

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.

- September 1 - Closed for Labor Day Holiday
- September 8 - The History & Legacy of Dr. Bronner
- September 15 - Empowered Aging series begins
- September 16 - Mexican Independence Day Celebration
- September 16 - Health Fair
- September 19 - Peace Crane Project
- September 23 - Movie - "Nonnas"
- September 24 - Writing a Life
- September 25 - Birthday and Anniversary Celebration

Presented by Regal Medical Group



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PAGE 7 | ACTIVITIES, CLUBS, EVENTS

NEWS YOU CAN USE

- **Oral Health Presentation - September 4, 11:30am** County of San Diego & Vista Community Clinic will be onsite to discuss their Senior Oral Health Program Partnership. Call 760-643-5288 to sign up or register at the Ambassador/Front Desk.
- **The History and Legacy of Dr. Bronner - September 8, 11am** Lisa Bronner, granddaughter of Dr. Bronner, will share the history of her grandfather's soap business, the company's Going Green Initiative, and an interactive hands-on sugar scrub demonstration. Call 760-643-5288 to sign up or register at the Ambassador/Front Desk.
- **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, September 10 from 1-2pm. RSVP to melissa@lastactsoflove.com
- **Active Minds hosted by Unscripted Learning in the Park Terrace Café - September 4, 1pm** 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.
- **Compassionate Conversation/Conversaciones Compasivas - September 12, 10am** English/Spanish discussion to explore- end- of life care. This interaction session empowers you to make informed decisions about your care and treatment. Please sign up with Melissa McClave, Death Doula with Last Acts of Love by calling 858-256-6216 or email to melissa@lastactsoflove.com.
- **Empowered Aging - Monday, September 15 - Monday, October 20, 1-2pm** A six-week series of engaging and interactive talks led by industry experts designed to foster confidence and empower a more informed, active lifestyle as we age. Call 760-643-5288 to sign up or register at the Ambassador Desk. Seating is limited. to 20.
- **Mexican Independence Day & Health Fair - September 16, 10am-1pm (Bingo Cancelled)** Must RSVP for lunch by Tuesday, September 9. Call 760-643-5288 or stop by the Front Desk to make reservations for lunch and/or the Health Fair.
- **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>
- **Wills, Trusts & Estate Planning Consultations - September 19, 12-2pm** Attorney Matt Bushman will be onsite to provide up to 30-minute one-on-one consultations. Call 760-643-5288 to sign up or register at the Ambassador Desk.
- **Peace Crane Project - September 19, 11am-12pm** In honor of International Peace Day, participants will fold origami peace cranes and write messages of goodwill on their wings to send to our new friends at a senior community club outside Kansas City, Missouri.
- **Writing a Life: Crafting Meaningful Obituaries - September 24, 10:30am-12pm** Have you ever read an obituary that sounded more like a resume and less like a tribute? Do you want to be remembered for more than a line on a census? Whether written about others or about oneself, an obituary should be engaging and memorable. This workshop will teach you how to craft an obituary of lasting value and strengthen your general writing skills. So, bring paper, your favorite pen, and the knowledge that what you leave behind is how you will be remembered. Call 760-643-5288 to sign up or register at the Ambassador/Front Desk.

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 "Danzerercise"	9:30-10:30 Chair Yoga (\$)	10:45-11:45 "Danzerercise" 1:00-2:00 Tai Chi (\$)	9:30-10:30 Chair Yoga (\$)
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	10:30-11:30 Theatre Appreciation Class In Jasmine Room 1:00-2:00 Death Café (2nd Wednesday) 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 Tuesday 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) 1:00-2:00 Active Minds Improv In the Café	
Club Meetings				
	1:00-3:00 Zia's Craft Club (1st & 3rd Tuesday) 1:30-3:00 Mischiefs Makers (2nd & 4th Tuesday)	1:00-2:00 Joy Walkers meet in the 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.**
- An intake assessment is required to determine eligibility.

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

PARK TERRACE CAFÉ - SEPTEMBER 2025` MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED FOR LABOR DAY	2 Hamburger BBQ Beans Carrot Salad White/Whole Wheat Bun Orange Bingo!	3 Chicken Adobo Herb Potatoes Broccoli Whole Wheat Bread Pineapple OR Soup & Salad*	4 Meatballs* (Chicken/Beef) w/ Marinara Sauce Manhattan Blend Cucumber Dill Salad Whole Grain Pasta Orange	5 Salisbury Steak Mashed Potatoes Brown Gravy Spinach Whole Wheat Bread Mandarin
8 Chicken Cacciatore w/ Tomatoes, Peppers Whole Grain Pasta Broccoli Banana	9 Ground Beef Casserole Whole Grain Penne Pasta Normandy Blend Whole Wheat Bread Pineapple Bingo!	10 Meatloaf (Beef/Pork) Mashed Potatoes, Gravy Mixed Veggies Whole Wheat Bread Orange OR Soup & Salad*	11 Ground Turkey Chili Red Potato Broccoli Salad Whole Wheat Bread Peaches	12 Vegetarian Lentil Stew Garbanzo Beans with Tomatoes Peas & Carrots Whole Wheat Bread Mandarin Randy Renner!!
15 Chicken Florentine Spinach Italian Lentils Whole Grain Pasta Orange	16 Chicken Enchilada w/ Red Sauce Corn Tortilla Black Beans Mixed Rice Mandarin Mexican Independence Day Celebration	17 Tilapia w/ Pineapple, Ginger, Onions & Cilantro Coconut Mixed Rice Mixed Vegetables Orange OR Soup & Salad*	18 Orange Glazed Pork Loin Sweet Potatoes Garbanzo w/ Bell peppers Whole Wheat Bread Banana	19 Chicken Mole Mexican Rice Mixed Vegetables Mandarin
22 Margarita Chicken Zucchini, Corn & Red Peppers Basil Chickpeas Whole Grain Pasta Apple	23 Shepherd's Pie with Mushrooms Mashed Potato Peas & Carrots Whole Wheat Bread Pineapple Bingo!	24 Salisbury Steak With Gravy Roast Potatoes Collard Greens WW Bread Orange OR Soup & Salad*	25 Pasta Bolognaise w/ Meat Sauce Herb potato Spring Mix Salad w/ Vinaigrette Whole Grain Pasta Watermelon Anniversary and Birthday Celebration	26 Cranberry Glazed Turkey Quinoa Meatloaf Mashed Sweet Potato Normandy Blend Whole Wheat Bread Mandarin
29 Meat Chimichangas (Beef) Black Beans Mixed Vegetables Whole Wheat Bread Orange	30 Tri Tip Sandwich Coleslaw Roasted Potatoes White/Whole Wheat Roll Apple Bingo!	Menu subject to change	\$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.	 MENU LEGEND: *Denotes meal ≥ 1000 mg Sodium ** Subject to Change 1% Milk served daily

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

Lunch served Monday-Friday at 12:00pm

Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.

Call 760-643-5288 to make or cancel lunch reservation.

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

WHAT'S HAPPENING THIS MONTH



Empowered Aging

A six-week journey with engaging and interactive activities designed to foster confidence and empower an informed, active lifestyle as we age and support each other in aging and "Becoming".

Join us for lunch at the Park Terrace Cafe (optional) at noon, followed by dessert and discussion at 1 pm. All materials are provided. A celebration will be held on October 20 after class, with an opportunity (prize) drawing for participants who attend all sessions.

Welcome and program introduction by Kris Kelly, Director of Development & Partnerships for the San Diego Seniors Community Foundation.

- SEPTEMBER 15** **Compassionate Conversations** - Melissa McClave, Last Acts of Love
- SEPTEMBER 22** **Age-Related Memory Loss** - Esteban Gonzalez, MS, Sharp Neurocognitive Research Center
- SEPTEMBER 29** **Six Pillars of Brain Health** - Martha Stott, AARP & Personal Trainer, Holly Mersy
- OCTOBER 6** **Affordable Housing** - Johannah Knieff, Housing & Homeless Services, City of Vista, Sydney Pongyoo, Townspeople & Shoshana Kumin, Meals on Wheels
- OCTOBER 13** **Safe Home and Fall Prevention** - Alesia Clark, Gerontologist/Aging Life Care Manager, Engage Life Care & Vista Fire Department
- OCTOBER 20** **Community Engagement & Volunteerism** - Corinna Contreras, Councilmember District 1 City of Vista

MONDAYS IN THE AZALEA ROOM 1-2 PM

Sign up at the Front Desk. Space is limited to 20 participants and pre-registration is required.

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



YOU ARE INVITED TO PRESENTATION BY LISA BRONNER





Lisa is a green living expert and consumer educator. She is the founder of the healthy living platform "Going Green with Lisa Bronner" and author of Soap & Soul: A Practical Guide to Minding Your Home, Your Body, and Your Spirit with Dr. Bronner's Magic Soaps published 2023. As the granddaughter of company founder Dr. Emanuel Bronner, she frequently speaks on behalf of her family's business Dr. Bronner's Magic Soaps, makers of fair trade and organic products. A teacher by training and an educator at heart, she seeks to guide people in their transition to greener, simpler, more abundant living by helping them understand the products they use daily on their bodies and in their homes

8 September 11 a.m.

- Hands-on Sugar Scrub Demonstration
- Q&A after presentation

Gloria McClellan Senior Center
1400 Vale Terrace Drive
Vista, CA 92084
Signup at the Front Desk



FREE event! Regal Medical Group and Gloria McClellan Senior Center present **Lunch is available with RSVP only!**

Mexican Independence Day HEALTH FAIR & CELEBRATION

— IN VISTA —

Tuesday, Sept. 16, 2025
10:00 a.m. - 1:00 p.m.

RSVP by Sept. 9, 2025 by calling (760) 643-5288. *RSVP is required to receive lunch, on behalf of Gloria McClellan Senior Center onsite lunch program. Lunch is \$8 for those under 60 years, and a suggested contribution of \$4 for those 60 and above. Lunch will be served promptly at 12:00 p.m.

Free parking

Health screenings

Community resources

Mariachi music

Raffles and more!

Come for the free health resources and stay for the fiesta! Join us for a fun-filled health fair and Mexican Independence Day celebration featuring free activities:

A licensed insurance agent will be available to assist you with any questions. CA License #0H466782

Regal Medical Group

Writing a Life

Crafting Meaningful Obituaries
Because every life deserves a good word

Whether about others or about oneself, an obituary should be engaging and memorable.

This interactive workshop will teach you how to craft an obituary of lasting value and will strengthen your general writing skills.

Wednesday
September 24
10:30 am - 12:00 pm

Please call 760.643.5288 to rsvp or stop by the Front Desk to make your reservation.

Part of the Empowered Aging Series
Gloria McClellan Senior Center 1400 Vale Terrace Dr. Vista 92084
Presented by Dana Kuhn of Lasting Reflection, a life-story writing service

September 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 SENIOR CENTER CLOSED FOR LABOR DAY HOLIDAY	2 10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Craft Club with Zia 1-3 Mahjong	3 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Joy Walkers 1-3 "Let's Play a Game" Board Games	4 10:45-11:45 Free "Danzerercise" Class 1-3 Mahjong 1-2:30 Cyber Seniors 1-2:30 Active Minds	5 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class
8 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Ann Force 11-12 Lisa Bronner's Wellness Presentation & Sugar Scrub	9 10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Mischief Makers 1-3 Mahjong	10 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2:00 Death Café 1-2 Joy Walkers 1-2:30 Music Appreciation	11 10-12 "Ask a Social Worker" 10:45-11:45 Free "Danzerercise" Class 11-12 Live Music by Lou R 12-3 Stash Busters Club 1-3 Mahjong 1-2 Tai Chi Fee-Based Class 1-2:30 Active Minds	12 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class 11:30 Live Music by Randy Renner
15 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos Solorio 1-2 Empowered Aging	16 10-1 Health & Wellness Fair with Regal Medical Group BINGO CANCELLED DANZERERCISE CANCELLED 11-12 Mexican Independence Day Event w/Mariachi Group 1-3 Craft Club with Zia 1-3 Mahjong	17 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Joy Walkers 1-3 Senior Citizens Affairs Commission Meeting	18 10-12 "Ask an Attorney" 10:45-11:45 Free "Danzerercise" Class 11-12 Trivia by Maria 12-3 Stash Busters Club 1-3 Mahjong 1-2:30 Cyber Seniors 1-2 Tai Chi Fee-Based Class 1-2:30 Active Minds	19 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class 12-2 Attorney Consultations
22 9:30-10:30 Zumba Gold Fee-Based Class 11-12 Start with Art – Marcos Solorio 1-2 Empowered Aging	23 10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Mischief Makers 1-3 Mahjong 1:00 Movie Tuesday "Nonnas"	24 9:30-10:30 Chair Yoga Fee-Based Class 10:30-11:30 Theatre Appreciation Class 1-2 Joy Walkers 1-2:30 Music Appreciation	25 10-12 "Ask a Social Worker" 10:45-11:45 Free "Danzerercise" Class 11-12 Live Music by Lou R. 12:30 Birthday & Anniversary Celebration 12-3 Stash Busters Club 1-3 Mahjong 1-2 Tai Chi Fee-Based Class 1-2:30 Active Minds	26 9-12 Happy Stitchers Club 9:30-10:30 Chair Yoga Fee-Based Class
29 9:30-10:30 Zumba Gold Fee-Based Class 1-2 Empowered Aging	30 10:45-11:45 Free "Danzerercise" Class 11-12 Bingo 1-3 Mahjong		National Senior Centers Month Activities & Celebrations	

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

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).

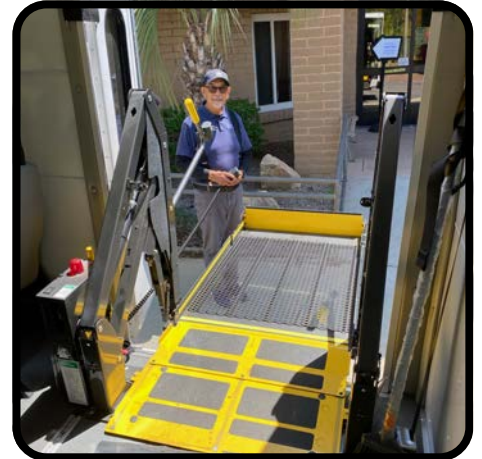
Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

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 (**September 1**): *No Rides -HOLIDAY*

First Wednesday (**September 3**): Stater Brothers

Second Monday (**September 8**): Walmart Supercenter

Second Wednesday (**September 10**): *No Shopping*

Third Monday (**September 15**): Trader Joe's

Third Wednesday (**September 17**): Costco

Fourth Monday (**September 22**): Winco

Fourth Wednesday (**September 24**): Super Target

CULTURE CARAVAN

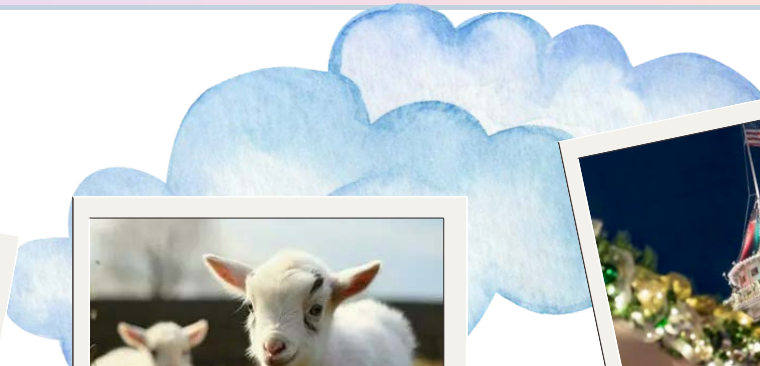
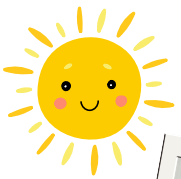
We're ready for the Fall/ Winter Trips Are you?

In-Person Pre-Trip Information Session at the City of Vista's Gloria McClellan Senior Center on Monday, **September 15 at 2:45pm** in the Azalea Room located inside the Azalea Building. **Fall/ Winter Trips registration opens in-person and online Monday September 15 at 3:30pm.**

NOTE: Trip Patrons are not required to attend the September Pre-Trip Information Session to register for trips. You may self-register at Vista.gov/CultureCaravan beginning on September 15, 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 September 16 at 9am.

Call 760-643-5291 for help registering.



October Trip



November Trip



December Trip



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.** Susan Sager staffs the Azalea Building Welcome Desk on Wednesday mornings from 9am-12pm. if you would like to meet with her, stop by with your financial questions.
- **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.
- **Blood Pressure & Carotid Artery Checks.** Ambassador Dan, retired Tri-City Nurse, is offering complimentary blood pressure and carotid artery checks every Tuesday and Friday 9:30 to 11:30am at the Azaela Building front desk.

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 1st and 3rd 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 world's longest straight road is in Australia. The Eyre Highway has a stretch known as the "90 Mile Straight" because it's 91.1 miles without a single turn. Australia is also home to the longest fence. Originally built to keep dingoes away from fertile land, the Dingo Fence ,or Dog Fence, stretches approximately 3480 miles.

- 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. **GMAC Location occurs third Tuesday of each month at 11am**
- **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

September is National Senior Center Month

Each September, senior centers across the country come together to celebrate National Senior Center Month, a time dedicated to honoring the vital role these centers play in enhancing the lives of older adults. This year, we're marking the occasion with a dynamic lineup of new activities and programs designed to inspire, engage, and connect our senior community in fresh and exciting ways.

The 2025 theme, "Powering Possibilities: Flip the Script", invites us to challenge outdated perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life.

Here are just a few new programs we have starting this month or in the near future that we hope you will enjoy and benefit from:

- Expressive Arts Workshop: One Friday per month from 2:30-3:30pm
- Mindful Meditation Break: 1st and 3rd Thursday from 10:30-11:00am
- Tai Chi: Thursdays from 1:00-2:00pm (starting September 11th)
- Empowered Aging: September 15 - October 20

Save the Date!

Wednesday, October 1, 11:30am

Celebrate Oktoberfest with live entertainment, and lunch served at 12:00pm.

Please RSVP for lunch at least 1 week in advance (September 24)

Wednesday, October 8, 11:30am

Cheers to 90+ Years Celebration

Everyone is invited. Nonagenarians, please call 760-643-5288 to have your name placed on our guest of honor list.