

# THE SENIOR VOICE

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

- **August 6** - Let's Play a Game
- **August 7** - Culinary Adventures to Morocco
- **August 13** - Death Cafe
- **August 14** - Active Minds Improv
- **August 21** - National Senior Citizens Day
- **August 25** - National Banana Split Day
- **August 25** - Movie - "Spectre"
- **August 27** - Birthday & Anniversary Celebration



PAGE 2 | NEWS YOU CAN USE



PAGE 5 | LUNCH MENU



PAGE 9 | CULTURE CARAVAN TRIPS



PAGE 7 | ACTIVITIES, CLUBS, EVENTS

## NEWS YOU CAN USE

- **Free Blood Pressure Checks on Tuesday and Friday mornings.** Volunteer Ambassador Dan Briones is a retired nurse and volunteers at the Azalea Building's Welcome Desk on Tuesday and Friday mornings from 9am-12pm. He will provide complimentary blood pressure and carotid artery checks at the Ambassador Desk on Tuesday and Friday mornings. Stop by when he is there to enjoy this free service.
- **Ukulele Instructor Needed.** We're looking for a volunteer to teach beginning ukulele classes. Please call Catherine at 760-643-5281 if you're interested.
- **Culinary Adventures - Morocco - Mark your calendar! The next Culinary Adventure Trip is slated for Thursday, August 7<sup>th</sup> with a journey to Morocco.** Imagine a trip to Casablanca or Marrakesh. Experience unique Moroccan cuisine and learn about this country known for its rich history, vibrant culture, and diverse landscapes.
- **Bocce Ball at Brengle Terrace Park - The City of Vista Youth Commission invites interested Seniors to play bocce ball with them on Monday, August 11<sup>th</sup> from 11am-12pm.** If you are new to the game, Jeanne Wilson will be offering an introduction during the same time.
- **Death Cafe** is a welcoming place where people gather over refreshments to openly discuss death and dying. Melissa (Mel) McClave is a Death Doula with Last Acts of Love, and she will host a Death Cafe here on **Wednesday, August 13 from 1-2pm.** RSVP to [melissa@lastactsoflove.com](mailto:melissa@lastactsoflove.com).
- **Active Minds Improv Class on Thursdays at 1pm starting on August 14.** The pilot class was a hit, so now it's a thing. Keep sharp, be creative, have fun! This new activity is designed by the folks at the National Comedy Theatre. The classes are fun, hilarious, and engaging, and teach the same skills that the professional comics use. Sign up at the Front Desk.
- **National Senior Citizens Day is on Thursday, August 21.** We will celebrate with live music by John Lowery during lunch, the rocking sounds of the Wood, Wire, and Bluegrass band during an afternoon ice cream sundae bar, and rock and roll favorites by Ancora during dinner. Seating is limited, so RSVP to the Front Desk by August 14 for lunch or dinner or both!
- **National Banana Split Day Celebration is on August 25 at 11:30am in the Park Terrace Cafe.** Free entertainment by Ken Sprinkle served up with a free banana split. RSVP at the Front Desk.
- **The Senior Citizens Affairs Commission's next meeting is on Wednesday, September 17 at 1pm at the Senior Center.** Meetings are open to the public to attend. For more information, including a link to the agenda, which is posted 72 hours in advance, please visit the city website at <https://www.vista.gov/city-hall/city-clerk/online-resources/boards-commissions/senior-citizens-affairs-commission>
- **Save the date for some exciting things happening here in September:**
  - **Empowered Aging** - A six-week series of engaging and interactive classes designed to foster confidence and empower a more informed, active lifestyle as we age. **Monday, September 15-October 20 at 1pm.** Azalea Room. Details coming soon!
  - **Presentation by Lisa Bronner.** The granddaughter of Dr. Bronner will be here on **Monday, September 8 at 11am** in the Park Terrace Café to share the history of her grandfather's soap business, the company's Going Green Initiative, and a hands-on sugar scrub demonstration. RSVP at the Front Desk.
  - **Mexican Independence Day & Health & Wellness Fair on Tuesday September 16 10am to 1pm.** Bingo cancelled on September 16 for these events.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Movement Classes</b> In Azalea Room	(\$ indicates a fee-based class that requires registration			
<b>9:30-10:30</b> Zumba Gold (\$)	<b>10:45-11:45</b> "Danzerise"	<b>9:30-10:30</b> Chair Yoga (\$)	<b>10:45-11:45</b> "Danzerise"	<b>9:30-10:30</b> Chair Yoga (\$)
<b>Free Activities, Classes, Services</b>				
<b>11:00-12:00</b> Start with Art In Jasmine Room Ann Force on 1st & 2nd Monday Marcos Solorio on 3rd & 4th Monday	<b>11:00-12:00</b> Bingo In the Café	<b>10:30-11:30</b> Theatre Appreciation Class In Jasmine Room <b>10:30-11:30</b> Terminal Talk (2nd Wednesday) Conference Room <b>1:00-2:00</b> Death Café (2nd Wednesday)	<b>9:00-12:00</b> "Ask An Attorney" Appointments Conference Room (3rd Thursday) <b>10:00-12:00</b> "Ask A Social Worker" Appointments Conference Room (2nd & 4th Thursday)	
<b>1:00-3:00</b> Movie Monday In the Café (3rd or 4th Monday)		<b>1:00-2:30</b> Music Appreciation (2nd & 4th Wednesday) in Azalea Room	<b>11:00-12:00</b> Trivia with Maria In the Café (3rd Thursday) <b>11:00-12:00</b> Live Music with Lou Rosgen In the Café (2nd & 4th Thursday) <b>1:00-2:00</b> Intro to Astrophysics In the Azalea Room <b>1:00-2:00</b> Active Minds Improv In the Café	
<b>Club Meetings</b>				
	<b>1:00-3:00</b> Zia's Craft Club (1st & 3rd Tuesday) <b>1:30-3:00</b> Mischievous Makers (2nd & 4th Tuesday)	<b>1:00-2:00</b> Joy Walkers meet in the Resource Room then walk the Vista Conservancy Walking Trail	<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>1:00-3:00</b> Let's Play a Game! Board Games In Game Room (1st Wednesday)	<b>1:00-3:00</b> 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.**
- An intake assessment is required to determine eligibility.

**CALL 760-643-5288 FOR MORE INFORMATION  
REGARDING NUTRITION SERVICES.**

## PARK TERRACE CAFÉ – AUGUST 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 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.	<b>Menu subject            to change</b>	<b>1</b> <b>VEGETARIAN CHILI</b> Mixed Rice Manhattan Vegetables Orange
<b>4</b> <b>PAELLA</b> w/ Chicken & Sausage Mixed Rice California Vegetables Pineapple	<b>5</b> <b>BEEF BURGUNDY</b> w/ Mushrooms Whole Grain Pasta Mixed Vegetables Orange <b>Bingo!</b>	<b>6</b> <b>SWEDISH MEATBALLS</b> Beef & Pork Creamy Dill Sauce Mixed Rice Spinach Cucumber Salad Mandarin Orange <b>OR Soup &amp; Salad</b>	<b>7</b> <b>CHICKEN TAGINE</b> Saffron Rice Cucumber Salad w/ Herb Garlic Vinaigrette Orange <b>Culinary Adventure to            Morocco</b>	<b>8</b> <b>GREEK CHICKEN</b> Marinated in Garlic & Yogurt (Tomato Paste, Lemon, Oregano) Tabbouleh Salad Rice Pilaf Orange
<b>11</b> <b>CHICKEN FLORENTINE</b> Spinach Italian Lentils Whole Grain Pasta Pineapple	<b>12</b> <b>HAMBURGER</b> Garnish: Sautéed Mushrooms & Onions White Wheat Roll Sweet Potatoes Garbanzo Stew Watermelon <b>Bingo!</b>	<b>13</b> <b>MEATLOAF</b> Beef & Pork Mashed Potatoes Gravy Peas & Carrots Whole Wheat Bread Mandarin Orange <b>OR Soup &amp; Salad</b>	<b>14</b> <b>ROAST BEEF</b> w/ Gravy Mixed Rice Manhattan Vegetables Orange	<b>15</b> <b>FISH CAKE</b> Macaroni Salad Zucchini w/ Tomatoes, w/ Garlic & Basil Bread Mandarin Orange
<b>18</b> <b>BEEF STEW</b> Parsley Potatoes Carrots Spinach Whole Wheat Bread Pineapple	<b>19</b> <b>BASQUE CHICKEN</b> Peppers, Tomatoes, Olives Basque Potatoes Green Beans Whole Wheat Bread Apple <b>Bingo!</b>	<b>20</b> <b>PASTA BOLOGNESE</b> w/ Meat Sauce Whole Grain Pasta Broccoli Normandy Chickpea Tomato Stew Mandarin Orange <b>OR Soup &amp; Salad</b>	<b>21</b> <b>HAWAIIAN CHICKEN</b> Mixed Rice Stir Fry Vegetables Sautéed Cabbage Banana <b>National Senior            Citizens Day Event</b>	<b>22</b> <b>TUNA SALAD            SANDWICH</b> Whole Wheat Roll Black Beans Coleslaw Mandarin Orange
<b>25</b> <b>GROUND BEEF            CASSEROLE</b> Whole Grain Pasta Broccoli Normandy Pineapple <b>Banana Split Day!</b> <b>Movie Monday</b>	<b>26</b> <b>CHICKEN MARSALA</b> w/ Mushrooms Italian Rice Parsley Potatoes Marinated Carrots Mandarin Orange <b>Bingo!</b>	<b>27</b> <b>STUFFED PEPPERS w/            BEEF</b> Marinara Sauce Whole Grain Pasta Lentils Apple <b>OR Soup &amp; Salad</b> <b>Birthday/Anniversary            Celebration</b>	<b>28</b> <b>BEEF STROGANOFF</b> Whole Grain Pasta Italian Chickpeas Broccoli Mandarin Orange	<b>29</b> <b>TURKEY LENTIL STEW</b> Mixed Vegetables Sautéed Cabbage Mixed Rice Orange

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 is 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



## Culinary Adventures To Morocco

Thursday, August 7 at 11:30am  
Experience Morocco in the Park Terrace Cafe



Prepare yourselves for culinary adventures steaming from the Park Terrace Cafe kitchen. The adventures will include tasty treats, sound bytes, and maybe even a little jostling on a Tuk Tuk ride.

Make your lunch reservation by August 1 at the Lunch Desk or call 760-643-5288.

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




## National Senior Citizens Day

Thursday, August 21

Join us for a day of music & tasty treats in the Park Terrace Cafe and fun activities throughout the day!



11:30AM-12:30 PM

**JOHN LOWERY**  
Music and Lunch - RSVP by 8/14



**WOOD, WIRE, AND BLUEGRASS**  
Music & Ice Cream

2PM-3PM

5PM-7PM

**ANCORA**  
Dine & Dance - RSVP by 8/14



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



## National Banana Split Day!



Monday, August 25 at 11:30am  
in the Park Terrace Cafe

Free entertainment by Ken Sprinkle served up with a free banana split. RSVP to the Front Desk.

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




FREE!

## MOVIE MONDAY

August 25 at 1:00pm

### "Spectre"



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

Sign up at the Front Desk.  
Transportation available for registered lunch guests.

**Movie Monday on August 25 at 1:15pm: "Spectre"** (Rated PG-13, 148 minutes): Spectre is a spy film and the twenty-fourth in the James Bond series, starring Daniel Craig as the MI6 agent. The film follows Bond as he battles Spectre, an international crime organization led by his adoptive brother Franz Oberhauser, and uncovers its connection to the Joint Intelligence Service.

## August 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class
4 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force	5 10:45-11:45 Free “Danzerise” Class 11-12 Bingo 1-3 Craft Club with Zia 1-3 Mahjong	6 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Joy Walkers Club 1-3 “Let’s Play a Game” Board Games	7 10:45-11:45 Free “Danzerise” Class 11:30-12:30 Culinary Adventures to Morocco 1-3 Mahjong 1-2 Astrophysics 1-2:30 Cyber Seniors	8 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class
11 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force	12 10:45-11:45 Free “Danzerise” Class 11-12 Bingo 1-3 Mahjong 1:30-3:00 Mischief Makers with Yvonne	13 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 10:30 Terminal Talk 1:00-2:00 Death Cafe 1-2 Joy Walkers Club 1-2:30 Music Appreciation	14 10-12 “Ask a Social Worker” Appointments 10:45-11:45 Free “Danzerise” Class 11-12 Live Music by Lou R. 12-3 Stash Busters Club 1-3 Mahjong 1-2 Astrophysics 1-2 Active Minds Improv	15 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class
18 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos Sotorio	19 10:45-11:45 Free “Danzerise” Class 11-12 Bingo 1-3 Mahjong 1-3 Craft Club with Zia	20 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Joy Walkers Club	21 10-12 “Ask an Attorney” Appointments 10:45-11:45 Free “Danzerise” Class 11-12 Trivia by Maria 12-3 Stash Busters Club 1-3 Mahjong 1-2 Astrophysics 1-2 Active Minds Improv 1-2:30 Cyber Seniors 11am-7pm – National Senior Citizens Day Live Music & Fun!	22 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class
25 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos 11:30 Banana Split Day Event 1:00 Movie Monday “Spectre”	26 10:45-11:45 Free “Danzerise” Class 11-12 Bingo 1:30-3:00 Mischief Makers with Yvonne 1-3 Mahjong	27 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 12:30 Birthday & Anniversary Celebration 1-2 Joy Walkers Club 1-2:30 Music Appreciation	28 10-12 “Ask a Social Worker” Appointments 10:45-11:45 Free “Danzerise” Class 11-12 Live Music by Lou R. 12-3 Stash Busters Club 1-3 Mahjong 1-2 Astrophysics 1-2 Active Minds Improv	29 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based 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 Conference Room

**Purple** – Activities in the Azalea Room (NOTE: Computer Corner Class in Computer Room behind Azalea Room)

**Brown** – Club Meetings in the Azalea Game 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 (**August 4**): Albertsons

First Wednesday (**August 6**): Stater Brothers

Second Monday (**August 11**): Walmart Supercenter

Second Wednesday (**August 13**): Frazier Farms

Third Monday (**August 18**): Trader Joe's

Third Wednesday (**August 20**): Costco

Fourth Monday (**August 25**): Winco

Fourth Wednesday (**August 27**): 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](http://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](http://CityofVista.com/Culture Caravan) or [GMACvista.com](http://GMACvista.com).

## Trips available!

### Visit [Cityofvista.com/culturecaravan](http://Cityofvista.com/culturecaravan)



## FREE PROFESSIONAL SERVICES & SUPPORT

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.

- **Ask an Attorney Appointments.** Bring a list of your legal questions and meet with local attorney Mark Caruana for a 15-minute meeting between 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 10am-12pm.
- **Terminal Talk is a support group for people diagnosed with terminal illnesses.** This is a confidential, group-led discussion for exploring dying and death with others facing mortality. This group will meet on Wednesday, August 13 at 10:30am in the Azalea Building Conference Room.

## FREE TECH CLASSES

### Cyber-Seniors is here!



Cyber-Seniors offers FREE tech training classes to help you learn how to use your smartphone, discover useful local apps, and stay safe online with cybersecurity tips and practices. Classes will be on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday and run about 60-90 minutes. Class meets at 1:00pm in the Computer Room located in the Azalea Building.

## I DIDN'T KNOW THAT!

### Tidbits from Maria McSweeney

**Birds of a feather:** A group of flamingos is called a flamboyance. A group of owls is called a parliament. A group of crows is called a murder. A group of larks is called an exultation. A group of jays is called a scold. A group of starlings is called a murmuration. A group of geese is called a gaggle.

- 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

# National Senior Citizens Day

## Thursday, August 21

Join us for a day of music & tasty treats in the Park Terrace Cafe and fun activities throughout the day!



**11:30AM-  
12:30 PM**

**JOHN LOWERY**

Music and Lunch - RSVP by 8/14

**WOOD, WIRE, AND BLUEGRASS**

Music & Ice Cream

**2PM-  
3PM**

**5PM-  
7PM**

**ANCORA**

Dine & Dance - RSVP by 8/14



**Gloria McClellan Senior Center**

1400 Vale Terrace Drive  
Vista, California 92084

**760-643-5288**

