

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

- **October 10 & 24** - Live Music by Lou Rosgen
- **October 16 & 24** - Free Blood Pressure Checks
- **October 17** - Ask an Attorney service begins
- **October 17** - Medicare presentation by Karen Leyva
- **October 22** - Driver Assistance Technology presentation
- **October 23** - Senior Living Options & Downsizing talk
- **October 24** - Virtual Reality Adventure Tour
- **October 29** - SBHIS Insurance Information Table
- **October 31** - Halloween Party with Costume Contest



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NEWS YOU CAN USE

- **Paid movement classes are being paused in October and 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.
- **Beginning in October, we will be hosting “Ask An Attorney” appointments on the third Thursday of each month.** Call 760-643-5288 to schedule an 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 October 16 and October 24 from 10:30am-12:30pm.** No appointment necessary. Show up and meet with Palomar College nursing students to check your blood pressure.
- **Karen Levya will host a Medicare Information session on Thursday, October 17 at 2:00pm in the Park Terrace Cafe.** No RSVP necessary, Just show up!
- **Tuesday, October 22 at 1:15pm in the Cafe - FREE Driver Assistance Technology Education Session** by Ali Azin, Driver Rehab Specialist, Pima Medical Institute
- **On Wednesday, October 23 at 1:15pm, Wayne Lilly (Sunrise Senior Living) and Bob Heck (Sotheby’s International) will be discussing senior living options and downsizing.** Topics will include senior care options (In-home and senior communities), real estate options, downsizing, and possible veteran benefits. Light snacks and refreshments provided.
- **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 or call 866-350-3663.
- **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.com.

50 YEARS OF SENIOR SERVICES IN VISTA!

Thanks to all who helped us celebrate 50 years of services for seniors in the City of Vista. Special thanks to our City Council Members and the Mayor, and to the Senior Citizen Affairs Commission for their support and guidance in planning a fun event. Ricky Rivas entertained us with his live music, Handel's ice cream was enjoyed, and we had a great time with face painting, balloon twisting, caricatures, and Cannettic Energy's interactive dance demonstrations. Cheers to the next 50 years!



NUTRITION PROGRAM

A Word from Catherine...

As the saying goes, “if it’s too hot, get out of the kitchen”. And then there’s “the kitchen is where the heart is.” I choose the latter because that’s where my heart has been these last couple of years as your Kitchen Supervisor at the Park Terrace Café. It can get hot in some kitchens, but not this one. The staff and volunteers that I now call friends have kept it warm, fun and full of fond memories that will last a lifetime.

We’ve thrown some fantastic parties, made a mean bread pudding, prepared five course meals, and “traveled” to faraway places. As I step into my new position, my responsibilities will not be taken lightly. I have listened and I have observed. And if there’s one thing that I have learned, that is to call in sick if ice cream is not served. So therefore, first on my to-do list as your new Recreation Coordinator is to identify Ice Cream Socials as an activity. Not a surprise pop-up but an actual date on the calendar for everyone to come and enjoy.

I’m looking forward to welcoming a new member to lead our nutrition team. I’m not abandoning ship, just hopping on a new boat. Although we may encounter some rough waters, I see smooth sailing ahead as we continue our voyage of creating fabulous food, fun festivities and fond memories.



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

Park Terrace Café

October Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Denotes meal  ≥ 1000 mg Sodium</p> <p>1% Milk served daily</p> <p>Menu subject to change</p>	<p>1 Ground Beef Casserole Whole Grain Pasta Broccoli & Carrots Whole Wheat Bread Pineapple Bingo!</p>	<p>2 Thai Fish Curry Mixed Rice Blend Normandy Blend Vegetables Asian Cabbage Salad w/ Carrots Banana OR Soup & Salad*</p>	<p>3 Beef Burgundy Parsley Potatoes Carrots Whole Wheat Bread Orange</p>	<p>4 Vegetarian Vegetarian Chili Mixed Beans w/ Corn, Zucchini & Peppers Mixed Rice Garbanzo & Tomato Apple</p>
<p>7 Coq au Vin Chicken in Wine Sauce Mixed Rice Sautéed Cabbage Pineapple</p>	<p>8 Hamburger Sautéed Onions White Wheat Burger Roll Potato Salad Spring Mix Vinaigrette Apple Bingo!</p>	<p>9 Pork Posole w/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini, Corn, & Red Bell Peppers Mixed Rice Orange OR Soup & Salad*</p>	<p>10 Chicken Florentine Parsley Red Potatoes Manhattan Blend Whole Wheat Bread Banana</p>	<p>11 Beef Stroganoff Whole Grain Pasta Italian Lentils Broccoli Mandarin</p>
<p>14 Chicken Enchilada Red Sauce Corn Tortilla Black Beans Mixed Rice Orange</p>	<p>15 Chicken Romesco Red Pepper Tomato Sauce Whole Grain Pasta Spinach Pineapple Bingo!</p>	<p>16  Swedish Meatballs Creamy Dill Sauce Parsley Potatoes Peas & Carrots Cucumber Salad w/ Dill Whole Wheat Bread Mandarin OR Soup & Salad*</p>	<p>17 Orange Glazed Pork Loin Sweet Potatoes Curried Lentil Whole Wheat Bread Fruit Cocktail</p>	<p>18 Chili Con Carne Mixed Rice Fiesta Corn Orange</p>
<p>21 Hawaiian Chicken Pineapple, Red Peppers, Ginger, Scallions Coconut Mixed Rice Stir Fried Vegetables Pineapple</p>	<p>22 Chicken Parmesan Whole Grain Pasta Marinara Sauce Italian Vegetables Orange Bingo!</p>	<p>23 Open-Faced Cubano Sandwich Thinly sliced Roast Pork w/ Swiss Cheese Whole Wheat Roll Sweet Potatoes Coleslaw, Banana OR Soup & Salad* Birthday & Anniversary Celebration</p>	<p>24 Salisbury Steak Beef & Pork Mashed Potatoes Gravy Peas & Carrots Whole Wheat Bread Orange</p>	<p>25 Southwest Chicken Salad Spring Mix Black Beans Corn, Red Peppers, Cucumbers, Tomatoes Cilantro Ranch Dressing Whole Wheat Bread Pineapple Guess Who's Coming to Lunch Reveal</p>
<p>28 Basque Chicken Peppers, Tomatoes, Onions, Olives, Parsley Basque Potatoes Spanish Garbanzos Roasted Red Pepper Sauce Whole Wheat Bread Applesauce</p>	<p>29 Meatloaf Beef & Pork Mashed Potatoes Gravy Mixed Vegetables Whole Wheat Bread Pineapple Bingo!</p>	<p>30 Shepherd's Pie w/ Mushrooms & Mashed Potato Peas & Carrots Whole Wheat Bread Banana OR Soup & Salad*</p>	<p>31 "Goulash" w/ Beef & Pork Carrots & Tomatoes Whole Grain Pasta Cabbage Sauté Apple</p>	<p>\$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.</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.**

OCTOBER EVENTS

- **Monday, October 7 at 10:15am in the Cafe.** *Nutrition Council & Special Events Committee Meeting.* Join us and provide valuable input on the menu, programs, and events.
- **Thursday, October 10 from 11:00am-12:00pm in the Cafe.** *Live Music by Lou Rosgen.*
- **Week of October 14 during lunchtime in the Cafe.** *Ice Cream Social Pop-up.* One day during the week (lunchtime). The day is a surprise and so is the treat!
- **Wednesday, October 16 from 10:30am-12:30pm.** *Free Blood Pressure Checks* in the Park Terrace Building lobby.
- **Thursday, October 17 at 11:00am in the Cafe.** *Trivia with Maria.*
- **Thursday, October 17 at 2:00pm in the Cafe.** Medicare Q&A with Karen Leyva.
- **Tuesday, October 22 at 1:15pm in the Cafe.** Driver Assistance Technology Education Presentation.
- **Wednesday, October 23 during lunchtime in the Cafe.** *Birthday & Wedding Anniversary Celebration.*
- **Wednesday, October 23 at 1:15pm in the Cafe.** Presentation on Senior Living Options and Downsizing.
- **Thursday, October 24 from 10:30am-12:30pm.** *Free Blood Pressure Checks* in the Park Terrace Building lobby.
- **Thursday, October 24 from 11:00am-12:00pm.** *Live Music by Lou Rosgen.*
- **Thursday, October 24 at 1:00pm.** *Virtual Reality Tour* in the Azalea Room. Virtual Reality goggles take you on a fun tour. Seating is limited. Sign up at the lunch desk.
- **Friday, October 25 during lunchtime in the Cafe.** *Guess Who's Coming to Lunch Reveal.* Join us for a little bit of madness as we reveal our mystery guest. Clues and past reveals are posted in the Azalea Building.
 - **October Clue #1:** *"During my 42-year career I've worked for the Long Beach Police Department, Los Angeles Police Department, San Bernardino Police Department, Riverside Sherrif's Department."*
- **Tuesday, October 29 from 10:30am-12:30pm.** SBIS Insurance Information Table in the Park Terrace Building lobby.
- **Thursday, October 31 at 11:00am-12pm in the Cafe.** *Halloween Party and Costume Contest for Prizes.* Dress up and join in the fun. RSVP for lunch by October 24.

Classes, Activities, Clubs - *locations subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
Movement Classes In Azalea Room	(\$ indicates paid class)			
Paid Fitness classes are paused in October and November for painting and new floor		Paid Fitness Classes will resume in December. Online and in-person registration will be available in mid-November		
	10:45-11:45 "Danzerercise"		10:45-11:45 "Danzerercise"	
Free Activities, Classes, Services				
11:00-12:00 Start with Art In Jasmine Room Ann Force on 1st & 2nd Monday Marcos Solorio on 3rd & 4th Monday	11:00-12:00 Bingo In the Café	10:00-12:00 Financial Check-Up Appointments In Azalea Building Conference Room 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)		1:00-2:30 Music Appreciation (2nd & 4th Wednesday) In the Café	9:00-12:00 Ask An Attorney Appointments Azalea Building Conference Room (3rd Thursday)	
		2:00-3:00 Computer Corner class In Azalea Building Computer Room		
Club Meetings				
	1:00-3:00 Zia's Craft Club (1st & 3rd Tuesday) Mischiefs Makers (2nd & 4th Tuesday)	Joy Walkers <i>This club is on hold until further notice.</i>	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	

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 (**October 7**): Albertsons
- First Wednesday (**October 2**): Stater Brothers
- Second Monday (**October 14**): Walmart
- Second Wednesday (**October 9**): Frazier Farms
- Third Monday (**October 21**): Trader Joes
- Third Wednesday (**October 16**): No Trips
- Fourth Monday (**October 28**): Food 4 Less
- Fourth Wednesday (**October 23**): Target

NEW! NOW OFFERING BONUS TRIPS

Tuesday Tasks

9:00-11:00am

October 8

CVS & Dollar Store

October 15

HOBBY LOBBY

October 22

The Shoppes at Carlsbad

Friday Bonus Day

9:00-11:00am

October 11

WINCO

& More Stores

to Come!

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 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 CityofVista.com/Culture Caravan or GMACvista.com.

Available Trips



Historic Gas Lamp

Walking Tour

Thursday, October 10

9:00am-3:30pm

\$67



Fall Into Tea Leaves

Friday, October 11

10:30am-2:30pm

\$83



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

Monday, October 14 - *"The Witches of Eastwick"* (rated TV-14, 1 hour, 58 minutes)

"The Witches of Eastwick" is a film based on John Updike's novel. It follows three career women who are unaware they are witches and have formed an informal coven. A mysterious man, Darryl Van Horne, arrives and impregnates them, but his behavior alarms them. Set in a small New England town, the story combines gossip, scandal, and sorcery as the witches seek the perfect relationship.

I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney

There are no muscles in the four fingers of a human hand. Their function is controlled by muscles in the palms of the hands and forearms; tendons deliver motion from these muscles to the fingers. The thumb does have a set of muscles.




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

GLORIA McCLELLAN SENIOR CENTER

50th

ANNIVERSARY

1974-2024