

THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084
760-643-5288 GMACVISTA.COM

PROGRAMS

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

ABOUT US

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

MARK YOUR CALENDAR

- **August 1** - Chinese Mahjong Tournament
- **August 5** - Nutrition & Events Committee Meeting
- **August 5** - Movie: "The Man with the Golden Gun"
- **August 7** - Retirement & Estate Strategies Seminar
- **August 7** - "Computer Corner" class with Sandi Leyva
- **August 8 & 22** - Live Music by Lou Rosgen
- **August 16** - *Guess Who's Coming to Lunch* Reveal
- **August 19** - Movie: "Book Club - The Next Chapter"
- **August 21** - 50th Anniversary Celebration
- **August 26** - Culinary Adventures Around the World
- **August 28** - Birthday & Anniversary Celebration
- **August 29** - Medicare Presentation by Karen Leyva



PAGE 2 | NEWS YOU CAN USE



PAGE 5 | LUNCH MENU



PAGE 9 | ACTIVITIES, CLUBS, EVENTS



PAGE 3 | CULTURE CARAVAN TRIPS

NEWS YOU CAN USE

- **Instructor-led Classes are here and people are loving them!** Movement is fun with our new team of professional, experienced instructors. If you've been wanting to get moving, do it here and join in the fun. Register for these fee-based classes at GMACvista.com.
 - **Monday - 9:30-10:30am** - Movement with Music
 - **Monday - 10:30-11:30am** - Yoga (bring your own mat or use one of our mats)
 - **Tuesday - 9:30-10:30am** - Chair Yoga
 - **Wednesday - 9:30-10:30am** - Fusion (Mindful Meditation w/music, Yoga, Tai Chi, Pilates)
 - **Thursday - 10:00-11:00am** - Zumba Gold
- **The following new activities are FREE):**
 - **Tuesday - 10:45-11:45am**- Vista Danzercise - Absolute Beginner
 - **Thursday - 11:15am-12:15pm** - Vista Danzercise - Beginner/Improver
 - **Wednesday - 10:30-11:30am** - Theatre Appreciation
- **On August 7, 2024, we'll hold our first FREE bi-monthly Computer Corner.** Learn one new, easy way to use the computer and get your computer questions answered. All skill levels are welcome. BYOD (Bring Your Own Device – cell phone, tablet, or laptop) to Azalea Building.
- **We are hosting a Financial Planning seminar on August 7 at 1:30pm** in the Park Terrace Cafe. Rob Briones from Heritage Financial Group will address retirement and estate strategies. RSVP to ssaito@cityofvista.com by August 5 to attend this free one hour seminar.
- **Wednesday, August 14, 6pm at Morris B. Vance Community Room at the Vista Civic Center, 200 Civic Center Drive.** You are invited to join the City of Vista and CSA San Diego to receive information on fair housing, landlord-tenant issues, affordable housing, and Section 8 vouchers. City staff and nonprofit organizations will be available to answer questions and share resources.
- The **Game Time** cart and **Thinking Thursday** word games are now available in the Park Terrace Cafe all day on Monday through Friday. **Trivia by Maria** will continue on the third Thursday of the month in the Cafe at 11:00am (date subject to change for holidays, events).
- **Kathy Garcia is hosting Intergenerational Garden classes on August 14 and 28 from 9:15-10:15am in the Azalea Resource Room.** Join us for gardening tips, crafts, socializing, and to learn about the Senior Center's plans for a patio garden. Seating is limited. Sign up at the lunch desk or email ssaito@cityofvista.com to attend.
- **Celebrate with us on August 21 from 1:00-4:00pm.** In honor of National Senior Citizen Day and Vista's Senior Services 50th Anniversary, we are having a party with live music by Ricky Rivas, ice cream, games, prizes, and fun activities. All ages welcome. Please join us!
- **On Thursday, August 29 at 1:15pm - Medicare Presentation** in the Park Terrace Cafe. Karen Leyva, Licensed Medicare Agent will discuss the ins and outs of Medicare.
- **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 11am-12pm. For info regarding program and eligibility: SanDiegoFoodBank.org or call 866-350-3663.

CULTURE CARAVAN

Culture Caravan provides roundtrip transportation, event tickets, and friendly tour guides to destinations throughout Southern California. Register at [CityofVista.com/Culture Caravan](https://www.cityofvista.com/Culture-Caravan) or call 760-643-5291.



A La Mode: The Art of Fashion
Monday, August 19, 4:30-11:30pm
\$96

One of Culture Caravan's favorite summer traditions is a trip to the Laguna Arts Festival and Pageant of the Masters. The 2024 Pageant of the Masters production of *À La Mode: The Art of Fashion* will revisit some of history's grandest spectacles and fashion trends through the magic of living pictures, live music, and engaging storytelling. What people have worn through the ages has always been telling--from the splendors of royal courts to today's catwalks. Prepare to be dazzled!



Sun & Seas with Seals
Wednesday, September 11, 8:30am-3:30pm
\$97

Soak up the sea and sun with San Diego's native "seals" on a "Seal"—a Hydra Terra Sea/Land tour vehicle – where you can discover California with its rich history before splashing into San Diego Harbor for a totally different perspective of America's Finest City. Get a closeup view of North Island Naval Air Station, Aircraft Carrier Row and the beautiful downtown skyline. Finish with lunch on your own at Seaport Village where you may enjoy some shopping as well.

MOVIE MONDAYS IN THE PARK TERRACE CAFE

Join us at 1:00 in the Park Terrace Cafe twice in August for a free movie:

August 5 - "The Man with the Golden Gun"

James Bond is targeted by the world's most expensive assassin, while he attempts to recover sensitive solar cell technology that is being sold to the highest bidder.

August 19 - "Book Club - The Next Chapter"

Follows the new journey of four best friends as they take their book club to Italy for the fun girls trip they never had.

NUTRITION PROGRAM

Monthly Chew from Catman, Robin & Kitchen Crew

The temperature is not the only thing rising this summer! So is the participation at the Park Terrace Café. It's nice to see so many of you enjoying the hot meal and the cool zone. Another hot topic worth mentioning - the Nutrition Council & Lunchtime Events Committee. The time, energy, and contributions of this group is what makes the Park Terrace Café a vibrant hub of food, fun, and friendship.



Our committee truly is the eyes, ears, heart, soul, and backbone of the nutrition program. But without our guests, our collective efforts are all for not. Therefore, in recognition of National Senior Citizen's Day and the City of Vista's Senior Services 50th Anniversary celebration on Wednesday, August 21, we're having a "grill and chill party" during lunchtime. EVERYONE is invited. Kindly RSVP for the August 21 lunch by August 18. RSVPs received after August 18 will be placed on a wait list.

Transportation to the Vista Farmer's Market for Vista seniors is on Saturday, August 17. Priority will be given to seniors participating in the Senior Farmer's Market Booklet program. Contact Marianne at 760.643.5288 for more information.

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



- **Nutrition Council & Special Events Committee Meeting - Monday, August 5 at 10:15am** NOTE NEW TIME! Join staff and your fellow Park Terrace Café lunch guests and volunteers at our monthly meeting where you can provide valuable input on the menu, nutritional education programs and lunchtime special events. Refreshments provided.
- **Ice Cream Social Pop-up - One day during the week of July 29-August 2 (lunchtime).** The day is a surprise and so is the treat!
- **Guess Who's Coming to Lunch Reveal - Friday, August 16 (lunchtime).** Join us for a little bit of madness as we reveal our mystery guest.
- **Birthday & Wedding Anniversary Celebration - Wednesday, August 28 (lunchtime).** Cake and ice cream will be served to all. Guests 60+ celebrating a birthday or wedding anniversary this month will receive a complimentary lunch coupon to be redeemed only at the Park Terrace Café.
- **Culinary Adventures Around the World - Monday, August 26 (lunchtime) - Experience Italy!** Prepare yourselves for culinary adventures steaming from the Park Terrace Cafe kitchen. The adventures will include taste treats, sound bites, and maybe even a little jostling on a Tuk Tuk ride. We hope your curiosity will ripen over what will come next and where it will happen at the monthly CULINARY ADVENTURES AROUND THE WORLD. Buckle up your seat belts and enjoy the ride on the last Monday of every month. Make your reservation now!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change	<p>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</p> <p>No eligible person shall be denied a meal for choosing not to contribute.</p>	<p>Denotes meal  ≥ 1000 mg Sodium</p> <p>1% Milk served daily</p>	<p>1 Pork Loin w/ Orange Glaze Sweet Potatoes Whole Grain Pasta Mandarin</p>	<p>2 Minestrone Soup w/ Chicken Whole Grain Breadstick Mix Green Salad w/ Carrots & Cabbage Orange</p>
<p>5 Chicken Marsala Mixed Rice Collard Greens w/Bacon Pineapple</p>	<p>6 Beef Stroganoff Parsley Potatoes Zucchini w/ Garlic Whole Wheat Bread Apple Bingo!</p>	<p>7 Chicken Creole Mixed Rice California Blend Mandarin OR Soup & Salad*</p>	<p>8 Curry Tilapia Stir Fry Vegetables Mixed Rice Oranges</p>	<p>9 Turkey Chili w/ Kidney Beans Whole Grain Pasta Broccoli Whole Wheat Bread Watermelon</p>
<p>12 BBQ Pork Sandwich Whole Grain Roll Herb Potatoes Mixed Vegetable Pineapple</p>	<p>13 Chicken & Sausage Gumbo Okra w/ Tomatoes Mixed Rice Banana Bingo!</p>	<p>14 Meat Lasagna w/Spinach Spring Mix Salad Whole Grain Garlic Breadstick Mandarin OR Soup & Salad*</p>	<p>15 Shepherd's Pie w/ Steak & Mushroom Mashed Potato Peas & Carrots Topping Whole Grain Pasta Apple</p>	<p>16 Southwest Chicken Salad Grilled Peppers Black Beans, Corn Mixed Rice Orange Guess Who's Coming to Lunch Reveal</p>
<p>19 Salisbury Steak w/ Onion Gravy Mashed Potatoes Peas & Carrots Whole Wheat Bread Banana</p>	<p>20 Sweet & Sour Pork Mixed Rice Stir Fry Vegetables Pineapple Bingo!</p>	<p>21 Grilled Chicken Sandwich w/Cole Slaw Whole Wheat Roll Kidney Bean Salad Apple 50th Anniversary Party</p>	<p>22 Meatloaf Gravy Mashed Sweet Potatoes Whole Wheat Bread Banana</p>	<p>23 Chicken Florentine w/ Spinach Whole Grain Pasta Italian Vegetables Orange</p>
<p>26 Pasta Bolognese (Pork) Whole Grain Pasta Broccoli, Cauliflower & Carrots Green Salad w/Red Pepper Banana Culinary Adventures Around the World – Experience ITALY!</p>	<p>27 Pork Chili Verde Chili Mexican Rice Coleslaw Mandarin Bingo!</p>	<p>28 Cheese Ravioli (Vegetarian) w/ Marinara Lentils, Carrot Salad Whole Wheat Bread Orange OR Soup & Salad* Birthday & Anniversary Celebration</p>	<p>29 Salisbury Steak Mushroom Gravy Whole Grain Pasta Peas & Carrots Apple</p>	<p>30 Beef French Dip Au Jus Sweet Potatoes Chickpea w/ Parsley & Tomato Salad, Whole Wheat Roll Pineapple </p>

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.**

August Schedule

	Monday	Tuesday
<p>Ice Cream Social Pop-up this week.</p> <p>The day is a surprise and so is the treat!</p>		
	<p>5 LUNCH: Chicken Marsala</p> <p>10:15 Nutrition Committee Meeting in the Café</p> <p>1:00 “The Man With The Golden Gun” Movie in the Café</p>	<p>6 LUNCH: Beef Stroganoff</p> <p>11:00-12:00 Bingo in the Café</p>
	<p>12 LUNCH: BBQ Pork Sandwich</p>	<p>13 LUNCH: Chicken & Sausage Gumbo</p> <p>11:00-12:00 Bingo in the Café</p>
	<p>19 LUNCH: Salisbury Steak w/Onion Gravy</p> <p>1:00 “Book Club The Next Chapter” Movie in the Café</p>	<p>20 LUNCH: Sweet & Sour Pork</p> <p>11:00-12:00 Bingo in the Café</p>
<p>Full menu content available on page 5</p>	<p>26 LUNCH: Pasta Bolognese (Pork)</p> <p>12:00-1:00 Culinary Adventures Around The World - experience Italy in the Café</p>	<p>27 LUNCH: Pork Chile Verde</p> <p>11:00-12:00 Bingo in the Café</p>
<p>Weekly Classes</p>	<p>9:30-10:30 Movement with Music (\$)</p> <p>10:30-11:30 Yoga (Bring own mat) (\$)</p>	<p>9:30-10:30 Chair Yoga (\$)</p> <p>10:45-11:45 Danzercise <i>Beginner</i></p>
<p>Free Activities</p>	<p>10:00-12:00 Start with Art (1st)</p> <p>11:00-12:00 Start with Art (2nd, 3rd, 4th)</p>	<p>1:00-3:00 Zia’s Craft Club (1st, 3rd)</p> <p>1:00-3:00 Mischief Makers (2nd, 4th)</p>
<p>Club Meetings</p>		<p>1:00-3:00 Mahjong Club</p>

Calendar of Classes, Activities, Clubs, & Events

Wednesday	Thursday	Friday
	1 LUNCH: Pork Loin w/Orange Glaze 1:00-3:30 Mahjong Tournament in Azalea Room	2 LUNCH: Minestrone Soup w/Chicken
7 LUNCH: Chicken Creole OR Soup & Salad (choose one) 1:30-2:30 Retirement & Estate Strategy Seminar by Rob Briones, Financial Consultant with Heritage Financial Group - in the Café	8 LUNCH: Curry Tilapia 11:00-12:00 Live Music by Lou Rosgen in the Café	9 LUNCH: Turkey Chili w/ Kidney Beans
14 LUNCH: Meat Lasagna OR Soup & Salad (choose one) 9:15-10:15 Intergenerational Garden Class by Kathy Garcia in Azalea Building Resource Room	15 LUNCH: Shepherd's Pie w/ Steak & Mushroom 11:00-12:00 Trivia by Maria in the Café	16 LUNCH: Southwest Chicken Salad 12:30 Guess Who's Coming To Lunch Reveal in the Cafe
21 LUNCH: Grilled Chicken Sandwich 1:00-4:00 50th Anniversary Event with live music by Ricky Rivas, activities, refreshments, giveaways	22 LUNCH: Meatloaf 11:00-12:00 Live Music by Lou Rosgen in the Café	23 LUNCH: Chicken Florentine w/Spinach
28 LUNCH: Cheese Ravioli OR Soup & Salad (choose one) 12:30 Birthday & Anniversary Celebration in the Café 9:15-10:15 Intergenerational Garden Class by Kathy Garcia in Azalea Building Resource Room	29 LUNCH: Salisbury Steak 1:15-2:15 Medicare Presentation by Karen Leyva, Licensed Medicare Agent with Bridlewood Insurance in the Café	30 LUNCH: Beef French Dip
9:30-10:30 Fusion (\$)	10:00-11:00 Zumba Gold (\$) 11:15-12:15 Danzercise - Improver	
10:30-11:30 Theatre Appreciation 1:00-2:30 Music Apprec. (2nd & 4th) 2:00-3:00 Computer Corner (1st & 3rd)	11:00-12:00 Trivia by Maria (3rd Thursday of the month)	
9:00-10:00 Joy Walkers (2nd & 4th) 11:00-12:00 Social Bridge	1:00-3:00 Mahjong 1:00-3:00 Stash Busters (2nd&4th)	

TRANSPORTATION PROGRAMS

Transportation to the center for lunch is available to Vista residents age 60+. Suggested contribution: \$1. Call 760-643-5288 to schedule a ride. Reserve 2 business days prior to the lunch day and one week ahead of special events.



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

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.**

Shopping Shuttle Schedule:

- First Monday (**August 5**): Albertsons
- First Wednesday (**August 7**): Stater Brothers
- Second Monday (**August 12**): Walmart
- Second Wednesday (**August 14**): *No Trips*
- Third Monday (**August 19**): *No Trips*
- Third Wednesday (**August 21**): Costco
- Fourth Monday (**August 26**): Food 4 Less
- Fourth Wednesday (**August 28**): Target

Classes, Activities, Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Movement Classes In Azalea Room (\$ indicates paid class)				
9:30-10:30 Movement with Music (\$)	9:30-10:30 Chair Yoga (\$)	9:30-10:30 Fusion (\$) (Yoga, Tai Chi, Pilates)	10:00-11:00 Zumba Gold (\$)	
10:30-11:30 Yoga (\$)	10:45-11:45 "Danzerercise"		11:15-12:15 "Danzerercise"	
Free Activities				
10:00 –12:00 Start with Art - Ann (1st Monday) In Jasmine Room 11:00-12:00 Start with Art - Paint (2nd, 3rd, 4th Monday) In Jasmine Room	11:00-12:00 Bingo In the Café	10:30-11:30 Theatre Appreciation In Jasmine Room	11:00-12:00 Live Music with Lou Rosgen In the Café (2nd & 4th Thursday) 11:00-12:00 Trivia with Maria In the Café (3rd Thursday)	
1:00-3:00 Movie Monday In the Café (3rd Monday)	1:00-3:00 Zia's Craft Club (1st & 3rd Tuesday) Mischievous Makers (2nd & 4th Tuesday) In Jasmine Room	1:00-2:30 Music Appreciation (2nd & 4th Wednesday) In the Café		
		2:00-3:00 Computer Corner class (1st & 3rd Wed.)		
Club Meetings				
		9:00-10:00 Joy Walkers (2nd & 4th Wednesday) In Park Terrace Lobby	12:00-3:00 Stash Busters (2nd & 4th Thursday) In Jasmine Room	9:00-12:00 Happy Stitchers In Jasmine Room
	1:00-3:00 Mahjong In Game Room	11:00-12:00 Social Bridge In Game Room	1:00-3:00 Mahjong In Game Room	

CLUB CORNER

Joy Walkers

It certainly is hot outside and there is no JOY in WALKING. As an alternative, Sid Rothenberg will be in the Resource Room in the Azalea building offering Stretching and Balance exercises on the 2nd and 4th Wednesday of the month at 9am until further notice. Anyone is welcome, in addition to the loyal Joy Walkers. We look forward to seeing you.

After exercising, Sid will be in the Azalea Building Game Room for anyone who would like to join her to play the double 12 domino game of Mexican Train.

I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney

Almost all commercially grown artichokes (99.99 percent) come from California. One town in particular, Castroville, is nicknamed "the Artichoke Capital of the World." The artichoke is California's state vegetable.

SENIOR CITIZEN AFFAIRS COMMISSION

The Senior Citizens Affairs Commission meets to make recommendations and advise the City Council of matters pertinent to Vista's Senior Citizens.

The next meeting date is September 25 at 1pm at the Senior Center and is open to the public to attend.

For more information on this and other Commissions, go to cityofvista.com.

GUESS WHO'S COMING TO LUNCH?

Get to know your fellow diners! The next reveal will take place on Friday, August 16 during lunch in the Cafe. Clues and past reveals are posted in the Azalea Building.

August Clue #1:

"I spent 21 years going back and forth to China for a month or two every year teaching Air Traffic Control to the Chinese in English."



PACIFICA
SENIOR LIVING

VISTA

**Independent Living
Assisted Living & Memory Care**

760-941-1480

760 E Bobier Dr. Vista, CA 92084

- 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

Let's Party!

Celebrating 50 Years of Senior Services in Vista

GLORIA McCLELLAN SENIOR CENTER



**Wednesday, August 21st
from 1-4pm**

Join the Celebration with Us!

Live Music by Ricky Rivas
Handel's Ice Cream
Face Painting
Balloons
Giveaways
Dance Class Demonstrations

FREE!

City of Vista
Gloria McClellan Senior Center
1400 Vale Terrace Drive
Vista, CA 92084
GMACVISTA.com

All Ages Welcome!