

# 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

- September 2 - Senior Center closed - Labor Day
- September 4 - ElderHelp Information Table
- September 12 - Brain Health & Aging Presentation
- September 16 - Mexican Independence Day Celebration
- September 18 - Culture Caravan Fall & Winter Trip Info Session and Registration Opens - *see inside for details*
- September 19 - SBHIS Insurance Medicare Presentation
- September 25 - Senior Citizen Advisory Council Meeting



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## NEWS YOU CAN USE

- **The Senior Center is closed on Monday, September 2nd** for the Labor Day holiday.
- **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 to meet with Susan Sager in the Azalea Conference Room.
- **Our new “Computer Corner” class is free and will take place from 2:00-3:00pm on Wednesdays in the Azalea Building Computer Room.** Sandi Leyva will guide students through the ins and outs of using computers and devices. Bring your own device (phone, tablet, laptop) or use one of our computers (six available, first come, first serve basis).
- **Kathy Garcia is hosting three Intergenerational Garden classes this month:**
  - **Wednesday, September 18 from 1:00-2:00pm in the Park Terrace Cafe:** Rock painting
  - **Wednesday, September 18 from 2:00-3:00pm in the Park Terrace Cafe:** Painting garden signs.
  - **Wednesday, September 25 from 9:15-10:15am in the Jasmine Room:** Making salsa fresca.Sign up for one or more of these classes at the lunch desk or call 760-643-5288.
- **The Azalea Building Fitness Room is now 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.

## 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 1:00pm** in the Jasmine Room located in the Azalea Building at the Senior Center and is open to the public to attend.

For more information on this and other Commissions, go to [cityofvista.com](http://cityofvista.com).

## SPECIAL THIS MONTH:

- **Wednesday, September 4 from 10:30am-12:30pm** - *ElderHelp* representatives will host a table in the Park Terrace Building lobby with program information.
- **Thursday, September 12 from 1:15-1:45pm** - “Brain Health and Aging” presentation by Sherri Singleton from Live Well Senior Care Connections in Park Terrace Cafe.
- **Monday, September 16 from 11:00am-12:00pm** - *Mexican Independence Day* celebration in the Park Terrace Cafe with live music by Ricky Rivas.
- **Thursday, September 19 from 1:15-2:15pm** - *SBHIS Insurance Services* will host a presentation about Medicare and insurance options in the Park Terrace Cafe.

## MONTHLY LUNCHTIME EVENTS IN THE PARK TERRACE CAFE

**Nutrition Council & Special Events Committee Meeting - will meet on Monday, September 9 at 10:15am.** 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 September 16** (lunchtime). The day is a surprise and so is the treat!

**Birthday & Wedding Anniversary Celebration - Wednesday, September 25** (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.

**Guess Who's Coming to Lunch Reveal - Friday, September 27** (lunchtime). Join us for a little bit of madness as we reveal our mystery guest. Clues and past reveals are posted in the Azalea Building.

**September Clue #1:** “I am into beer big time being in San Diego. I’ve had 14,000 different beers since I started keeping track in 1999. And there are 150 breweries right now in San Diego. And I’ve been to 220 of them with ones that have closed and stuff like that. So, I guess you would say I’m a bit of a beer snob.”

**Culinary Adventures Around the World - Monday, September 30** (lunchtime) We hope you’ll join us in our third exciting adventure. Our adventures to France and Italy were rich with art, history and culinary treats. This month, experience Germany at our **Oktoberfest celebration** with our version of a “Biergarten”! If you have a German beer stein (bierkrug), bring it along to show it off or raise it up to toast a delicious German meal. We encourage you to dress in LEDERHOSEN and DIRNDL for this fun celebration. Seating is limited so make your reservation now.

## NUTRITION PROGRAM

### Monthly Chew from Catman, Robin & Kitchen Crew

This month Robin and I would like to give a shout-out to our lunchtime clean-up team of volunteers. Jose, and his group (Loren, Bill, and Richard), along with Esther, Margaret, and Heidi, strive to maintain a clean Park Terrace Cafe. Our volunteers go above and beyond when they bus the tables. In addition to clearing tables, they are also sorting trash, recyclables, and organic waste. Their efforts and dedication are making a difference for all of us, and the environment at-large.

While we appreciate folks wanting to help, **please support our volunteers by leaving dishes, plates, and drinkware on the tables.** Not only does this make their job easier, but the dishwashing tasks also run more smoothly.

To further support all lunch operations, staff will be respectfully enforcing the “Staff/Volunteers Only” signage in the hallway leading to the kitchen. Ice will be available at the beverage station and staff is on hand to answer any questions that you may have.

Transportation to the Vista Farmer’s Market for Vista seniors is on Saturday, September 28. Priority will be given to seniors participating in the Senior Farmer’s Market Booklet program. Sign up with Marianne at the Front Desk or call 760-643-5288 for more information.



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>SENIOR CENTER CLOSED FOR HOLIDAY</b></p>	<p>3</p> <p><b>Stuffed Peppers</b> (Ground Beef) Marinara Sauce Whole Grain Pasta Lentils Pineapple <b>Bingo!</b></p>	<p>4</p> <p><b>Asian Chicken Salad</b> Mixed Greens &amp; Cabbage Carrots, Tomatoes, Cucumbers, Scallions, Cilantro Sesame Ginger Noodles Mandarin <b>OR Soup &amp; Salad*</b></p>	<p>5</p> <p><b>Shepherd's Pie</b> Mashed Potato Topping Peas &amp; Carrots Whole Wheat Bread Apple</p>	<p>6</p> <p><b>Vegetarian Zucchini &amp; Eggplant Parmesan</b> Red Pepper &amp; Tomato Sauce, Mozzarella Whole Grain Pasta Tuscan White Beans Whole Grain Bread Orange</p>
<p>9</p> <p><b>Paella</b> (Chicken, Sausage &amp; Shrimp) Mixed Rice California Vegetables Apple</p>	<p>10</p> <p><b>Beef Burgundy</b> Whole Grain Pasta Mixed Vegetables Orange <b>Bingo!</b></p>	<p>11</p> <p><b>Swedish Meatballs</b>  (Beef &amp; Pork) Creamy Dill Sauce Parsley Potatoes, Spinach, Cucumber Salad, Whole Wheat Bread, Pineapple <b>OR Soup &amp; Salad*</b></p>	<p>12</p> <p><b>Orange Glazed Pork Loin</b> Sweet Potatoes Curried Lentils Whole Wheat Bread Orange</p>	<p>13</p> <p><b>Hawaiian Chicken</b> Mixed Rice Stir Fry Vegetables Sauteed Cabbage Banana</p>
<p>16</p> <p><b>Chicken Florentine</b> Spinach Bechamel Sauce Italian Lentils Whole Grain Pasta Pineapple</p>	<p>17</p> <p><b>Hamburger</b> Sauteed Mushrooms &amp; Onions White Wheat Burger Roll Sweet Potatoes, Corn Apple <b>Bingo!</b></p>	<p>18</p> <p><b>Greek Chicken</b> Marinated in Garlic &amp; Yogurt Tabbouleh Salad Mixed Rice Mandarin <b>OR Soup &amp; Salad*</b></p>	<p>19</p> <p><b>Sweet &amp; Sour Pork</b> Peppers, Onions, Pineapple Whole Grain Mixed Rice Broccoli, Carrots &amp; Cauliflower Apple</p>	<p>20</p> <p><b>Fish Cake</b> Whole Grain Macaroni &amp; Cheese Zucchini w/ Tomatoes, Garlic &amp; Basil Bread Orange</p>
<p>23</p> <p><b>Beef Stew</b> Parsley Potatoes Carrots Cabbage Salad WW Bread Apple</p>	<p>24</p> <p><b>Basque Chicken</b> Peppers, Tomatoes, Onions, Olives &amp; Parsley Basque Potatoes w/ Garlic &amp; Herbs Green Beans Whole Wheat Bread Pineapple <b>Bingo!</b></p>	<p>25</p> <p><b>Spaghetti Bolognese</b> Whole Grain Pasta Hearty Meat Sauce Broccoli Normandy Chickpea Tomato Stew Applesauce <b>OR Soup &amp; Salad*</b> <b>Birthday &amp; Anniversary Celebration</b></p>	<p>26</p> <p><b>Meatloaf</b> (Beef &amp; Pork) Mashed Potatoes Gravy Peas &amp; Carrots Whole Wheat Bread Banana</p>	<p>27</p> <p><b>Open-Faced Cuban Sandwich</b> w/ Roast Pork Dijonnaise Whole Wheat Roll Coleslaw Apple <b>Guess Who's Coming to Lunch Reveal</b></p>
<p>30</p> <p><b>Bratwurst</b> Sauerkraut German Potato Salad Cucumber Salad Whole Grain Bread Apple <b>Culinary Adventures Around the World – Experience Germany</b></p>	<p><b>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</b>  <b>No eligible person shall be denied a meal for choosing not to contribute.</b></p>	<p>Denotes meal  ≥ 1000 mg Sodium  <b>1% Milk served daily</b></p>		<p><b>Menu subject to change</b></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.**

## PAID CLASSES BY PROFESSIONAL INSTRUCTORS

The new movement classes offered here by professional instructors have been a big hit. We are happy to offer dance, yoga, Zumba, and other movement classes. A list of daily offerings can be found on page 7. Class descriptions and a link for registration and payment can be made at [GMACvista.com](http://GMACvista.com).

## FREE ACTIVITIES & CLASSES BY VOLUNTEERS

Thanks to our talented volunteers, we are able to offer a large variety of free activities, classes, and services. See page 7 for a list of daily offerings. Advance registration is not necessary for these. Just show up and add your name to the roster when you arrive.

## CLUB NEWS AND INFORMATION

**Start with Art on Mondays program updates:** Ann Force will host her class from 11:00am-12:00pm on the first Mondays of the month. She is pushing the start time from 10:00am to 11:00 to be consistent with the other Monday art classes. **Ann will host her art class on September 9th from 11:00am-12:00pm this month due to the Labor Day Holiday closure.** Per Ann - "Early birds welcome in my classes!"

We thank Jim Krumenacker for his service as a Volunteer Art Instructor. Jim has retired from our Start with Art program. We hope to see him often around the Senior Center and at lunch!

**Theatre Appreciation Class** - There will be no class on September 25.

### Mahjong

The Chinese Mahjong Tournament held on August 1st was a great success. It coincided with International Mahjong Day. The players who participated were from the nearby cities, such as: Carlsbad, Oceanside, Escondido, San Marcos and Vista. The Gloria McClellan Senior Center hosted the tournament and provided the food and drinks that were enjoyed by the players prior to the start of the game. The game and raffle prizes won by participants were donated by Senior Center patrons, Cordula Specht, Emma Guerzon, Mimi Titus, Christina Ngo and Jo Castillo. Everyone had a great time. We plan on making this tournament an annual event.

The Mahjong group plays Tuesdays and Thursdays from 1:00-3:00pm. Come play and have fun. FREE training is provided to those who are interested to learn this game of luck and strategy. Mahjong is good for social interaction and it's good for your brain!

### Joy Walkers

Because this very hot weather has made it undesirable to be outdoors, the Joy Walkers Club is going to take a break. A return date will be posted in a future newsletter. In the meantime, there are numerous other movement classes being offered throughout the week in the cool of the Azalea building. We wish everyone a happy autumn season.

# Classes, Activities, Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Movement Classes</b> In Azalea Room	(\$ indicates paid class)			
<b>9:30-10:30</b> Movement with Music (\$)	<b>9:30-10:30</b> Chair Yoga (\$)	<b>9:30-10:30</b> Fusion (\$) (Yoga, Tai Chi, Pilates)	<b>9:30-10:30</b> Zumba Gold (\$)	
<b>10:30-11:30</b> Yoga (\$)	<b>10:45-11:45</b> "Danzercise"		<b>10:45-11:45</b> "Danzercise"	
<b>Free Activities, Classes, Services</b>				
<b>11:00-12:00</b> Start with Art In Jasmine Room Ann Force on 1st Monday ( <b>Note:</b> 2nd Monday in September due to Labor Day holiday) Marcos Solorio on 3rd & 4th Monday	<b>11:00-12:00</b> Bingo In the Café	<b>10:00-12:00</b> Financial Check-Up Appointments In Azalea Building Conference Room <b>10:30-11:30</b> Theatre Appreciation In Jasmine Room	<b>11:00-12:00</b> Live Music with Lou Rosgen In the Café (2nd & 4th Thursday) <b>11:00-12:00</b> Trivia with Maria In the Café (3rd Thursday)	
<b>1:00-3:00</b> Movie Monday In the Café (3rd Monday)		<b>1:00-2:30</b> Music Appreciation (2nd & 4th Wednesday) In the Café		
		<b>2:00-3:00</b> Computer Corner class In Azalea Building Computer Room		
<b>Club Meetings</b>				
	<b>1:00-3:00</b> Zia's Craft Club (1st & 3rd Tuesday) Mischievous Makers (2nd & 4th Tuesday)	Joy Walkers <i>This club is on hold until further notice.</i>	<b>12:00-3:00</b> Stash Busters (2nd & 4th Thursday) In Jasmine Room	<b>9:00-12:00</b> Happy Stitchers In Jasmine Room
	<b>1:00-3:00</b> Mahjong In Game Room	<b>11:00-12:00</b> Social Bridge In Game Room	<b>1:00-3:00</b> Mahjong In Game Room	

# 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 (**September 2**): **HOLIDAY** - *No Trips*

First Wednesday (**September 4**): *No Trips*

Second Monday (**September 9**): Walmart

Second Wednesday (**September 11**): Frazier Farms

Third Monday (**September 16**): Trader Joes

Third Wednesday (**September 18**): Costco

Fourth Monday (**September 23**): Food 4 Less

Fourth Wednesday (**September 25**): Target



## 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 [CityofVista.com/Culture Caravan](https://CityofVista.com/CultureCaravan) or call 760-643-5291.

**The Fall/Winter 2024 Destination Guide** is now printed as a trifold letter and is mailed to patrons who have traveled with us over the past three years. A copy of the Destination Guide is available at the Senior Center and can be viewed online at [CityofVista.com/Culture Caravan](https://CityofVista.com/CultureCaravan) or [GMACvista.com](https://GMACvista.com).

**We're ready for the Fall and Winter Trips! Are you?**

**In-Person Pre-Trip Information Session  
at the City of Vista's Gloria McClellan Senior Center  
on Wednesday, September 18th at 2:30pm in the  
Azalea Room located in the Azalea Building.**

**Fall/ Winter registration opens in-person and online  
Wednesday, September 18th at 3:00pm.**

***Phone Registration assistance available at 9am, September 19.***

**NOTE:** Fall/Winter Trip Patrons are not required to attend the September 18 Pre-Trip Information Session to register for trips. You may self-register at [CityofVista.com/Culture Caravan](https://CityofVista.com/CultureCaravan) beginning on September 18, 2024 at 3:00pm. Registration will open to those who attend the session and to those who self-register at the same time.



## MOVIE MONDAY IN THE PARK TERRACE CAFE

Join us at 1:00 in the Park Terrace Cafe for a free movie. This month's movie:

Monday, September 23 - "The Boys in the Boat" (rated PG-13, 2 hours, 3 minutes)

"The Boys in the Boat" is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.



### Drastic changes to the Part D Program are coming in 2025!

Join us for an in-depth discussion on what those changes will be and how they may affect YOU & the cost of your prescription drugs!



**Sept. 19<sup>th</sup>**  
1:15 PM - 2:15 PM

**Gloria McClellan SC**  
1400 Vale Terrace Dr  
Vista, CA 92084

## I DIDN'T KNOW THAT!

### Tidbits from Maria McSweeney

Play-doh was not originally created to be a child's toy. It was a wallpaper cleaner used to remove soot left on walls by coal burning furnaces. With the advent of vinyl wallpaper and oil/gas furnaces it was re-branded (and the detergent removed) as a child's toy.



Independent Living  
Assisted Living & Memory Care

760-941-1480

760 E Bobier Dr. Vista, CA 92084

**RSVP: (760) 259-8970**

- 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