockett for 5 years of service to the Fallbrook Senior Center as a Server / Housekeeping / Driver.

We would also like to wish her the best of luck with whatever she does in the future.

COVID-19 VACCINATIONS MAKING THEIR WAY TO FALLBROOK AREA!

If you, or someone you know, needs help locating, signing up for, or getting transportation to a COVID vaccination appointment, the Foundation for Senior Care can help. Our Advocates can help locate an appointment and complete the sign-up registration with you, if needed. Our Care Van drivers can provide a ride to appointments or vaccination events in the greater Fallbrook area. We are regularly working with other agencies to identify dates and locations for vaccination events. If you need help, please contact us. We are here for you!

Call the Foundation for Senior Care at 760-723-7570

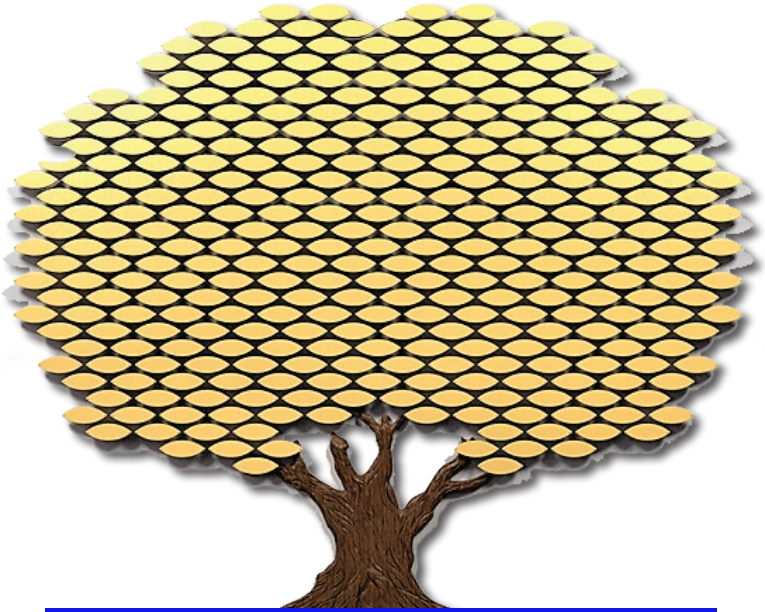
FALLBROOK SENIOR CENTER DONOR TREE

Your Donations Support Your Local Senior Center!

Purchase a leaf to be part of this tree:

***Gold* $5,000 & Up • *Silver* $1,000**
***Copper* $500**

(Donations are tax deductible. Tax ID #95-2892632)



www.fallbrookseniorcenter.com

Gold

Bonsall Woman's Club

David and Carmen Cervantes & Family

Silver

Bonsall Woman's Club

Fallbrook Citizens' Crime Prevention

More of Him less of me John 3:30

Copper

Anthony & Emilia Armenise

Berry-Bell & Hall Fallbrook Mortuary

Dr. June Shoup & Lin Craft

Fallbrook Village Rotary Club

Gary & Deborah Wolcott

Independent Medicare Broker

Jack & Jeanette Schirner

Memory of Claude & Leona
Your Daughter Sheila

Rod and Teri King & Family

The Brian & Pam Hermansader Trust

The Bruce Englebrecht Trust

Fallbrook Senior Center
Generous Supporters:

Fallbrook Regional HEALTH DISTRICT

Aging and Independence Services

Fallbrook Senior Center

399 Heald Lane, Fallbrook CA 92028

— 760-728-4498 —

Beginning our Recovery– – – – – – the Road to Get Back

Throughout the past year most of the discussions surrounding the pandemic have been on lockdowns and closures, masks and social distancing, and more recently, on vaccinations. But very little of the conversations have addressed the side effects of social distancing and lock downs – social isolation and loneliness, on our physical, mental, and cognitive health. Many studies on these issues have now been conducted and the findings are very alarming. For example, a study conducted by the health care company Cigna, revealed that nearly half of the 20,000 adults they surveyed reported that they sometimes or always feel alone. Forty percent of the survey participants said that they sometimes or always feel that their relationships are not meaningful and that they feel isolated.

Another study published by a professor of psychology and neuroscience at Brigham Young University, reported that the lack of social connection heightens health risks as much as smoking 15 cigarettes a day or having alcohol use disorder. The report also concluded that loneliness and social isolation are twice as harmful to physical and mental health as obesity. The consequences of perceived social isolation can include depression, poor sleep quality, accelerated cognitive decline, poor cardiovascular function, and impaired immunity. Social isolation also increases the risk of premature death from every cause for every race.

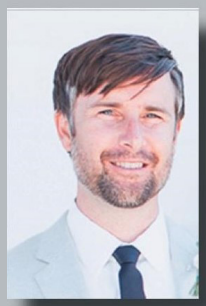
There have been many other studies that show the potential adverse results of loneliness and social isolation, but we should not just focus on those adverse effects. Instead, we need to focus on what we can do to combat those effects and realize that a major solution is available to all of us right here at our Senior Center. Even though there is not a one-size-fits-all approach to a remedy, your Senior Center offers some of the best programs designed to combat loneliness and the negative side effects of social isolation. Multiple studies have shown that engaging in exercise programs and social groups can lead to positive mental health effects and reduce feelings of loneliness. For example, participating in our ballroom line dancing classes, which are among the first programs to resume at the Center, provide both mental and physical exercise, while simultaneously offering social interaction with a tremendous group of individuals. Beginning June 1st, we will resume the line dance class, and also introduce a beginner class, called “Mastering the Basics,” which will provide instruction to anyone, including those with two left feet, on how to benefit from this very enjoyable activity. I would encourage any person seeking to improve their physical and mental condition, to give this class a try. I can personally guarantee that you will not be sorry.

We will also continue to resume other Senior Center activities that can positively improve your health as quickly as we can, while continuing to protect the safety of our members at the same time. We will resume the morning senior exercise classes, and introduce a few new ones, in the next month or two. Once you begin to actively participate in these classes you will soon realize what a wonderful group of people are involved at the Center, many of whom may become life-long friends. We also just received word that we can resume our Congregate Meals program starting June 15, 2021. Our meals program offers a special kind of social interaction during lunch. For those who prefer, we will continue to serve warm meals for curbside pickup, with your reservations.

Exercise programs and social activities will soon begin to counteract the negative aspects of social distancing and social isolation and help to relieve those feelings of loneliness that you may have encountered during the past year. We can’t cure all the ails of today’s life, but we may be able to make a difference in YOUR life.

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
CA Insurance License #0L86250
Phone: (760)815.6827

Regency Fallbrook
A Retirement and Assisted Living Community
A REGENCY PACIFIC COMMUNITY
Bringing independence to living and quality to life

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

FALLBROOK HOUSE CLEANING & HANDYMAN SERVICES
SAFE QUALITY CLEANING & HOME REPAIRS

Dear Neighbors: We Wear Masks, Gloves & Stay 8ft Away!!!
Carpet & Upholstery Cleaning • Bathrooms • Kitchens • Windows & More
Custom Painting • Plumbing • Electrical... We Can Fix Almost Anything!
— Great References and Very Affordable Prices —
— GOD BLESS FALLBROOK & AMERICA —
Call: Christopher or Brittany
760-586-8148
— info@fallbrookhousecleaning.com —
FALLBROOK HOMEOWNERS SINCE 1999
LICENSED • INSURED • SAFETY CHECKED

CLEANING SPECIAL $85 Call for Details

24 Hour EMERGENCY SERVICE

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

THANK YOU to Our Supporting Partners!

SDGE
A Sempra Energy utility®

Shamrock Foods
DELIVERING SATISFACTION®

PERFORMANCE PRINT SOLUTIONS

SUTTER GRAPHICS

*There are more ways to donate than just giving cash... You can become an **In-Kind Donor or Partner!***

FOR MORE INFORMATION CALL
——— 760-728-4498 ———

Fallbrook Senior Center — June 2021 Menu

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

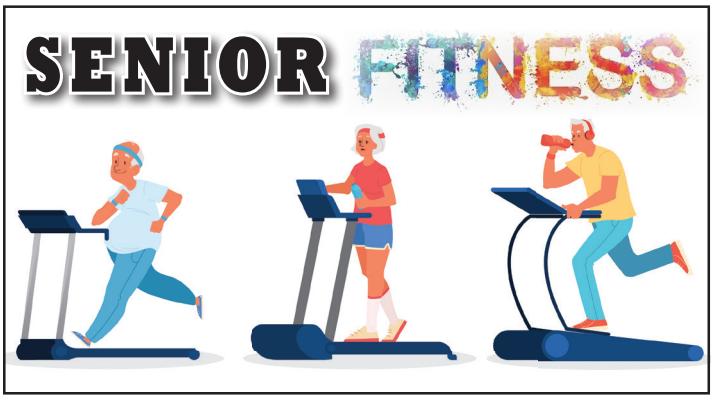
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 **Baked Chicken** *Peas* *Mixed Green Salad* *Brown Rice* *Dessert/Apples* 	**Pork Loin** **2** *Broccoli* *Baked Potato* *Mixed Green Salad* *Whole Wheat Roll* *Cantaloupe* 	**Beef Stew** **3** *Carrots* *Corn Bread* *Mixed Green Salad* *Whole Wheat Roll* *Dessert/Jello w/Tropical Fruit*	**Crab Cakes** **4** *California Blend Vegetables* *Oven Roasted Potatoes* *Coleslaw* *Whole Wheat Roll* *Peaches*
Honey Mustard Chicken **7** *Yellow Beans* *Brown Rice* *Mixed Green Salad* *Watermelon*	**Tuna Sandwich on Whole Wheat** **8** *Cauliflower* *Mixed Green Salad* *Dessert/Strawberries*	**Beef Stroganoff** **9** *Broccoli* *Mixed Green Salad* *Whole Wheat Roll* *Apricots*	BIRTHDAY LUNCH **10** **Roast Beef w/Gravy** *Normandy Blend Vegetables* *Mashed Potatoes* *Mixed Green Salad* *Whole Wheat Roll* *Birthday Dessert/Grapes* 	**Salmon** **11** *Brussel Sprouts* *Rice Pilaf* *Coleslaw* *Banana*
Parmesan Chicken Bake **14** *Oriental Vegetables* *White Rice* *Mixed Green Salad* *Whole Wheat Roll* *Orange*	**Baked Cod** **15** *Butternut Squash* *Brown Rice* *Mixed Green Salad* *Dessert/Tropical Fruit* 	**Beef Short Ribs** **16** *California Blend Vegetables* *Mashed Potatoes* *Mixed Green Salad* *Whole Wheat Roll* *Apple*	**Bell Pepper w/ Ground Turkey** **17** *Carrots* *Scalloped Potatoes* *Mixed Green Salad* *Whole Wheat Roll* *Dessert/Grapes*	**Fried Shrimp** **18** ▲ *Mixed Vegetables* *Sweet Potato Fries* *Coleslaw* *Whole Wheat Roll* *Banana*
Pork Chops w/Applesauce **21** *Green Beans* *Brown Rice* *Mixed Green Salad* *Cantaloupe* 	**Chicken Pot Pie** **22** *Spinach* *Mixed Green Salad* *Whole Wheat Roll* *Dessert/Mango Slices* 	**Meatloaf w/Ground Beef** **23** *Malibu Blend Vegetables* *Mashed Potatoes* *Mixed Green Salad* *Whole Wheat Roll* *Grapes*	**Barbeque Chicken** **24** *Corn* *Baked Potato* *Mixed Green Salad* *Whole Wheat Roll* *Dessert/Tropical Fruit* 	**Fish Veracruz** **25** *Broccoli* *Brown Rice* *Coleslaw* *Watermelon*
Baked Lemon Chicken **28** *Cauliflower* *White Rice* *Mixed Green Salad* *Whole Wheat Roll* *Peaches*	**Swedish Meatballs** **29** *Baby Carrots* *Brown Rice* *Mixed Green Salad* *Dessert/Honeydew*	**Pot Roast** **30** *Green Beans* *Scalloped Potatoes* *Mixed Green Salad* *Whole Wheat Roll* *Pineapple Tidbits*	**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**	

Fallbrook Senior Center — June 2021 Activity Schedule

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Line Dancing 10:00 Chess 12:00 Social Bridge 12:30 Pool Tournament 	**2** 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong	**3** 9:00 Line Dancing 9:30 Scrabble/Chess 11:30 ACBL Bridge - SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge	**4** 9:00 Senior Wellness Exercise 10:30 Chair Yoga - SET FEE 11:30 Social Bridge 1:00 Ukulele
7 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:30 ACBL Bridge - SET FEE 11:30 Pinochle	**8** 9:00 Line Dancing 10:00 Chess 12:00 Social Bridge 12:30 Pool Tournament	**9** 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong 12:30 Board Meeting B I N G O *6-9 PM*	9:00 Line Dancing 9:30 Scrabble/Chess 11:30 ACBL Bridge - SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge **10**	**11** 9:00 Senior Wellness Exercise 10:30 Chair Yoga - SET FEE 11:30 Social Bridge 1:00 Ukulele
8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:30 ACBL Bridge - SET FEE 11:30 Pinochle 2:00 Photography Class **14**	**15** 9:00 Line Dancing 10:00 Brain Game 10:00 Chess 12:00 Social Bridge 12:30 Pool Tournament 	**16** 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong	**17** 9:00 Line Dancing 9:30 Scrabble/Chess 11:30 ACBL Bridge - SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge	**18** 9:00 Senior Wellness Exercise 10:30 Chair Yoga - SET FEE 11:30 Social Bridge 1:00 Ukulele
21 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:30 ACBL Bridge - SET FEE 11:30 Pinochle 	**22** 9:00 Line Dancing 10:00 Chess 12:00 Social Bridge 12:30 Pool Tournament	**23** 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong B I N G O *6-9 PM*	**24** 9:00 Line Dancing 9:30 Scrabble/Chess 11:30 ACBL Bridge - SET FEE 12:30 Pool Tournament 1:30 Beginning Social Bridge	**25** 9:00 Senior Wellness Exercise 10:30 Chair Yoga - SET FEE 11:30 Social Bridge 1:00 Ukulele
28 8:00 Cribbage 9:00 Senior Wellness Exercise 9:00 Pickleball 11:30 ACBL Bridge - SET FEE 11:30 Pinochle	**29** 9:00 Line Dancing 10:00 Chess 12:00 Social Bridge 12:30 Pool Tournament	**30** 9:00 Senior Wellness Exercise 12:00 Pinochle 12:30 Mah Jong	**Notice:** Starting June 1, 2021 the Senior Center is re-opening one activity at a time starting with the Line Dancing activity on Tuesday and Thursday. Starting June 15, 2021 the Senior Lunch Program will resume at 11:15 a.m. in the Community Center Auditorium. Meals-to-go will continue to be available until December 15, 2021 for pick-up also in the Community Center Auditorium daily at 11:15 a.m. We request that you continue to make reservations for either the Congregate and Meals-to-go lunch.	

FALLBROOK SENIOR CENTER EXERCISE PATIO IS OPEN MON-FRI 9am-3pm!



Precautions for your safety:

- Stay Home If You Are Feeling Sick
- Temperature Screening
- Keep Your Distance - 6ft Apart
- Use Hand Sanitizers
- Face Mask Is Required for All
- No More Than 4 Members In The Exercise Area At One Time

FREE for ALL MEMBERS!

We have an array of equipment designed to strengthen and improve your well being.
For questions or information please call

— 760-728-4498 —

COVID-19 Vaccination Clinic
Clínica de vacunación contra COVID-19

Fallbrook Regional HEALTH DISTRICT

RITE AID

Appointments available.
Citas disponibles.

This site will administer the Pfizer vaccine.
En este sitio se aplicará la vacuna Pfizer.

Every Monday!
¡todos los lunes!
10AM - 4PM
FRHD Wellness Center
1636 E. Mission Rd.
Fallbrook, CA

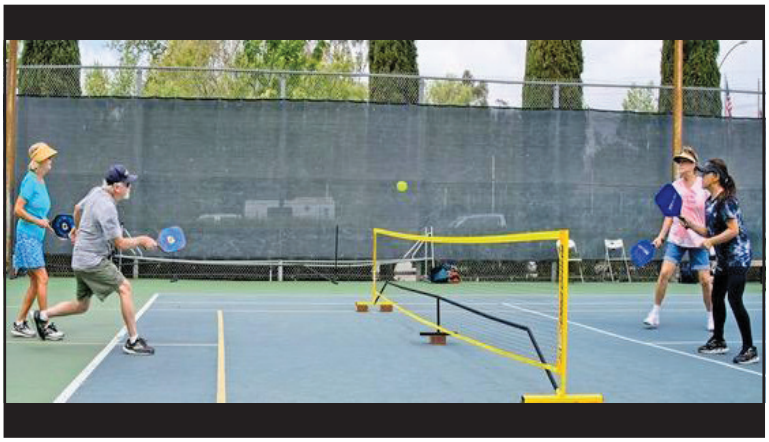
Non-appointment walk-ins will be accommodated when possible.
Walk-in availability will be determined at the site by 2PM.
Se recibirán pacientes sin previa cita después de las 2 de la tarde si hay disponibilidad de vacunas.

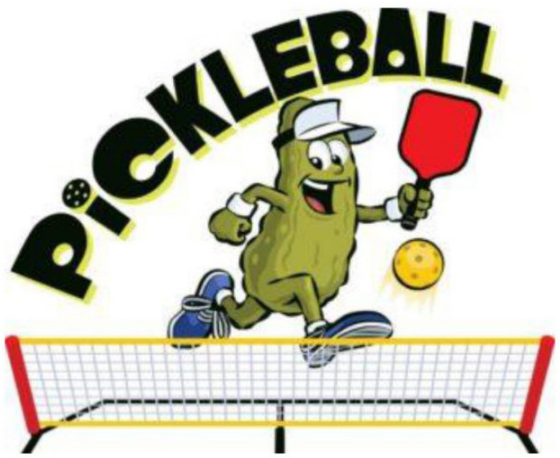
ALL people over 16 are now eligible.
TODAS las personas que sean mayores de 16 años pueden recibir la vacunas.

Questions? Call Fallbrook Regional Health District:
¿Preguntas? Llame al Fallbrook Regional Health District:
760-731-9187

or email: hello@fallbrookhealth.org
o envíe un correo electrónico: hello@fallbrookhealth.org

To make an appointment visit:
Para hacer una cita visite:
www.FallbrookHealth.org/vaccination-clinics





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

FREE for ALL FSC Members!!!

Memberships available at the Fallbrook Senior Center just $15 for the year. Call **760-728-4498** *for more information.*

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.

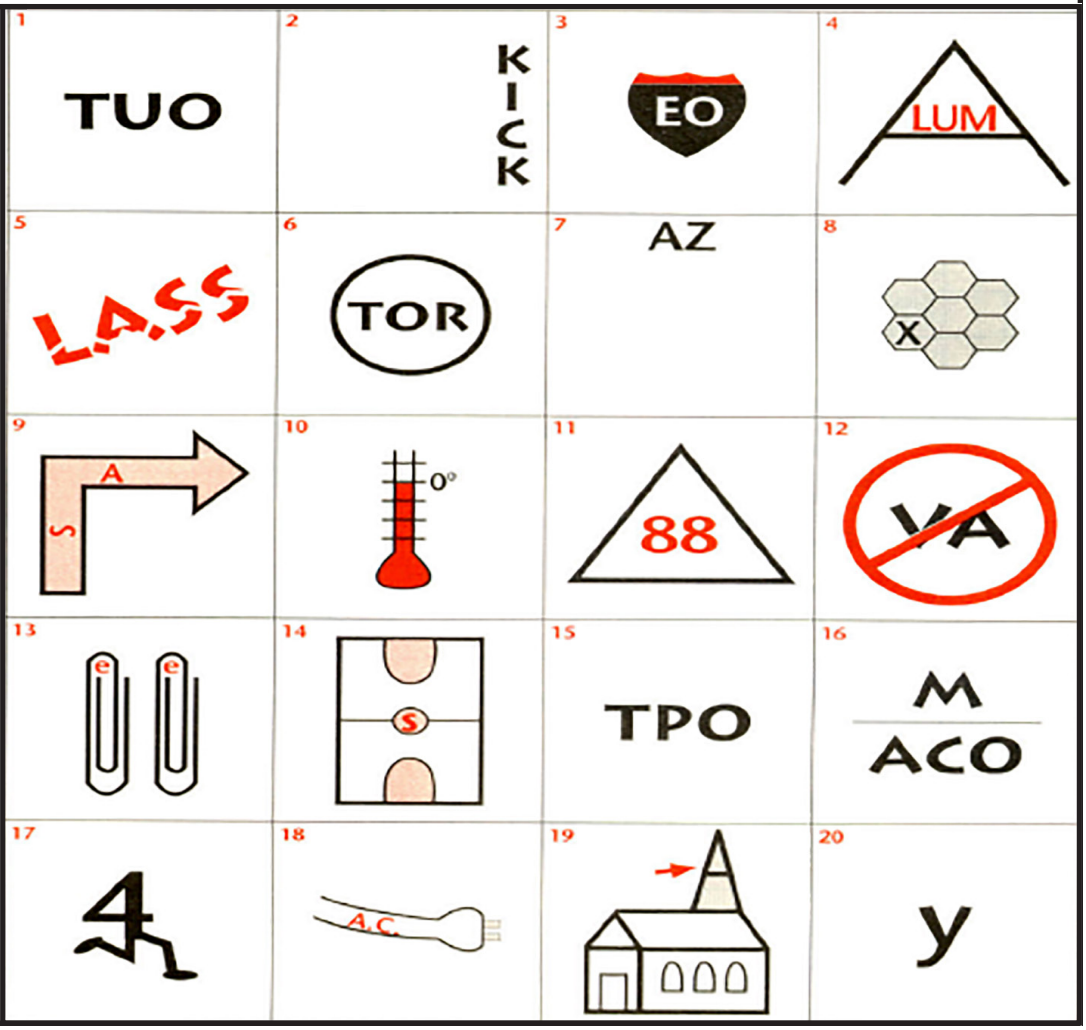
To prepare for Bingo resumption, we need to find several volunteers who could assist in organizing the games. We also need to find several volunteers who like to be in front of an audience, who have a good sense of humor, and who have a loud, clear speaking voice to become callers for the games. Each 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.

• JUNE 2021 •

• ON THE ROAD AGAIN •

All of the word pictures below, in some weird (and possibly phonetic) way, lead you to names of past and present vehicle models (autos and SUVs, that is). If you can think outside the box. For example, the answer to #1 is OUTBACK. If you figure out #20, you're a genius. Answers are shown later in this Chronicle issue.



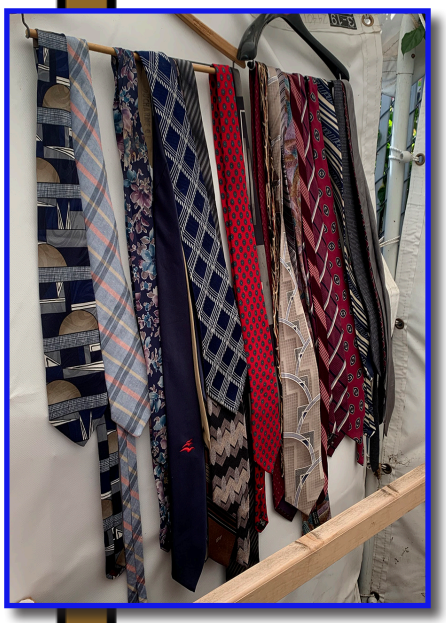
Come Celebrate with us!

GRAND REOPENING

JUNE 7th, 2021

Come Visit the Newly Renovated Thrift Shop!!!

Fallbrook Senior Center



Happy Father's Day!

Find DAD the Perfect Gift with some shopping at the Fallbrook Senior Center Thrift Shop!

— Covid 19 Precautions — Masks Required • Social Distancing

Fallbrook Senior Center Thrift Shop

399 Heald Lane, Fallbrook CA 92028

760-723-4602

— Store Hours: Monday - Friday 9:00-3:00 • Closed Saturday & Sunday —

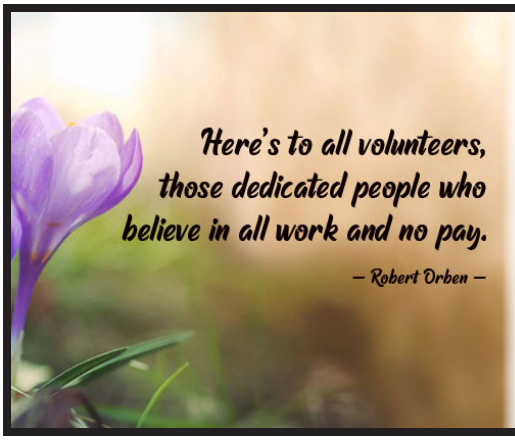
***Shower Chairs *Total Care Under Pads**

***Wheel Chairs *Canes *Walkers**

***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!**



The Fallbrook Senior Center

Thrift Shop Needs Volunteers

You can work a little or a lot. Shifts starting @ 3 hours/week.

Sorting • Pricing • Cashiering • Preparing goods for the shelf.

Your good deed will be a blessing to the Senior Center.

Store Hours: Monday - Friday 9:00-3:00 • Closed Sat & Sun

Please stop by the front office to complete a volunteer application.

WE WANT YOU!

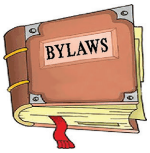
Help keep YOUR Senior Center running and re-opening smoothly by becoming a member of one (or more) of our Committees!

Do you remember the days when a large number of members would volunteer to staff various committees to help manage the activities and special projects going on around your Senior Center? As we now begin to re-open, your Senior Center is busy making plans and needs your help. Some of the Committees being formed will require a short-term commitment of 3-4 months; other Committees are on-going and would like a one-year commitment. The following Committees have been formed, or will be forming, and need members to fill openings.

Gala Committee – 6 positions, 3 openings
This Committee will plan an annual Gala Fundraising Event.

Thrift Shop Committee – 5 positions, 4 openings
This Committee will recruit volunteers and whole-house donations to keep the Thrift Shop running smoothly while offering a great selection of merchandise.

Policy Committee – 5 positions, 4 openings
The Senior Center policies have not been updated since 2012 and changes are needed.



Bylaws Committee – 5 positions, 1 opening
The Bylaws were last updated in 2019 and some changes have been suggested.

Pen Pal/Sunshine Committee – 3 positions, 3 openings
This Committee will help connect isolated seniors with a pen pal partner.

Each Committee shall select a chairman, keep minutes which become a part of Senior Center records, and report regularly to the Board of Directors. When appropriate, the Chairmen of the Committees shall attend the Board of Directors monthly meetings.

Your Senior Center invites you to consider volunteering to fill one of the openings in these vital committees where you can make a real impact. A wise man once said, "All of us long for a time when we can once again gather together in friendship and multiple activities. We all need to continue to support the Senior Center, to participate in the activities once they are again offered, and to encourage many other seniors in Fallbrook to join us." You are needed here at the Senior Center. Please call 760-728-4498.

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.

THE FOUNDATION FOR Senior Care

"Helping seniors to live independently"

Your Donations Support Our Programs – THANK YOU!

Computer, Smart Phone & Tablet Training for Seniors by Seniors
Emmanuel Baptist Church
911 Elder St., Fallbrook

JUNE 2021 CLASSES

CLASS	DATES & TIME	COST
Solving Spreadsheet Problems *Instructor: Obie Weeks*	Tues 6/22 & 6/29 1-3 PM	$20
Basic Computer File Management *Instructor: Obie Weeks*	Tues 6/22 9:30-11:30 AM	$20
Smartphone & Tablet (Androids) *Instructor: Irv Rudderow*	Mon 6/7, 6/14, 6/21 & 6/28 9:30-11:30 AM	$40
iPhone/iPad Class *Instructors: Bob Cebulski & Len Tevebaugh*	Thurs 6/3, 6/10, 6/17 & 6/24 9:30-11:30 AM	$40
Fix-It-Friday *Offering help with your computer, tablet or cell phone*	Every Friday 1-3 PM	FREE
Complete class descriptions at www.foundationforseniorcare.org		

SIGN UP ONLINE AT OUR WEBSITE
www.foundationforseniorcare.org
You can also Call or Stop by our Office to Sign Up

Call 760-723-7570
135 S. Mission Rd, Fallbrook | FoundationForSeniorCare.org

June Brain Game Answers: 1. Outback 2. Sidekick 3. Rodeo (road E O) 4. Lumina (LUM in A) 5. Cutlass 6. Torino (TOR in O) 7. Topaz (top AZ) 8. Excel (X cell) 9. Saturn 10. Tempo 11. Delta 88 12. Nova 13. Eclipse (e clips) 14. Escort (s court) 15. Pinto (P in TO) 16. Monaco (M on ICO) 17. 4Runner 18. Accord 19. Aspire 20. ?.

Fallbrook Senior Center

Meals-to-go are available Monday-Friday from 10:30-11:30am by calling 24 hours ahead at:

Fallbrook Senior Center - 760.728.4498

399 Heald Ln. Fallbrook | www.fallbrookseniorcenter.com