

# 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.

- **January 1-3 - Senior Center Closed**
- **January 9 - Live Music by Lou Rosgen**
- **January 16 - Free "Ask An Attorney" Appointments**
- **January 17 - Ringin' In the New Year Celebration**
- **January 20 - Senior Center Closed - MLK, Jr. Holiday**
- **January 23 - Live Music by Lou Rosgen**
- **January 27 - Movie Monday - "Cyrano"**



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## NEWS YOU CAN USE

- **The Senior Center is closed January 1-3, 2025 for the City of Vista holiday closures.**
- **The Senior Center is closed January 20, 2025 for MLK, Jr. Holiday.**
- **Starting January 6, Zumba Gold classes are here on Mondays from 9:30-10:30 and Chair Yoga on Wednesdays from 9:30-10:30.** Register and pay at [GMACvista.com](http://GMACvista.com).
- **Are you looking for guidance and referrals for aging services?** Licensed Clinical Social Worker Darcy Mullholland will be offering 30-minute appointments on the 2nd and 4th Thursday from 10am-12pm in our Azalea Conference Room, beginning on January 9, 2025. Call 760-643-5288 to schedule an appointment. Walk-ins will be accommodated if the schedule permits.
- **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 is on Wednesday, January 15 at 1pm at the Senior Center. These meetings are open to the public to attend. More info on commissions available at [Vista.gov](http://Vista.gov).
- **Our free "Computer Corner" class has wrapped up.** Thank you, Sandi for teaching our seniors about computers.
- **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.
- **We need current information for our program participants.** Please help us ring in 2025 with current information - phone number, address, emergency contact person, change in health circumstances, and/or mobility status. Our Nutrition and Transportation programs need current, accurate information. If you want to check or update your program application or registration information, please let us know at the front desk or with the Out and About staff, and we will help you get that done. Keep us informed so we can serve your needs effectively.
- **Schedule Change: Music Appreciation Class.** Beginning in January, this class is scheduled on the 2nd & 4th Thursday of the month from 1:00-2:30pm in Cafe.
- **Beginning January 8, 2025, The Joy Walkers Club will meet on Wednesdays at 1:00pm.** Please help us welcome new volunteer Diane Dynes. Diane will lead the Walking Club on Wednesday afternoons. Club members will meet in the Azalea Building Resource Room and walk the area around the Senior Center for 30-60 minutes. Just show up if interested.

## WELCOME ERIC!

**Please help us welcome our new Nutrition Supervisor, Eric Clemens!** We are so excited to have him on our team. We hope you will stop by the Park Terrace Cafe and meet him.



*I grew up in Carpentersville, IL. I was born in Michigan which is why I'm a Detroit Lions fan but a Bears fan too, yes, I know that's weird! 😊*

*I graduated with a B.S. from Northern Illinois University in 1992 with a degree in Nutrition.*

*I moved out to San Diego in 1997 (that is why I am now a Chargers and Padres fan) and began working at Tri-City Medical Center. I was a Patient Food Service Supervisor a few years after starting there and worked until November of this year, almost 28 years of experience in a kitchen.*

*My wife and I moved up to Oceanside in 2002, then to Vista 5 years ago. We both love North County!!*

*I'm a music fan, play a little guitar and enjoy audio engineering, working a part-time job at MiraCosta College assisting with audio needs for their classes and concerts. I'd recommend keeping an eye on their calendar for their jazz bands and orchestra.*

*I'm grateful for the opportunity to serve our community here with the City of Vista's Senior Center.*

# 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

## January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu subject to change</b></p> <p>Denotes meal  ≥ 1000 mg Sodium</p> <p>1% Milk served daily</p>	<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><b>1</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>2</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>3</b></p> <p><b>SENIOR CENTER CLOSED</b></p>
<p><b>6</b></p> <p><b>Paella</b> (Chicken &amp; Sausage) Mixed Rice California Vegetables Apple</p>	<p><b>7</b></p> <p><b>Beef Burgundy w/ Mushrooms</b> Whole Grain Pasta Mixed Vegetables Orange <b>Bingo!</b></p>	<p><b>8</b></p> <p><b>Swedish Meatballs</b> (Beef &amp; Pork) Creamy Dill Sauce Mixed Rice Spinach Cucumber Salad Pineapple <b>OR Soup &amp; Salad*</b></p>	<p><b>9</b></p> <p><b>Orange Glazed Pork Loin</b> Sweet Potatoes Curried Lentils Whole Wheat Bread Orange</p>	<p><b>10</b></p> <p><b>Hawaiian Chicken</b> Mixed Rice Stir Fry Vegetables Sauteed Cabbage Banana</p>
<p><b>13</b></p> <p><b>Chicken Florentine</b> Spinach Italian Lentils Whole Grain Pasta Pineapple</p>	<p><b>14</b></p> <p><b>Hamburger</b> Mushroom &amp; Onion Garnish White Wheat Burger Roll Sweet Potatoes Garbanzo Stew Apple <b>Bingo!</b></p>	<p><b>15</b></p> <p><b>Meatloaf</b> (Beef &amp; Pork) Mashed Potatoes, Gravy Peas &amp; Carrots Whole Wheat Bread Banana <b>OR Soup &amp; Salad*</b></p>	<p><b>16</b></p> <p><b>Roast Beef</b> Gravy Whole Grain Mixed Rice Manhattan Vegetables Orange</p>	<p><b>17</b></p> <p><b>Fish Cake</b> Macaroni Salad Zucchini w/ Tomatoes, Garlic &amp; Basil Bread Orange <b>Ringin' in the New Year Celebration</b></p>
<p><b>20</b></p> <p><b>SENIOR CENTER CLOSED</b></p>	<p><b>21</b></p> <p><b>Basque Chicken</b> Peppers, Tomatoes &amp; Olives Basque Potatoes Green Beans Whole Wheat Bread Pineapple <b>Bingo!</b></p>	<p><b>22</b></p> <p><b>Spaghetti Bolognese w/ Meat Sauce</b> Whole Grain Pasta Broccoli Normandy Chickpea Tomato Stew Mandarin Orange <b>OR Soup &amp; Salad*</b> <b>Birthday &amp; Anniversary Celebration</b></p>	<p><b>23</b></p> <p><b>Greek Chicken</b> Tabbouleh Salad Rice Pilaf Mandarin Orange</p>	<p><b>24</b></p> <p><b>Tuna Salad Sandwich</b> Whole Wheat Roll Black Beans Coleslaw Apple</p>
<p><b>27</b></p> <p><b>Ground Beef Casserole</b> Whole Grain Pasta Broccoli Normandy Pineapple</p>	<p><b>28</b></p> <p><b>Chicken Marsala w/ Mushrooms</b> Italian Rice Parsley Potatoes Marinated Carrots Mandarin Orange <b>Bingo!</b></p>	<p><b>29</b></p> <p><b>Beef Stuffed Peppers</b> Marinara Sauce Whole Grain Pasta Lentils Pineapple <b>OR Soup &amp; Salad*</b></p>	<p><b>30</b></p> <p><b>Beef Stroganoff</b> Whole Grain Pasta Italian Chickpeas Broccoli Mandarin</p>	<p><b>31</b></p> <p><b>Italian Lentil Stew w/ Turkey</b> Mixed Vegetables Sauteed Cabbage Mixed Rice 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.**

# Classes, Activities, Clubs effective January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Movement Classes</b> In Azalea Room	(\$ indicates a fee-based class that requires registration)			
9:30-10:30 Zumba Gold (\$)	10:45-11:45 "Danzerercise"	9:30-10:30 Chair Yoga (\$)	10:45-11:45 "Danzerercise"	
<b>Free Activities, Classes, Services</b>				
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	9:00-12:00 "Ask An Attorney" Appointments Conference Room (3rd Thursday)  10:00-12:00 "Ask A Social Worker" Appointments Conference Room (2nd & 4th Thursday)	
1:00-3:00 Movie Monday In the Café (3rd or 4th Monday)			11:00-12:00 Trivia with Maria In the Café (3rd Thursday)  11:00-12:00 Live Music with Lou Rosgen In the Café (2nd & 4th Thursday)	
			1:00-2:30 Music Appreciation (2nd & 4th Thursday) in Café	
<b>Club Meetings</b>				
	1:00-3:00 Zia's Craft Club (1st & 3rd Tuesday) Mischiefs Makers (2nd & 4th Tuesday) In Jasmine Room	1:00-2:00 Joy Walkers (meet in Azalea Building Resource Room and leave from there)	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		1:00-3:00 Mahjong In Game Room	

## January 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>	<b>CENTER CLOSED</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>9:30-10:30</b> Zumba Gold Fee-Based Class  <b>11-12</b> Start with Art – Ann Force	<b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Craft Club with Zia  <b>1-3</b> Mahjong	<b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10-12</b> Financial Check-Up Appointments  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2</b> Joy Walkers Club	<b>10-12</b> “Ask A Social Worker” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Live Music by Lou Rosgen  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong  <b>1-2:30</b> Music Appreciation	<b>9-12</b> Happy Stitchers Club
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>9:30-10:30</b> Zumba Gold Fee-Based Class  <b>11-12</b> Start with Art – Ann Force	<b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Mischief Makers  <b>1-3</b> Mahjong	<b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10-12</b> Financial Check-Up Appointments  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2</b> Senior Citizen Affairs Commission Meeting  <b>1-2</b> Joy Walkers Club	<b>9-12</b> “Ask an Attorney” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Trivia by Maria  <b>1-3</b> Mahjong	<b>9-12</b> Happy Stitchers Club  <b>11-12</b> Ringin’ in the New Year Celebration with live entertainment
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>CENTER CLOSED</b>	<b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Craft Club with Zia  <b>1-3</b> Mahjong	<b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10-12</b> Financial Check-Up Appointments  <b>10:30-11:30</b> Theatre Appreciation Class  <b>12:30</b> Birthday & Anniversary Celebration  <b>1-2</b> Joy Walkers Club	<b>10-12</b> “Ask A Social Worker” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Live Music by Lou Rosgen  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong  <b>1-2:30</b> Music Appreciation	<b>9-12</b> Happy Stitchers Club
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>9:30-10:30</b> Zumba Gold Fee-Based Class  <b>11-12</b> Start with Art – Marcos Solorio  <b>1-3</b> Movie in the Café – “Cyrano”	<b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Bingo  <b>1-3</b> Mischief Makers  <b>1-3</b> Mahjong	<b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10-12</b> Financial Check-Up Appointments  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2</b> Joy Walkers Club	<b>10:45-11:45</b> Free “Danzerercise” Class  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong	<b>9-12</b> Happy Stitchers Club

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

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

**Purple** – Activities in the Azalea Room

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

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

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

**Orange** – Activity meets in Azalea Resource 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 (**January 6**): Albertsons
- First Wednesday (**January 1**): **No Rides - Holiday**
- Second Monday (**January 13**): Walmart Supercenter
- Second Wednesday (**January 8**): Frazier Farms
- Third Monday (**January 20**): **NO Rides - Holiday**
- Third Wednesday (**January 15**): Costco
- Fourth Monday (**January 27**): Food 4 Less
- Fourth Wednesday (**January 22**): Target

## JANUARY BONUS TRIPS:

- **Friday, January 10** - Winco
- **Friday, January 17** - Dollar Tree
- **Friday, January 24** - Trader Joe's

## 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/CultureCaravan](http://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 Winter/Spring Destination Guide is available at the Senior Center and can be viewed online at [Vista.gov/Culture Caravan](http://Vista.gov/CultureCaravan).

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



## MOVIE MONDAY IN THE PARK TERRACE CAFE

**Join us in the Park Terrace Cafe for a free movie.**

This month's movie is on January 27:

“Cyrano” (Rated PG-13, 123 minutes)

A man ahead of his time, Cyrano de Bergerac dazzles whether with ferocious wordplay at a verbal joust or with brilliant swordplay in a duel. But, convinced that his appearance renders him unworthy of the love of a devoted friend, the luminous Roxanne, Cyrano has yet to declare his feelings for her and Roxanne has fallen in love, at first sight, with Christian.



## FREE FINANCIAL CHECK-UP APPOINTMENTS

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

**Ring in 2025 with Financial Literacy!** Schedule an appointment with Susan Sager and receive a free copy of the “How Money Works” or “How Money Works for Kids” workbook. These workbooks address debt, savings, budgets, and various financial tools and resources. 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 760-643-5288 to schedule a free 30-minute Financial Check-Up Appointment.

## FREE “ASK AN ATTORNEY” APPOINTMENTS

We host “Ask An Attorney” appointments on the third Thursday of each month in the morning. Bring a list of your legal questions and meet with local attorney Mark Caruana in our Azalea Building Conference Room from 9am-12pm. Call 760-643-5288 to schedule a free 15-minute consultation. Walk-ins are scheduled around appointments when possible.

## ASK A SOCIAL WORKER

Aging is a journey that requires planning. Not sure how to plan for this for yourself, your spouse/partner, or parents? Schedule an appointment with Darcy Mulholland, Licensed Clinical Social Worker with over 20 years of experience working with seniors and their families. She will offer guidance, support, information, and referrals. Appointments will be available starting January 9 for 30 minutes, on the 2nd and 4th Thursdays from 10:00-Noon in our Azalea Conference Room. Call 760-643-5288 to schedule. Walk-ins will be accommodated if the schedule permits.

## I DIDN'T KNOW THAT!

**Tidbits from Maria McSweeney**

In 1957 the inventors of Bubble Wrap were not looking to invent a packing material. Rather they wanted to develop a textured, washable wallpaper. They put two pieces of plastic shower curtain through a heat-sealing machine but were disappointed by the results: a sheet of film with trapped air bubbles. They tried other uses such as greenhouse insulation but that was not a success either. It wasn't until they decided to use it as packaging material that they found success. IBM had recently introduced the 1401 unit and needed a way of protecting the delicate device during transit. IBM used Bubble Wrap to ship its computers without damage and that opened the door for other businesses to start using Bubble Wrap.

- 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



SAN DIEGO

**Seniors Community**

FOUNDATION