

THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER

1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084

760-643-5288 GMACVISTA.COM

PROGRAMS

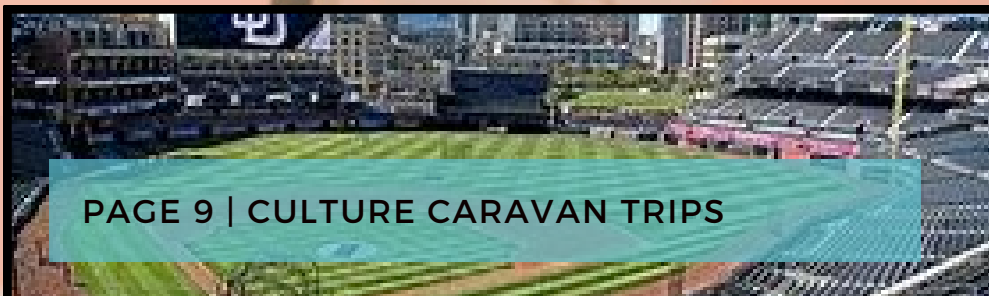
- Activities
- Clubs
- Classes
- Education
- Events
- Nutrition
- Cultural Trips
- Transportation

ABOUT US

We are open
Monday-Friday
8:00am-3:30pm
and closed on
holidays.

MARK YOUR CALENDAR

- **May 1** - Jewelry Making Class
- **May 1** - Chinese Mahjong Tournament
- **May 5** - Cinco de Mayo Loteria
- **May 9** - Mother's Day Tea
- **May 19** - Movie - "A League of Their Own"
- **May 23** - Memorial Day Event & live music
- **May 26** - **CLOSED for Memorial Day**
- **May 28** - Birthday & Anniversary Celebration



NEWS YOU CAN USE

- **The Senior Center is closed on Monday, May 26 for the Memorial Day holiday.**
- **FirstLight Home Care is hosting a Jewelry Making Class on May 1** in the Jasmine Room from 10:30-11:45am. All materials provided.
- **The Mahjong Club is hosting a Chinese Mahjong Tournament on May 1** from 11:30am-3:30pm in the Azalea Room.
- **The May 1 Danzercise Class is cancelled** due to the Mahjong Tournament.
- **The May 1 Intro to Astrophysics class is moved to the Park Terrace Cafe** to accommodate the Mahjong Tournament taking place in the Azalea Room. Class time is from 1:00-2:00pm.
- **We are hosting a Cinco de Mayo Luncheon and Loteria (Bingo) on Monday, May 5** from 11am-12pm. Kindly RSVP to 760-643-5288 a week in advance for lunch.
- **The “Let’s Play A Game” Foundation will be here on the first Wednesday of each month from 1-3pm with an assortment of old and new board games.** No need to RSVP - just show up! The next Board Game date is Wednesday, May 7 from 1-3pm in the Game Room.
- **Join us on May 9 for a Mother’s Day Tea at 11:30am with music by Harpist Adrienne Nims.** Lunch will follow at noon. Kindly RSVP by May 2 to 760-643-5288.
- **“CaptionCall” representatives will be in the Park Terrace lobby on Tuesday, May 13 from 10:30am-12:00pm.** CaptionCall is a no-cost, federally funded service designed to assist individuals who are hard of hearing. The CaptionCall device connects to a smartphone via Bluetooth, as well as to a landline or Wi-Fi network, to provide real-time captioning during phone conversations.
- **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, May 14 at 10:30am in the Azalea Building Conference Room.
- **We are hosting a fun Memorial Day Event with live music by Blue Creek Band on Friday, May 23.** Kindly RSVP to 760-643-5288 by May 16.
- **Music Appreciation class is moving to the Azalea Room** on the 2nd & 4th Wednesday of each month. This class starts is from 1:00-2:30pm. No RSVP necessary. Just show up!
- **CALL FOR CARICATURES!** We are looking to display the caricatures drawn at last year’s 50th Anniversary Event. If you had one drawn and are willing to participate in the display, please take a photo with your name and text it to Sid Rothenberg at 760-500-8850 by May 30.
- **Compassionate Conversations/Conversaciones Compasivas, Friday, May 23 1pm.** Embark on a journey of understanding with our dual language (English/Spanish) discussion designated to foster honest conversation about end-of-life care.
- **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 next meeting is on Wednesday, May 21 at 1pm at the Senior Center. Meetings are open to the public to attend.

Classes, Activities, Clubs

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 "Danzercise"	9:30-10:30 Chair Yoga (\$)	10:45-11:45 "Danzercise"	
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	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 & 4th Wednesday) in Azalea Room	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) Mischievous Makers (2nd & 4th Tuesday) In Jasmine Room	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 Let's Play a Game! Board Games In Game Room (1st Wednesday)	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.

The Nutrition Council & Special Events Committee meets on the first Monday of each month at 10:15am. The next meeting is on May 5 in the Park Terrace Cafe.

PARK TERRACE CAFÉ – MAY 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change</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> Denotes meal ≥ 1000 mg Sodium</p> <p>1% Milk served daily</p>	<p>1 </p> <p>Roast Beef Brown Gravy Mashed Potatoes Spinach Whole Wheat Bread Pineapple</p>	<p>2</p> <p>Caribbean Tilapia w/ Pineapple, Ginger, Onions & Cilantro Curried Lentils Coconut Mixed Rice Mixed Vegetables Orange</p>
<p>5</p> <p>Chicken Enchiladas w/ Tomatoes & peppers Mixed Rice Steamed Carrots Banana Cinco de Mayo Loteria</p>	<p>6</p> <p>Hamburger Baked Beans Potato Salad Collard Greens White Wheat Roll Watermelon Bingo!</p>	<p>7</p> <p>Turkey Meatloaf w/ Cranberry Glaze Whole Grain Stuffing Sweet Potatoes Peas & carrots Peaches OR Soup & Salad</p>	<p>8</p> <p>Chicken Dijon Mixed Rice Pilaf Mixed Vegetables Mandarin Orange</p>	<p>9 </p> <p>CHICKEN CORDON BLEU Potatoes Gratin Manhattan Blend Whole Wheat Bread Orange Mother's Day Tea</p>
<p>12</p> <p>Chicken Curry w/ Peppers, Onions & Chickpeas Mixed Rice Broccoli Banana</p>	<p>13</p> <p>Meatloaf (Beef/Chicken) Mashed Potatoes, Gravy Zucchini & Tomato Whole Wheat Bread Apple Bingo!</p>	<p>14</p> <p>Pepper Steak Herbed Potatoes Normandy Blend Whole Wheat Bread Applesauce OR Soup & Salad</p>	<p>15</p> <p>Pasta Primavera with Lemon Chicken Mixed Pasta tossed with Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Mandarin Orange</p>	<p>16</p> <p>Chili Con Carne Mixed Rice Black Beans Orange</p>
<p>19</p> <p>Tarragon Chicken Rosemary Potatoes Peas & Carrots Whole Wheat Bread Banana Movie Monday</p>	<p>20</p> <p>Shepherd's Pie w/ Mashed Potato Topping Manhattan veggies Whole Wheat Bread Apple Bingo!</p>	<p>21</p> <p>Margarita Chicken Mixed Mexican Rice Zucchini, Corn & Red Peppers, Collard Greens, Orange OR Soup & Salad</p>	<p>22 </p> <p>Pasta & Meatballs (Beef/Chicken) Whole Grain Pasta Marinara Sauce Italian Vegetables Orange</p>	<p>23</p> <p>Chicken Suiza w/ Spinach, green chiles, cilantro & cream Mixed Rice Black Beans Orange Memorial Day Event</p>
<p>26</p> <p>SENIOR CENTER CLOSED MEMORIAL DAY HOLIDAY</p>	<p>27</p> <p>Salisbury Steak Mashed Potatoes Brown Gravy Peas & carrots Whole Wheat Bread Watermelon Bingo!</p>	<p>28</p> <p>Pork Loin with Apple Chutney Potato Gratin Manhattan Vegetables Whole Wheat Bread Banana OR Soup & Salad Birthday/Anniversary Celebration</p>	<p>29</p> <p>Hamburger Baked Beans Macaroni Salad White Wheat Roll Watermelon</p>	<p>30</p> <p>Vegetarian Baked Ziti Whole Grain Pasta, w/ Mozzarella Marinara Sauce Collard Greens Chickpea stew w/ tomato Orange</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 a lunch reservation.

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

WHAT'S HAPPENING THIS MONTH

THURSDAY, MAY 1, 2025 / 11:30AM-3:30PM

CHINESE MAHJONG TOURNAMENT





Join us at our annual Chinese Mahjong Tournament. A day of fun, food, socializing, and prizes.

- 11:30 - 12:00 Check in at the Azalea Room
- 12:00 - 1:00 Lunch in the Azalea Room
- 1:00 - 3:00 Play in the Azalea Room
- 3:00 - 3:30 Awards and Prizes

GLORIA MCCLELLAN SENIOR CENTER | 1400 VALE TERRACE DRIVE VISTA, CA 92084

RSVP TO 760-643-5288 BY APRIL 25

See the back cover for more May event flyers!

LET'S CELEBRATE

Cinco De Mayo



MAY 05 | 11 AM - 12 PM

LOTERIA AND FESTIVE FOOD!

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

Seating is limited. RSVP to 760-643-5288 by April 28.

FREE!

MOVIE MONDAY

May 19 at 1:00pm
"A League of Their Own"



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.

May 19 at 1pm
MOVIE MONDAY
in the Park Terrace Cafe

"A League of Their Own" (Rated PG, 128 minutes)

A 1992 American sports comedy drama film directed by Penny Marshall that tells a fictionalized account of the real-life All-American Girls Professional Baseball League (AAGPBL).

May 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:30-11:45 Jewelry Making Class 10:45 "Danzerise" canceled) 11:30-3:30 Chinese Mahjong Tournament 1:00-2:00 Astrophysics <i>(moved Park Terrace Café today)</i>	9-12 Happy Stitchers Club
5	6	7	8	9
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force 11-12 Cinco de Mayo Loteria	10:45-11:45 Free "Danzerise" 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 "Let's Play a Game" Board Games	10-12 "Ask a Social Worker" Appointments 10:45-11:45 Free "Danzerise" Class 11-12 Music by Lou Rosgen 12-3 Stash Busters Club 1-3 Mahjong 1:00-2:00 Astrophysics 1:00-2:30 Cyber-Seniors	9-12 Happy Stitchers Club 11:30 Mother's Day Tea with Music by Harpist Adrienne Nims
12	13	14	15	16
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force	10:45-11:45 Free "Danzerise" Class 10:30-12:00 "Caption Call" Table in Lobby 11-12 Bingo 1-3 Mischief Makers 1-3 Mahjong	9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Terminal Talk 10:30-11:30 Theatre Appreciation Class 1-2:30 Music Appreciation	9-12 "Ask an Attorney" Appointments 10:45-11:45 Free "Danzerise" Class 11-12 Trivia by Maria 1-3 Mahjong 1:00-2:00 Astrophysics	9-12 Happy Stitchers Club
19	20	21	22	23
9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos Solorio 1-3 Movie in the Café – "A League of Their Own"	10:45-11:45 Free "Danzerise" 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	10-12 "Ask a Social Worker" Appointments 10:45-11:45 Free "Danzerise" Class 11-12 Music by Lou Rosgen 12-3 Stash Busters Club 1-3 Mahjong 1:00-2:00 Astrophysics 1:00-2:30 Cyber-Seniors	9-12 Happy Stitchers Club 11-12 Memorial Day Event with live music by Blue Creek Band 1-2 Compassionate Conversations
26	27	28	29	30
SENIOR CENTER CLOSED FOR MEMORIAL DAY HOLIDAY	10:45-11:45 Free "Danzerise" Class 11-12 Bingo 1-3 Mischief Makers 1-3 Mahjong	9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 12:30 Birthday & Anniversary Celebration 1-2:30 Music Appreciation	10:45-11:45 Free "Danzerise" Class 1-3 Mahjong 1:00-2:00 Astrophysics	9-12 Happy Stitchers Club

Red – Events in the Park Terrace Café

Blue - Activities and Classes in the Jasmine Room

Purple – Activities in the Azalea Room

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

Green – Appointments in the Azalea Conference Room

Brown – Club Meetings in the Azalea Game Room

Orange – Classes/Activities in the Computer 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 (**May 5**): Albertsons

First Wednesday (**May 7**): Stater Brothers

Second Monday (**May 12**): Walmart Supercenter

Second Wednesday (**May 14**): *No Trips*

Third Monday (**May 19**): Trader Joe's

Third Wednesday (**May 21**): Costco

Fourth Monday (**May 26**): *No Trips - Holiday Closure*

Fourth Wednesday (**May 28**): 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/CultureCaravan) 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/CultureCaravan) or GMACvista.com.

May and June 2025 Culture Caravan Featured Trips:

Sights and Delights of Coronado

Join us for a 2 ½ -hour Private Tour of City of Coronado and the nearby Bay area – Immerse yourself in the rich history of San Diego with an exclusive tour of Coronado, a quaint and architecturally beautiful seaside community. The 2 1/2-hr. tour takes you through historic sites, preserved buildings, and not the least—a stop at the gelato ice cream shop where you will be provided a snack at no extra cost! Lunch on us after the tour at the Claim Jumper—so go easy on the gelato!!

Date: Tuesday, May 20
Time: 8:30 a.m.- 5:00 p.m.
Cost: \$113



Famous San Diego Tour

Not Famous Dave's – but the Famous San Diego Tour—See San Diego through the eyes of a local guide with a fantastic, planned itinerary. From the Old Town to Coronado Island and around the town. Snacks provided on the tour van. Late lunch or “linner” on your own at the lovely Old Town Park after the tour.

Date: Thursday, June 5
Time: 9:00 a.m.-5:00 p.m.
Cost: \$107



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.

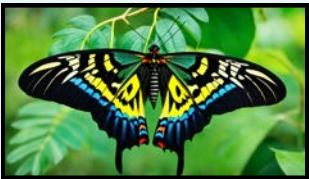
- **Money Tools and Tips from Susan Sager, Senior Representative, Primerica.** You can meet with Susan on Wednesday mornings for a 30-minute appointment.
- **Ask an Attorney Appointments.** Bring a list of your legal questions and meet with local attorney Mark Caruana for a 15-minute meeting between 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 10:00am-12:00pm.

COMING SOON - TECH CLASSES

Cyber-Seniors classes start on May 8!



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 2nd and 4th Thursday and run about 60-90 minutes. The first class meeting is on Thursday, May 8 at 1:00pm in the Computer Room located in the Azalea Building. Call Catherine at 760-643-5281 for more information.



I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney



The biggest butterfly in the world has a 12 inch wingspan. It belongs to the Queen Alexandra's Birdwing butterfly, found in the forests of the Oro Province, in the east of Papua New Guinea. The Western Pygmy Blue, with a wingspan of 0.5 inches, is the smallest known butterfly in the world. These range from central California through the western U.S. and down into Venezuela.

- **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

**Thanks to our new sponsor, FirstLight Home Care,
for sponsoring two events in May honoring
mothers and women.**

**We invite you to make a piece of jewelry on May 1 and
wear it to our Tea on May 9!
(Or attend just one of these events if you prefer.)**



*Free
Jewelry Making Class*



All Ages Welcome!

Thursday, May 1 at 10:30-11:45am
in the Park Terrace Cafe

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

FirstLight Home Care of Carlsbad, Encinitas, and LaJolla proudly veteran-owned, provides compassionate in-home care services designed to help adults live with dignity and as much independence as possible. If you're looking for companion care, specialized help for a family member living with dementia, disability care for chronic conditions or just general assistance, you can trust our experienced in-home caregivers to provide the personalized attention and dignified care your loved one deserves.
Carlsbad, FirstLightHomeCare.com | 760-908-8408



Queen for a Day!
MOTHER'S DAY
Tea

FRIDAY | MAY 9 | 11:30 AM

Tea & Music by Harpist Adrienne Nims at 11:30am
Lunch at Noon.

Seating is limited.
RSVP to 760-643-5288 by May 2nd

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