

# THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER  
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084  
760-643-5288 [GMACVISTA.COM](http://GMACVISTA.COM)

## PROGRAMS ABOUT US MARK YOUR CALENDAR

- Activities
- Clubs
- Classes
- Education
- Events
- Nutrition
- Cultural Trips
- Transportation

We are open  
Monday-Friday  
8:00am-3:30pm  
and closed on  
holidays.

- **November 1**- Day of the Dead Celebration
- **November 6** - Live Music by Randy Renner
- **November 7** - SBHIS Insurance Medicare Presentation
- **November 8** - Veterans Day Observance
- **November 11** - Closed for Veterans Day Holiday
- **November 13** - Free Blood Pressure Checks
- **November 14** - Medicare Q&A with Karen Leyva
- **November 20** - Student Musical Performance
- **November 25** - Native American Story Telling
- **November 27** - Thanksgiving Lunch
- **November 28 & 29** - Closed for Thanksgiving Holiday



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PAGE 5 | LUNCH MENU



PAGE 3 | CULTURE CARAVAN TRIPS



PAGE 9 | ACTIVITIES, CLUBS, EVENTS

## NEWS YOU CAN USE

- **The Senior Center is closed on Monday, November 11 for Veterans Day holiday.**
- **The Senior Center is closed on November 28 and 29 for Thanksgiving holiday.**
- **The Senior Citizens Affairs Commission meets to make recommendations and advise the City Council of matters pertinent to Vista's Senior Citizens.** The Commission meets every other month at the Senior Center and is open to the public to attend. More information and meeting schedule is available at [vista.gov](http://vista.gov). The next meeting is on Wednesday, November 20 at 1pm at the Senior Center.
- **We are hosting a book discussion with author Faten Shelbayeh on November 21 at 2:30pm.** She will discuss her book "You Care, We Care: Stop Elder Abuse," as well as a chapter in "The Everyday Woman's Guide to Living Your Best Life: 32 Women Share Their Wisdom," where she explores how elder women can live their best lives.
- **We are hosting "Ask An Attorney" appointments on the third Thursday of each month.** Call 760-643-5288 to schedule a free appointment.
- **Susan Sager, Senior Representative with Primerica, is offering FREE 30-minute Financial Check-Up appointments on Wednesday mornings between 10:00am-12:00pm.** Call 760-643-5288 to schedule an appointment.
- **Our free "Computer Corner" class takes place from 2:00-3:00pm on Wednesdays in the Azalea Building Computer Room.** Sandi Leyva guides students through the ins and outs of using computers and devices. Bring your own device (phone, tablet, laptop) or use one of our computers (first come, first serve basis).
- **We are hosting Free Blood Pressure Checks in the Park Terrace lobby on November 13 from 10:30am-12:30pm.** No appointment necessary. Meet with Palomar College nursing students to check your blood pressure.
- **The Azalea Building Fitness Room is open for Vista Seniors aged 50 and older, from 9:00am-3:00pm, Monday-Friday (closed holidays).** Fitness Room users are required to check in and out at the Azalea Building Welcome Desk and adhere to Fitness Room Rules. Proper closed-toe footwear and exercise attire required.
- **The San Diego Food Bank operates a Senior Citizen food distribution site in the upper parking lot on the 3rd Tuesday of each month from 11:00am-12:00pm.** For info regarding program and eligibility: [SanDiegoFoodBank.org](http://SanDiegoFoodBank.org) or call 866-350-3663.

## ELECTION INFORMATION



### VOTE CENTERS

The City of Vista will be hosting an 11-day and a 4-day vote center; there will be numerous other vote centers throughout the city. Voters can cast their ballot in person or drop off their mail-in ballots.

#### Morris B Vance Community Room

- October 26 – November 4, 8:00 am – 5:00 pm
- November 5 (Election Day), 7:00 am – 8:00 pm

#### Gloria McClellan Senior Center – Azalea Room

- November 2 – November 4, 8:00 am – 5:00 pm
- November 5 (Election Day), 7:00 am – 8:00 pm

Residents can find other polling locations and check their voter registration status on the San Diego Registrar’s website (<https://www.sdvote.com/content/rov/en/voter-info-lookup.html>).

Electioneering is prohibited within 100 feet of the vote centers and locations where voters may cast their ballot (i.e. curbside ballot drop off locations).



## VETERANS DAY EVENT AT VETERAN’S MEMORIAL PARK

### Salute to Service: Vista Veterans Day

*Presented by the City of Vista*

Join us as we honor the brave men and women who have served our country at Vista's Salute to Service: Veterans Day Ceremony. This special event, sponsored by the City of Vista, will take place on Monday, November 11, 2024, from 10:00am to 11:00am at Veterans Memorial Park.

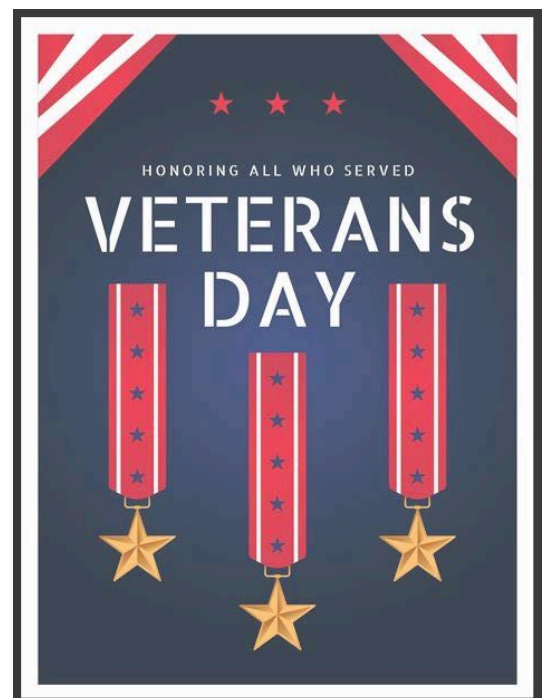
The ceremony will feature:

- A salute from the Vista City Council
- Inspiring guest speakers
- Special presentations to honor our veterans

The City of Vista invites the community to come together in this tribute to our nation's heroes.

#### Location:

Veterans Memorial Park  
 267 S. Santa Fe Avenue, Vista, CA  
 (Across from Pepper Tree Frosty)



# NUTRITION PROGRAM

## Congregate Lunch Service

Nutritious lunch is offered weekdays for older adults aged 60 and above. First time attendees must fill out a San Diego County intake form.

- **60+ Years:** \$4.00 Suggested Contribution
- **Guests 59 Years and Younger:** \$8.00 mandatory cost
- **Reservations are required at least one business day in advance by 1pm** for daily lunch and at least one week in advance for special events.
- Call **760-643-5288** or stop by the lunch desk to make or change lunch reservations.
- **Meals are served at 12pm and beverage service is available at 11am** for those who wish to arrive early and socialize. The kitchen closes at 12:45pm, so please plan accordingly.
- Attendees may take their leftovers home in their own container. We do not provide disposable containers for leftovers or to-go meals.
- To-go meals are offered to guests dining at the Park Terrace Cafe only when available.

## Transportation Service

- Transportation for Congregate lunch is available for eligible Vista residents aged 60 and above who cannot drive. Advanced registration and approval required. Participants must be ambulatory.
- Transportation to/from lunch is available Monday-Friday (closed holidays). There is a suggested contribution of \$1 per trip.
- Other transportation services are available with our Out & About Program. See page 8 for information on transportation for shopping and medical appointments.

## Home Meal Delivery Service

- Qualifying Vista residents aged 60 and older may register to have a meal delivered to their home weekdays between 10am-2pm. There is a suggested contribution of \$4 per meal.
- To qualify, the participant must be homebound and incapable of doing two or more of the following on their own: eating, dressing, bathing, toileting, walking, or transferring in and out of bed.
- The service is subject to availability and currently has a wait list.
- An intake assessment is required to determine eligibility.

**Call 760-643-5288 for more information regarding Nutrition services.**

*Thanks for making the Park Terrace Café a part of your day!*

## Park Terrace Café

## November Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu subject to change</b>	\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger. No eligible person shall be denied a meal for choosing not to contribute.	Denotes meal  ≥ 1000 mg Sodium 1% Milk served daily		<b>1</b> <b>Curried Meatballs</b> (Beef & Pork) w/ Curry Coconut Sauce Parsley Potatoes Spinach Whole Wheat Bread Banana
<b>4</b> <b>Chicken à la King</b> Mixed Rice Mixed Vegetables Orange	<b>5</b> <b>Hamburger</b> Sautéed Onions White Wheat Burger Roll Potato Salad Coleslaw Apple <b>Bingo!</b>	<b>6</b> <b>Pork Chile Verde</b> Black Beans Mexican Rice Zucchini & Corn Orange <b>OR Soup &amp; Salad*</b>	<b>7</b> <b>Meat Lasagna</b> Spring Mix Salad Italian Blend Whole Wheat Bread Mandarin	<b>8</b> <b>Chicken Florentine</b> Penne Pasta Manhattan Blend Orange
<b>11</b> <b>CLOSED</b> <b>VETERANS DAY HOLIDAY</b>	<b>12</b> <b>Swedish Meatballs</b> Creamy Dill Sauce Parsley Potatoes Peas & Carrots Whole Wheat Bread Mandarin <b>Bingo!</b>	<b>13</b> <b>BBQ Pulled Pork</b> Herb Roasted Potatoes Broccoli Normandy Whole Wheat Roll Banana <b>OR Soup &amp; Salad*</b>	<b>14</b> <b>Vegetarian Pot Pie</b> w/ Potatoes, Carrots, Onions, Peas Garbanzo Stew Pineapple	<b>15</b> <b>Chili Con Carne</b> Mixed Rice Fiesta Corn Orange
<b>18</b> <b>Tilapia Pineapple</b> Coconut Mixed Rice Stir Fried Blend Whole Wheat Bread Pineapple	<b>19</b> <b>Chicken Creole</b> Whole Grain Pasta Italian Vegetables Orange <b>Bingo!</b>	<b>20</b> <b>Open-Faced Cubano Sandwich</b> Whole Wheat Roll Sweet Potatoes Cabbage Salad Banana <b>OR Soup &amp; Salad*</b>	<b>21</b> <b>Salisbury Steak</b> Beef & Pork Mashed Potatoes Gravy Peas & Carrots Orange	<b>22</b> <b>Asian Chicken Salad</b> Spring Mix Black Beans Corn, Red Peppers Cucumbers, Tomatoes Asian Dressing Whole Wheat Bread Pineapple <b>Guess Who's Coming to Lunch Reveal</b>
<b>25</b> <b>Greek Chicken</b> Garlic Yogurt Sauce Mixed Rice Pilaf Zucchini & Red Peppers Orange	<b>26</b> <b>Meatloaf</b> (Beef & Pork) Mashed Potatoes Gravy Mixed Vegetables Whole Wheat Bread Pineapple <b>Bingo!</b>	<b>27</b> <b>Roast Turkey</b> w/ Gravy Bread Stuffing Green Beans Sweet Potatoes Cranberry Sauce Apple <b>Birthday &amp; Anniversary Celebration</b>	<b>28</b> <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>	<b>29</b> <b>CLOSED</b> <b>THANKSGIVING HOLIDAY</b>

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

**Lunch served Monday-Friday at 12:00pm**

**Reservations required 1 business day in advance by 1pm,  
and at least one week in advance for special events.**

**Call 760-643-5288 to make or cancel lunch reservation.**

**\*For Wednesdays, indicate Main Meal or Soup & Salad when you RSVP.**

## CLASS, CLUB, ACTIVITY, AND EVENT INFO

- **Paid movement classes are being paused in November for building renovations**, including paint and new flooring in parts of the Azalea Building. Classes will resume in December and registration links will be activated in mid-November.
- **Free Classes, Activities and Services delivered by volunteers:**
  - **Art Classes** on Mondays from 11am-12pm in the Jasmine Room
  - **Free Movie** once a month on a Monday afternoon from 1-3pm in the Cafe
  - **“Danzerise”** line dancing classes on Tuesdays & Thursdays from 10:45-11:45am in the Azalea Room resumes on November 19.
  - **Bingo** on Tuesdays from 11am-12pm in the Cafe
  - **Financial Check-up Appointments** on Wednesdays from 10am-12pm in the Azalea Conference Room. Call 760-643-5288 to schedule an appointment.
  - **Theatre Appreciation Class** on Wednesdays from 10:30-11:30am
  - **Music Appreciation Class** will take place on the first and third Wednesday from 1:00-2:30pm in November due to holiday schedule adjustments.
  - **Computer Corner Class** on Wednesdays from 2-3pm in the Azalea Computer Room
  - **Live Music by Lou Rosgen** on the 2nd & 4th Thursday from 11am-12pm in the Cafe
  - **Trivia with Maria** on the 3rd Thursday from 11am-12pm in the Cafe
  - **Ask An Attorney Appointments** on the 3rd Thursday from 9am-12pm in the Azalea Conference Room. Call 760-643-5288 to schedule an appointment.
- **Club Meetings:**
  - **Mahjong** - Tuesdays & Thursdays from 1-3pm in Game Room
  - **Zia’s Craft Club** - 1st & 3rd Tuesday from 1-3pm in Jasmine Room
  - **Yvonne’s Mischief Makers** - 2nd & 4th Tuesday from 1-3pm in Jasmine Room
  - **Joy Walkers** - (*paused until further notice*)
  - **Social Bridge** - *Paused until new leader is found.* If you are interested in leading this club on Wednesdays from 11am-12pm, please contact us.
  - **Stash Busters (Quilting)** - 2nd & 4th Thursday from 12-3pm in Jasmine Room
  - **Happy Stitchers (Crochet & Knitting)** - Fridays from 9am-12pm in the Cafe
- **Special November Events in the Park Terrace Cafe:**
  - **Friday, November 1, 11am-12pm** - Day of the Dead Celebration with Altar for loved ones. Bring photos and/or mementos of your loved ones.
  - **Wednesday, November 6, 11am-12pm** - live music by Randy Renner
  - **Thursday, November 7, 1:15pm-2:15pm** - SBHIS Insurance Medicare presentation
  - **Friday, November 8, 11am-12pm** - Veterans Day Event
  - **Thursday, November 14, 4pm** - Medicare Q&A with Karen Leyva, Bridlewood Insurance
  - **Wednesday, November 20, 11am-12pm** - Student Musical Duo Concert Performance
  - **Thursday, November 21, 2:30-3:30pm** - Faten Shelbayeh, author of "You Care, We Care: Stop Elder Abuse," and "The Everyday Woman's Guide to Living Your Best Life: 32 Women Share Their Wisdom," will discuss how women can live their best lives.
  - **Monday, November 25, 11am-12pm** - Native American Story Telling by Cathy Wallace

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> 9-12 Happy Stitchers Club <b>11-12 Day of the Dead Celebration</b>
<b>4</b> 10:15 Nutrition Council & Special Events Committee Meeting  11-12 Start with Art – Ann Force	<b>5</b> 11-12 Bingo 1-3 Craft Club with Zia 1-3 Mahjong	<b>6</b> 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 11-12 Live Music by Randy Renner 1-2:30 Music Appreciation 2-3 Computer Corner Class	<b>7</b> 1-3 Mahjong 1:15-2:15 SBHIS Medicare Presentation in the Café	<b>8</b> 9-12 Happy Stitchers Club <b>11-12 Veterans Day Event</b>
<b>11</b> <b>CLOSED FOR HOLIDAY</b>	<b>12</b> 11-12 Bingo 1-3 Mischief Makers with Yvonne 1-3 Mahjong	<b>13</b> 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 10:30-12:30 Free Blood Pressure Checks in Lobby 2-3 Computer Corner Class	<b>14</b> 11-12 Live Music by Lou Rosgen 12-3 Stash Busters Club 1-3 Mahjong 4pm Medicare Q&A with Karen Leyva	<b>15</b> 9-12 Happy Stitchers Club
<b>18</b> 11-12 Start with Art – Marcos Solorio 1-3 Movie in the Café – “Megan Leavey”	<b>19</b> 10:45-11:45 Free “Danzerise” Class 11-12 Bingo 1-3 Craft Club with Zia 1-3 Mahjong	<b>20</b> 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 11-12 Music Performance by Students Parker & Benson 1-2:30 Music Appreciation 1-2 Senior Citizen Affairs Commission Meeting 2-3 Computer Corner Class	<b>21</b> 9-12 “Ask an Attorney” Appts 10:45-11:45 Free “Danzerise” Class 11-12 Trivia by Maria 1-3 Mahjong 2:30-3:30 Book Talk by Faten Shelbayeh	<b>22</b> 9-12 Happy Stitchers Club <b>12:30 Guess Who’s Coming to Lunch Reveal</b>
<b>25</b> 11-12 Start with Art – Marcos Solorio 11-12 Native American Story Telling	<b>26</b> 10:45-11:45 Free “Danzerise” Class 11-12 Bingo 1-3 Mischief Makers with Yvonne 1-3 Mahjong	<b>27</b> 10:30-11:30 Theatre Appreciation Class 12:30 Birthday & Anniversary Celebration 2-3 Computer Corner Class	<b>28</b> <b>CLOSED FOR HOLIDAY</b>	<b>29</b> <b>CLOSED FOR HOLIDAY</b>

**Red** – Events in the Park Terrace Café

**Black** – Meetings, Clubs, Activities in the Park Terrace Café

**Blue** - Activities and Classes in the Jasmine Room

**Green** – Appointments in the Azalea Conference Room

**Purple** – Activities in the Azalea Room (NOTE: Computer Corner Class in Computer Room behind Azalea Room)

**Brown** – Club Meetings in the Azalea Game Room

## OUT & ABOUT TRANSPORTATION PROGRAMS

Our **OUT & ABOUT** program provides ADA transportation for grocery shopping shuttles on Mondays & Wednesdays (see schedule below for dates and locations).

Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

We also provide transportation to eligible Vista residents for in-town medical appointments on Tuesdays, Thursdays & Fridays from 9am-1:30pm.

Door-to-Door service is \$5 for Round Trip - under one hour, or \$3 one way.

**Call 760-643-5284 at least 3 working days in advance to schedule.**

**NOTE:** Lunch transportation to the senior center is offered through our Nutrition Program. See page 4 for information.



### Shopping Shuttle Schedule:

First Monday (**November 4**): Albertsons

First Wednesday (**November 6**): Stater Brothers

Second Monday (**November 11**): *no rides - Holiday*

Second Wednesday (**November 13**): Frazier Farms

Third Monday (**November 18**): Trader Joes

Third Wednesday (**November 20**): Costco

Fourth Monday (**November 25**): Food 4 Less

Fourth Wednesday (**November 27**): Target

### NOVEMBER BONUS TRIPS:

- **Friday, November 8** - Winco
- **Friday, November 15** - Walmart Supercenter
- **Friday, November 22** - Grocery Outlet



## CULTURE CARAVAN

Culture Caravan provides roundtrip transportation, event tickets, and friendly tour guides to destinations throughout Southern California.

All trips depart and return at the Gloria McClellan Center located at 1400 Vale Terrace Dr, Vista, CA 92084.

Register at [Vista.gov/Culture Caravan](https://Vista.gov/CultureCaravan) or call 760-643-5291.

For full descriptions of our trips, refer to the current Culture Caravan Destination Guide. A copy of the Fall/Winter Destination Guide is available at the Senior Center and can be viewed online at [Vista.gov/Culture Caravan](https://Vista.gov/CultureCaravan) or [GMACvista.com](https://GMACvista.com).



AFC Vacations is a proud sponsor of our Culture Caravan program. Be sure to mention Culture Caravan when booking a trip with AFC Vacations!

## Upcoming Culture Caravan Trips

### **Midway**

*Wednesday, November 13*

*9:00am- 4:00pm*

*\$89*



### **La Jolla Historic Walking Tour**

*Thursday, November 14*

*11:00am- 5:00pm*

*\$75*



### **Christmas Carol**

*Saturday, December 7*

*11:30am-6:00pm*

*\$93*



## MOVIE MONDAY IN THE PARK TERRACE CAFE

Join us in the Park Terrace Cafe for a free movie. This month's movie:

**Monday, November 18 at 1:00pm - "Megan Leavy"** (rated PG-13, 1 hour, 56 minutes)

Based on the true-life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.

## UNDERSTAND YOUR FINANCES & PROTECT THEM



### Money Tools and Tips from Susan Sager, Senior Representative, Primerica

**Do you need a better budget?** Try the 50/30/20 Budget.

- Allow up to **50%** of your income for needs, including debt minimums.
- Leave **30%** of your income for wants.
- Commit **20%** of your income to savings and debt repayment beyond minimums.

For more information regarding tools, strategies, and financial guidance, schedule an appointment with Susan Sager. She is at the Senior Center on Wednesday mornings. Call 720-643-5288 to schedule a free 30-minute Financial Check-Up Appointment.

## I DIDN'T KNOW THAT!

### Tidbits from Maria McSweeney

Buckingham Palace, the home of the British monarch has 775 rooms, including 78 bathrooms. The White House, home of the President of USA, has 132 rooms, including 35 bathrooms.



- 2-1-1 is a free and confidential service that helps people find the local resources they need. Available 24 hours a day, 7 days a week.
- Free copies of the **Eldercare** directory are available at the Senior Center. This directory contains info on transportation, housing, legal help and more.
- **BenefitsCheckUp®** connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. **800-794-6559**
- The **Low Income Home Energy Assistance Program (LIHEAP)** provides assistance to eligible low-income households with the goal of managing and meeting their immediate home heating and/or cooling needs. **866-675-6623**
- Call the **San Diego Food Bank** at **866-350-3663** to speak with a staff member who can assess if you qualify for the program and provide information about your nearest food distribution site.
- **Meals on Wheels** provides home delivered meals for seniors for low cost. Call **619-260-6110**
- **ElderHelp** provides housing services, information and referral, caregiver support, and check in calls for those that are interested. **619-284-9281**
- **YANA (You Are Not Alone)** program is a free service from the San Diego Sheriff's Department, providing telephone contact (Monday-Friday) to independently living seniors who have no friends or family to check on them regularly. Call the Vista Substation to enroll: **760-940-4551**
- The **FACT** program provides transportation services. They pride themselves on providing safe, reliable transportation and excellent service. **760-754-1252**
- **Elder Law & Advocacy** offers free assistance with legal, Medicare, caregiver, long-term care and many other issues. **858-565-1392**
- The **988 Suicide & Crisis Lifeline** offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or other emotional distress. People can also dial **988** if concerned for a loved one needing crisis support.
- **For Their Thoughts** offers caregiver support for families impacted by dementia. **760-659-3883**
- **The Alzheimer's Project** focuses on support for caregivers and aims to strengthen the local network of services available to people living with dementia and their families. **619-531-5522**

## AGING & INDEPENDENCE SERVICES

Serves all older adults and persons with disabilities, from those who are completely independent to those requiring more assistance. Programs support healthy aging, safety, and independence.

Start with AIS Call Center (1-800-339-4661) for:

• Information and assistance • Referrals to community services • 24-hour reporting line for abuse

GLORIA McCLELLAN SENIOR CENTER

50<sup>th</sup>

ANNIVERSARY

1974-2024