

# THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER  
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084  
760-643-5288 [GMACVISTA.COM](http://GMACVISTA.COM)

## PROGRAMS

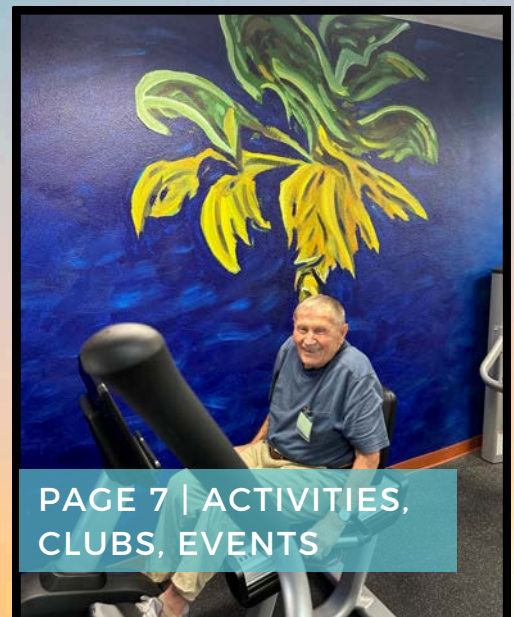
- Activities
- Clubs
- Classes
- Education
- Events
- Nutrition
- Cultural Trips
- Transportation

## ABOUT US

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

## MARK YOUR CALENDAR

- **June 4** - Let's Play a Game
- **June 5** - Culinary Adventures Vietnam
- **June 12** - Father's Day Event with live music
- **June 20**- Summer Solstice
- **June 23** - Movie - "Good Morning Vietnam"
- **June 25** - Birthday and Anniversary Celebration
- **June 26** - Summer Splash!



## NEWS YOU CAN USE

- **NEW! Chair Yoga** will now be offered on **Fridays**, in addition to Wednesdays, from 9:30 a.m.-11:00 a.m. in the Azalea Room- Register Today (\$44.25/\$54.25)
- **“Vietnam, a nation at the crossroads of History” round table.** The center’s June 5 culinary adventure and special lunch will include a unique discussion titled: “Vietnam, a nation at the crossroads of history.” The 10:30am round table talk will unfold in the Azalea Building and include a four-member panel moderated by Tim O’Leary, a career journalist. The panel is slated to feature a Vietnam native who emigrated to the U.S. and a first-generation Vietnamese-American. They will be joined by two American veterans of the Vietnam war. An audience Q&A will follow the panel discussion.
- **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, June 11 at 10:30am in the Azalea Building Conference Room.
- **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.
- **Intergenerational Events at Jim Porter Recreation Center.** Join us at Jim Porter Recreation Center for two fun events in June. Tee off with some miniature golf on Tuesday, June 17<sup>th</sup> from 9:45am-2:45pm, and join us for a balloon show on Wednesday, June 18<sup>th</sup> at 10am. Pre-registration is required - please sign up at the front desk of the Senior Center.
- **NCTD+ Presentation** Friday June 20<sup>th</sup> at 12:30 - We are excited to share news about the launch of NCTD+, a new micro-transit service now available in Vista. NCTD+ is a flexible, on-demand micro-transit service designed to make getting around Vista easier and more convenient. Riders can request rides in real time, offering an affordable and accessible transportation alternative that complements existing transit options.
- **Intergenerational Garden Presentation** Wednesday, June 25 at 1pm A Regenerative Approach to Natural and Easier Gardening in Our Mediterranean Climate. Learn techniques to make gardening easier, no matter if you have a big space or just a window planter. Lead Garden Educator Chris Meador, a longtime gardener and landscape contractor, will give an indoor presentation on regenerative gardening. This holistic approach uses multiple planning angles and adaptive management to help your garden thrive. We will also go through examples of some edible and medicinal climate-appropriate plants that can handle tough conditions. About 45 minutes long with time for questions at the end followed by heading to the garden patio for a hands-on activity to plant different types of beneficial plants.
- **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, July 16 at 1pm at the Senior Center. Meetings are open to the public to attend.

### Classes, Activities, Clubs

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> "Danzerercise"	<b>9:30-10:30</b> Chair Yoga (\$)	<b>10:45-11:45</b> "Danzerercise"	<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>10:00-12:00</b> Financial Check-Up Appointments In Azalea Building Conference Room  <b>10:30-11:30</b> Theatre Appreciation In Jasmine Room	<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>Club Meetings</b>				
	<b>1:00-3:00</b> Zia's Craft Club (1st & 3rd Tuesday) Mischievous Makers (2nd & 4th Tuesday) In Jasmine Room	<b>1:00-2:00</b> Joy Walkers meet in Azalea Building 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.

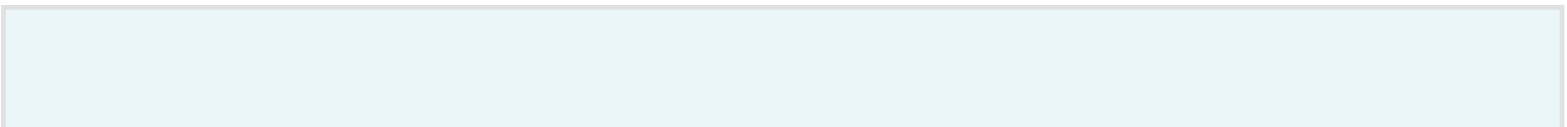
## Transportation Service

- 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 – JUNE 2025 MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> <b>Coq au Vin</b> Chicken in wine sauce Mixed Rice Italian Blend Lentil Stew Pineapple**</p>	<p><b>3</b> <b>Turkey Hotdog</b> Manhattan Blend Macaroni Salad WW Roll Orange**</p>	<p><b>4</b> <b>Beef Burgundy</b> Parsley Potatoes Carrots WW Bread Mandarin** <b>OR Soup &amp; Salad</b></p>	<p><b>5</b> <b>VIETNAMESE CHICKEN SALAD</b> w/ carrot, red pepper &amp; peanuts Mixed rice Orange**</p>	<p><b>6</b> <b>Vegetarian*</b>  <b>Vegetarian Chili</b> w/ Beans, zucchini &amp; peppers Mixed Rice Broccoli Salad Pineapple**</p>
<p><b>9</b> <b>Basque Chicken</b> w/ Peppers, tomatoes Basque Potatoes Spanish Garbanzos w/ red pepper sauce WW Bread Applesauce**</p>	<p><b>10</b> <b>BEEF CASSAROLE w/ tomatoes</b> Broccoli Normandy Sauté Cabbage WG Pasta <b>Apple**</b></p>	<p><b>11</b> <b>Hamburger</b> Sauteed Onions Potato Salad Spring Mix Vinaigrette White Wheat Burger Roll Watermelon** <b>OR Soup &amp; Salad</b></p>	<p><b>12</b> <b>FATHER'S DAY</b> <b>CARIBEAN JERK CHICKEN SLIDER</b> w/ coleslaw garnish Corn w/ red pepper Mixed Rice Orange**</p>	<p><b>13</b> <b>Pork Posole</b> Kidney Beans Mixed Rice Marinated Carrot Salad Mandarin**</p>
<p><b>16</b> <b>Beef Stroganoff</b> WG Pasta Italian Blend Orange**</p>	<p><b>17</b> <b>Open-Faced Cubano Sandwich</b> Thinly sliced roast pork with Swiss Cheese Herb Roasted Potatoes Coleslaw WW Roll Apple**</p>	<p><b>18</b> <b>Swedish Meatballs</b> Dill Sauce Sweet potatoes Peas &amp; Carrots WG Pasta Pineapple** <b>OR Soup &amp; Salad</b></p>	<p><b>19</b> <b>Meatloaf</b> Roast Potatoes Mixed Vegetables WW Bread Orange**</p>	<p><b>20</b> <b>Chicken Adobo</b> 51% WG Pasta Curry Chickpeas Broccoli Banana**  <b>SUMMER SOLSTICE PARTY</b></p>
<p><b>23</b> <b>Chicken Fricassee</b> w/ Red Pepper Mixed Rice Stir Fried Blend Pineapple**</p>	<p><b>24</b> <b>Salisbury Steak</b> Beef &amp; Pork Mashed Potatoes, Gravy Peas &amp; Carrots ww Bread Banana**</p>	<p><b>25</b> <b>Chicken Romesco</b> Red Pepper tomato sauce 51% WG Pasta Black beans Manhattan Blend Orange** <b>OR Soup &amp; Salad</b></p>	<p><b>26</b> <b>Pasta Puttanesca</b> 51% WG Pasta Spinach w/ Garlic Chickpea Tomato Stew Orange**</p>	<p><b>27</b> <b>Southwest Chicken Salad</b> Spring Mix Black Beans Corn, Red Peppers, Cucumbers, Tomatoes Cilantro Ranch Dressing WW Bread Watermelon**</p>
<p><b>30</b> <b>Thai Fish Curry</b> Mixed Rice Blend Normandy Blend Pineapple**</p>	<p><b>Menu subject to change</b></p>	<p><b>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</b> No eligible person shall be denied a meal for choosing not to contribute.</p>	<p> Denotes meal ≥ 1000 mg Sodium  <b>1% Milk served daily</b></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

COME AND JOIN OUR  
**SUMMER SOLSTICE PARTY**  
Friday, June 20th at 11am

Join us for entertainment by the Patton Pending Ukulele Ensemble, games, prizes, refreshments, and a delicious lunch all for a \$4 suggested contribution.

RSVP at 760-643-5288 by Thursday, June 5th

gmacvista.com

GMAC PRESENTS

**SUMMER SPLASH**

WITH THE TOMMY KIND BAND

THURSDAY, JUNE 26, 5-7PM

FREE!

PLEASE RSVP BY FRIDAY, JUNE 13  
760-643-5288

GLORIA MCCLELLAN SENIOR CENTR  
1400 VALE TERRACE DR. VISTA, CA 92084

GMACVISTA.COM

FREE!

**MOVIE MONDAY**

June 23 at 1:00pm

**“Good Morning, Vietnam”**

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.

**June 23 at 1pm**  
**MOVIE MONDAY**  
in the Park Terrace Cafe

**“Good Morning, Vietnam”** (Rated R, 121 minutes)

In 1965, an unorthodox and irreverent DJ named Adrian Cronauer begins to shake things up when he is assigned to the U.S. Armed Service radio station in Vietnam

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>9:30-10:30</b> Zumba Gold Fee-Based Class  <b>11-12</b> Start with Art – Ann Force	<b>3</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>4</b> <b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-3</b> “Let’s Play a Game” Board Games	<b>5</b> <b>10:45-11:45</b> Free “Danzerercise” Class  <b>11-12</b> Culinary Adventures Around the World – Vietnam  <b>1-3</b> Mahjong  <b>1-2</b> Astrophysics  <b>1-2:30</b> Cyber Seniors	<b>6</b> <b>9-12</b> Happy Stitchers Club
<b>9</b> <b>11-12</b> Start with Art – Ann Force  <b>9:30-10:30</b> Zumba Gold Fee-Based Class	<b>10</b> <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>11</b> <b>9:30-10:30</b> Chair Yoga Fee-Based Class <b>10:30 - Terminal</b> Talk  <b>10:30-11:30</b> Theatre Appreciation Class  <b>1-2:30</b> Music Appreciation  <b>1-2</b> Lightning Tours (Vietnam)	<b>12</b> <b>10-12</b> “Ask a Social Worker” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>11:00</b> Father’s Day with live music by “Semisi & Fula Bula”  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong  <b>1-2</b> Astrophysics	<b>13</b> <b>9-12</b> Happy Stitchers Club  <b>9:30-10:30</b> Chair Yoga Fee-Based Class
<b>16</b> <b>11-12</b> Start with Art – Marcos Solorio  <b>9:30-10:30</b> Zumba Gold Fee-Based Class	<b>17</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>3-3:30</b> Culture Caravan Launch Party	<b>18</b> <b>9:30-10:30</b> Chair Yoga Fee-Based Class <b>10:30-11:30</b> Theatre Appreciation Class  <b>1:15</b> Digital Banking Safety Presentation	<b>19</b> <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>1-2</b> Astrophysics  <b>1-2:30</b> Cyber Seniors	<b>20</b> <b>9-12</b> Happy Stitchers Club  <b>9:30-10:30</b> Chair Yoga Fee-Based Class  <b>11-12</b> Summer Solstice with Patton Pending Ensemble
<b>23</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 – “Good Morning, Vietnam”	<b>24</b> <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>1:15</b> Wills, Trusts, & Estate Planning Presentation	<b>25</b> <b>9:30-10:30</b> Chair Yoga Fee-Based Class <b>10:30-11:30</b> Theatre Appreciation Class  <b>12:30</b> Birthday and Anniversary Celebration  <b>1-2:30</b> Music Appreciation  <b>1-2:30</b> Intergenerational Gardening Presentation	<b>26</b> <b>10-12</b> “Ask a Social Worker” Appointments  <b>10:45-11:45</b> Free “Danzerercise” Class  <b>12-3</b> Stash Busters Club  <b>1-3</b> Mahjong  <b>1-2</b> Astrophysics  <b>5-7:</b> Summer Splash with Tommy Kind Band	<b>27</b> <b>9-12</b> Happy Stitchers Club
<b>30</b> <b>11-12</b> Bird Origami				

**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: Cyber Seniors Class in Computer Room behind Azalea Room)

**Brown** – Club Meetings in the Azalea Game 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).

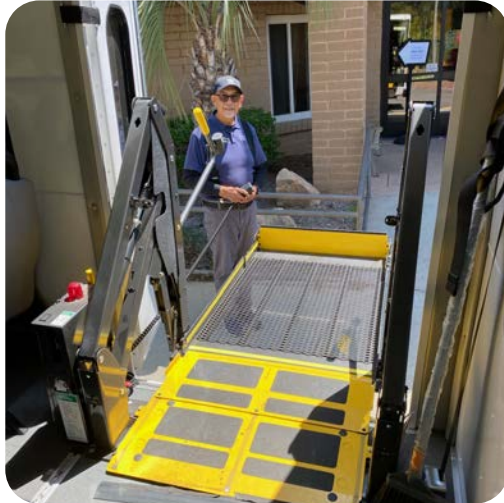
Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

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 (**June 2**): Albertsons

First Wednesday (**June 4**): Stater Brothers

Second Monday (**June 9**): Walmart Supercenter

Second Wednesday (**June 11**): Frazier Farms

Third Monday (**June 16**): Trader Joe's

Third Wednesday (**June 18**): Costco

Fourth Monday (**June 23**): Winco

Fourth Wednesday (**June 25**): Super Target

# CULTURE CARAVAN

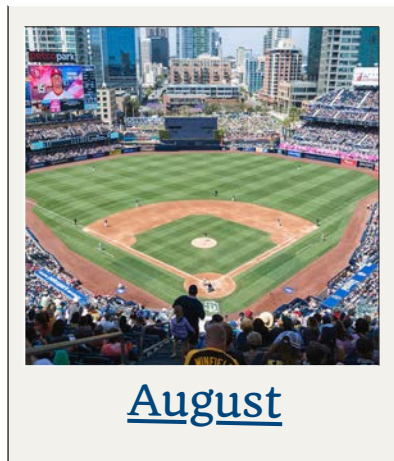
**We're ready for the Summer/Fall trips Are you?**

In-Person Pre-Trip Information Session at the City of Vista's Gloria McClellan Senior Center on **Tuesday, June 17 at 3:00pm** in the Azalea Room located inside the Azalea Building.

**Spring & Summer Trips registration opens in-person and online Tuesday, June 17 at 3:30pm.**

NOTE: Trip Patrons are not required to attend the March Pre-Trip Information Session to register for trips. You may self-register at [Vista.gov/CultureCaravan](http://Vista.gov/CultureCaravan) beginning on June 17, 2025, at 3:30pm. Registration will open to both those who attend the session and to those who self-register online at the same time.

Phone registration assistance for upcoming trips available June 18 at 9am. Call 760-643-5291 for help registering.



## 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.

## 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

The longest anyone has held their breath underwater is 24 minutes and 37.36 seconds, a record set by Budimir Šobat of Croatia on March 27, 2021. However, Šobat hyperventilated with pure oxygen for up to 30 minutes before attempting the record. The longest instance of someone holding their breath without inhaling pure oxygen beforehand is 11 minutes and 34 seconds. Most people can only safely hold their breath for 1 to 2 minutes.

- **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

# Thank you to our sponsors!



**THANK YOU, REGAL MEDICAL GROUP, FOR SPONSORING OUR MEMORIAL DAY LUNCHEON, BIRTHDAY CELEBRATIONS AND UPCOMING BINGO.**

**FOR DECADES, REGAL MEDICAL GROUP, LAKESIDE COMMUNITY HEALTHCARE, AND ADOC MEDICAL GROUP HAVE PROVIDED TRUSTED, HIGH-QUALITY CARE THAT'S ALWAYS CLOSE TO HOME. WE BELIEVE GREAT HEALTHCARE SHOULD BE PERSONAL—IT'S ABOUT REAL RELATIONSHIPS, EXPERT CARE, AND A COMMITMENT TO KEEPING PEOPLE HEALTHY, NOT JUST TREATING ILLNESS. OUR MEMBERS AREN'T JUST NUMBERS; THEY'RE OUR NEIGHBORS, FAMILIES, AND EVEN OUR OWN DOCTORS AND EMPLOYEES. WE CARE FOR OUR COMMUNITIES BECAUSE WE ARE PART OF THEM.**



**THANK YOU, SAN DIEGO COMPASSIONATE CAREGIVERS , FOR SPONSORING OUR FATHER'S DAY CELEBRATION ON THURSDAY, JUNE 12<sup>TH</sup>.**

**SAN DIEGO COMPASSIONATE CAREGIVERS, INC. IS A NON-MEDICAL HOME CARE AGENCY BASED IN CARLSBAD, CALIFORNIA, SERVING ALL OF SAN DIEGO COUNTY. FOUNDED IN 2009, THE AGENCY PROVIDES PERSONALIZED INHOME CARE FOR SENIORS AND INDIVIDUALS WITH SPECIAL NEEDS. THEIR SERVICES INCLUDE ASSISTANCE WITH DAILY ACTIVITIES, COMPANIONSHIP, TRANSPORTATION, AND SPECIALIZED CARE FOR CONDITIONS LIKE ALZHEIMER'S AND PARKINSON'S. WITH LICENSED, BONDED CAREGIVERS AND A FOCUS ON DIGNITY AND INDEPENDENCE, THEY ARE KNOWN FOR COMPASSIONATE, HIGH-QUALITY SERVICE. FOR MORE INFORMATION OR TO SCHEDULE A FREE IN-HOME ASSESSMENT, VISIT [SDCOMPASSIONATECARE.COM](http://SDCOMPASSIONATECARE.COM) OR CALL (760) 390-0091**