

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

- **April 2** - Board Game Fun Day
- **April 3 & 24** - Free Blood Pressure Checks
- **April 10 & 24**- Live Music by Lou Rosgen
- **April 16** - Karaoke with Dean
- **April 21** - Movie: "Thelma"
- **April 22** - Earth Day Craft Fair
- **April 23** - Birthday & Anniversary Celebration
- **April 23** - Rock Painting



NEWS YOU CAN USE

- **The AARP is here on Mondays and Wednesdays offering free tax assistance through April 14 - BY APPOINTMENT.** Call 760-643-5290 and leave a message with your name and phone number to request an appointment. This service will be available until April 14 and requires an appointment. Pre-appointment paperwork available at the Reception Desks in both buildings. Be sure to schedule an appointment before their last day here on April 14.
- The AARP Foundation's TAX AIDE website lists other local sites for help with tax preparation. Check <https://www.aarp.org/money/taxes/aarp-taxaide/locations/> or call (888) 227-7669 for more information. **The IRS's Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE)** programs offer free basic tax return preparation to qualified individuals. Check <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers> for more information.
- **Bocce Ball enthusiasts!** Two sets of bocce balls are available for checkout at the Senior Center. Citizens may borrow a set to use in Brengle Park. Stop by the Azalea Building Welcome Desk during business hours with your ID to sign them out. Please note: these loaner bocce ball sets are to be signed out and returned by 3:30pm the same day of use.
- **The Nutrition Council & Special Events Committee meets on the first Monday of each month 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. **The next meeting is on April 7.**
- **NEW CLASS! Intro to Astrophysics** by Tom Kordis will take place on Thursdays from 1-2pm in the Azalea Room, beginning on April 2. No prior knowledge necessary to attend and learn about astrophysics. All learning levels welcome!
- **The Let's Play a Game Foundation will be here on April 2 from 1-3pm in the Game Room.** We invite you to join us as we learn some new board games and make new friends with this fun group of youngsters who are excited to host a Board Game Fun Day here with seniors.
- **Dean Delavara will be hosting a fun Karaoke sing-along on April 16** in the Park Terrace Cafe at 12:30, following lunch. Join us for singing and a sweet treat.
- **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.
- **We are hosting an Earth Day Craft Fair on April 22 from 1-4pm in the Azalea Building.** Free admission for attendees. Interested vendors, please contact Catherine Manis at 760-643-5281 to check on table availability. The cost for a 6' table space is \$10. Vendor applications and payment are due by April 8. Vendor application forms are available at the Park Terrace Front Desk and Azalea Welcome Desk.
- **Join the Rock Painting Ladies on Wednesday, April 23 from 1-2:30 in the Jasmine Room.** All materials provided. All levels welcome. Sign up at Front Desk or call 760-643-5288.
- **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, May 21 at 1pm at the Senior Center. Meetings are open to the public to attend.

Classes, Activities, Clubs - *Effective April 2025*

Monday	Tuesday	Wednesday	Thursday	Friday
Movement Classes 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"	
Free Activities, Classes, Services				
11:00-12:00 Start with Art In Jasmine Room <i>(in Azalea Room until April 21)</i> 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 <i>(in Azalea Room until April 16)</i>	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)		1:00-2:30 Music Appreciation (2nd Wednesday) in the Café	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) 1:00-2:00 Intro to Astrophysics in the Azalea Room	
Club Meetings				
	1:00-3:00 Zia's Craft Club (1st & 3rd Tuesday) Mischiev Makers (2nd & 4th Tuesday) In Jasmine Room <i>(in Azalea Room until April 15)</i>	1:00-2:00 Joy Walkers meet in Azalea Building Resource Room then walk the Vista Conservancy Walking Trail	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	

The Azalea Building Fitness Room is open for 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.

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. Lunch patrons are asked to check in by 12pm. The latest lunch check-in is 12:15pm, 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 for a roundtrip ride.
- 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 - APRIL 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu subject to change	1 TRI-TIP SANDWICH Sweet Potatoes Cabbage Salad Whole Wheat Bread Apple Bingo!	2 BEEF CASSEROLE Whole Grain Pasta Broccoli Normandy Pineapple OR Soup & Salad Board Game Fun Day	3 BUTTER CHICKEN Rice Pilaf Manhattan Blend Veg. Cucumber Dill Salad Orange	4 VEGETARIAN CHILI w/ Cheese Mixed Rice Broccoli Peaches
7 BEEF STEW Parsley Potatoes Peas & Carrots Whole Wheat Bread Mandarin	8 HAMBURGERS w/ Sautéed Onions Macaroni Salad Spring Mix Salad w/ Balsamic Vinaigrette Whole Wheat Bun Apple Bingo!	9 SALISBURY STEAK Mushroom Gravy Mashed Potatoes Italian Blend Veggies Whole Wheat Bread Banana OR Soup & Salad	10 STUFFED PEPPERS (Pork & Turkey) Sweet Potatoes Italian Vegetables Whole Wheat Bread Applesauce	11 CHICKEN ADOBO Cilantro Rice Sautéed Cabbage Pineapple
14 CHICKEN PRIMAVERA Whole Grain Pasta 3-bean salad Pineapple	15 MEAT LASAGNA Marinara Sauce Chickpea Tomato Stew Spinach Whole Wheat Garlic Breadsticks Mandarin Orange Bingo!	16 CHICKEN CORDON BLEU Potatoes Gratin Manhattan Blend Whole Wheat Bread Orange OR Soup & Salad Karaoke with Dean	17 MEATBALLS w/ Chipotle Sauce Black Bean Salad Cucumber Salad Whole Wheat Bread Orange	18 CURRY FISH w/ Tomatoes & Red Peppers Rice Pilaf Broccoli Orange
21 SHEPHERDS PIE w/ Mushrooms Mashed Potato Peas & Carrots Whole Wheat Bread Mandarin Movie Monday	22 HAMBURGERS w/ Sauté Onions Potato Salad Spring Mix Salad w/ Balsamic Vinaigrette Whole Wheat Bun Apple Bingo! Earth Day Craft Fair	23 THAI CHICKEN SALAD w/ Red Peppers, Carrots, Scallions, Cucumbers & Spring Mix, Mixed Rice Pineapple OR Soup & Salad Birthday/Anniversary Celebration Rock Painting	24 MEATLOAF Mashed Potatoes Brown Gravy Peas & Carrots Whole Wheat Bread Banana	25 CHICKEN MARSALA Mixed Rice Collard Greens w/ Bacon Pineapple
28 MARGARITA CHICKEN Mexican Rice Corn & Black Beans Orange	29 SLOPPY JOE'S Green Beans Whole Wheat Bun Mandarin Bingo!	30 PHILLY CHEESE STEAK SANDWICH Herbed Potatoes Mixed Vegetables Whole Wheat Roll Banana OR Soup & Salad	 Denotes meal ≥ 1000 mg Sodium 1% Milk served daily	\$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.

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 a lunch reservation.

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

WHAT'S HAPPENING THIS MONTH



CITY OF VISTA CALIFORNIA

APRIL 2
1-3pm

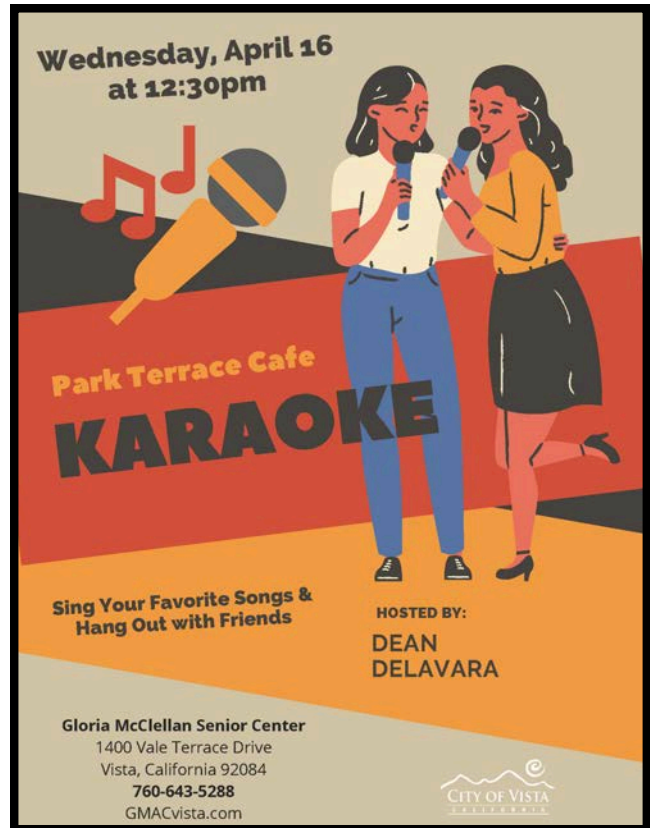
**Azalea Building
Game Room**

Board Game Fun Day

Hosted by:
Let's Play a Game Foundation

Gloria McClellan Senior Center
1400 Vale Terrace Drive
Vista, California 92084
760-643-5288
GMACvista.com

Meet some fun people. Play some fun games!
RSVP TO 760-643-5288 BY MARCH 31



Wednesday, April 16
at 12:30pm

Park Terrace Cafe

KARAOKE

Sing Your Favorite Songs & Hang Out with Friends

HOSTED BY:
DEAN DELAVARA

Gloria McClellan Senior Center
1400 Vale Terrace Drive
Vista, California 92084
760-643-5288
GMACvista.com

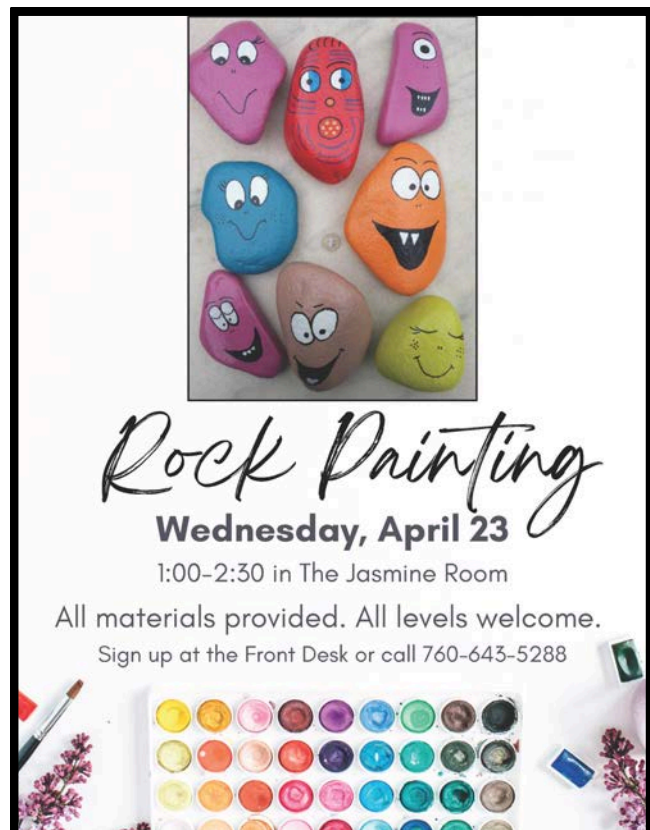
CITY OF VISTA CALIFORNIA



April 21 at 1pm - MOVIE MONDAY IN THE PARK TERRACE CAFE

“Thelma” (Rated PG-13, 98 minutes)

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her.



Rock Painting

Wednesday, April 23
1:00-2:30 in The Jasmine Room

All materials provided. All levels welcome.
Sign up at the Front Desk or call 760-643-5288

April 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Craft Club with Zia 1-3 Mahjong	9:30-10:30 Chair Yoga Fee-Based Class 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 1-3 Board Game Fun Day	10:30-12:30 Free Blood Pressure Checks in Lobby 10:45-11:45 Free "Danzerercise" Class 1-3 Mahjong 1-2 Intro to Astrophysics	9-12 Happy Stitchers Club
7	8	9	10	11
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force 10:15 Nutrition & Special Events Council Meeting	10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 <i>Mischief Makers - canceled</i> 1-3 Mahjong	9:30-10:30 Chair Yoga Fee-Based Class 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 1-2:30 Music Appreciation	10-12 "Ask a Social Worker" Appointments 10:45-11:45 Free "Danzerercise" Class 11-12 Live Music by Lou R. 12-3 Stash Busters Club 1-3 Mahjong 1-2 Intro to Astrophysics	9-12 Happy Stitchers Club
14	15	16	17	18
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force	10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Craft Club with Zia 1-3 Mahjong	9:30-10:30 Chair Yoga Fee-Based Class 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 12:30 Karaoke with Dean	9-12 "Ask an Attorney" Appts 10:45-11:45 Free "Danzerercise" Class 11-12 Trivia by Maria 1-3 Mahjong 1-2 Intro to Astrophysics	9-12 Happy Stitchers Club
21	22	23	24	25
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos Solorio 1-3 Movie in the Café – "Thelma"	10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 <i>Mischief Makers - canceled</i> 1-3 Mahjong 1-4 Earth Day Craft Fair	9:30-10:30 Chair Yoga Fee-Based Class 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class 12:30 Birthday & Anniversary Celebration 1-2:30 Rock Painting	10-12 "Ask a Social Worker" Appointments 10:30-12:30 Free Blood Pressure Checks in Lobby 10:45-11:45 Free "Danzerercise" Class 11-12 Live Music by Lou R. 12-3 Stash Busters Club 1-3 Mahjong 1-2 Intro to Astrophysics	9-12 Happy Stitchers Club
28	29	30		
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos Solorio	10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Mahjong	9:30-10:30 Chair Yoga Fee-Based Class 10-12 Financial Check-Up Appointments 10:30-11:30 Theatre Appreciation Class		

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 Bldg. Conference Room

Purple – Activities in the Azalea Room

Brown – Club Meetings/Events in Azalea Bldg. Game Room

***Note** – Monday, Tuesday, & Wednesday Activities and Classes normally scheduled in the Jasmine Room will be held in the Azalea Room until AARP's Tax Aide service ends on April 15.

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 **(April 7):** Albertsons

First Wednesday **(April 2):** Stater Brothers

Second Monday **(April 14):** Walmart Supercenter

Second Wednesday **(April 9):** Frazier Farms

Third Monday **(April 21):** Trader Joe's

Third Wednesday **(April 16):** Costco

Fourth Monday **(April 28):** Winco

Fourth Wednesday **(April 23):** Super 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 or call 760-643-5291.

For full descriptions of our trips, refer to the current Culture Caravan Destination Guide. A copy of the current Destination Guide is available at the Senior Center and can be viewed online at CityofVista.com/Culture Caravan or GMACvista.com.



April 2025 Culture Caravan Featured Trip:



“9 to 5” The Musical

Enjoy laughs during the Musical “9 to 5” at the cozy Old Town Temecula Theater. Before the giggles begin, fill up with a scrumptious brunch at B.J.’s Restaurant on us.

Date: Saturday, April 12
Time: 10:00 a.m.-5:30 p.m.
Cost: \$95

“AWAY WE GO!” MONTHLY OUTING AROUND TOWN

Due to weather conditions, we rescheduled our March trip to a day in April for the March registrants. Information regarding future trips will be shared in the May newsletter.

FREE PROFESSIONAL SERVICES

Free meetings with professionals are available by appointment and are hosted in the Azalea Building Conference Room. Call 760-643-5288 to schedule an appointment. Walk-ins are worked in around the scheduled appointments when possible.

- **Money Tools and Tips from Susan Sager, Senior Representative, Primerica.** You can meet with Susan on Wednesday mornings for a 30-minute appointment.
- **Ask an Attorney Appointments.** Bring a list of your legal questions and meet with local attorney Mark Caruana hosts 15-minute meetings from 9am-12pm on the third Thursday of the month.
- **Ask a Social Worker Appointments.** 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. 30-minute appointments are scheduled on the 2nd and 4th Thursdays from 10:00am-12:00pm.

“Best Medicine for Seniors” from Nutrition Volunteer Rita:

1. Talk to yourself. There are times when you need expert advice.
2. “In Style” are the clothes that still fit.
3. You don’t need anger management. You need people to stop irritating you.
4. Your people skills are fine. It’s your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is: “I don’t need to write that down. I’ll remember it.”

I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney

Cochineal (also called carmine) is a natural coloring which comes from the crushed bodies of the female cochineal beetles found in Peru, Mexico and the Canary Islands where they feed on the sap of prickly pear cactus. It takes about seventy thousand insects to produce one pound of dye. It was used by the early Mixtec Indians of pre-Hispanic Mexico and then the Spanish as a red dye for clothing. With the advent of artificial fabric dyes, cochineal began to be used as a food coloring. It is now used in food, cosmetics and toiletries, including red candies, lipstick, ketchup, fruit drinks, and yogurt. In these it has replaced artificial red dyes - particularly due to the concern that some artificial red dyes are carcinogenic. There is some concern, however, about allergic reactions to cochineal.

- **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. **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 (Facilitating Access to Coordinated Transportation)** 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



EARTH DAY CRAFT FAIR



TUESDAY, APRIL 22
1:00-4:00 PM
IN THE AZALEA ROOM

SUSTAINABLE SHOPPING WITH LOCAL VENDORS



Gloria McClellan Senior Center
1400 Vale Terrace Drive
Vista, California 92084
760-643-5288
GMACvista.com



Interested Vendors - \$10 for one 6' table space.
Call 760-643-5281 or email cmanis@vista.gov for information on
table availability. Vendor applications available at the Senior
Center Reception Desks.

Deadline for Vendors to apply is April 8, 2025.

