

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.

- **December 1** - Deck the Halls with entertainment
- **December 4** - Christmas Cheer with entertainment
- **December 8** - Loteria with Boys and Girls Club
- **December 10** - Holiday Gala
- **December 11** - Rustic Mountain Christmas
- **December 15** - Singo Bingo
- **December 17** - After Hours Holiday Gala
- **December 18** - Toe Tappers & Tapas
- **December 25 - January 2** - Holiday Closure



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PAGE 7 | ACTIVITIES, CLUBS, EVENTS

NEWS YOU CAN USE

- **Blood Pressure and Carotid Artery Checks by Ambassador Dan - Tuesdays and Fridays 9:30-11:30am** in the Azaela Building Lobby.
- **Medicare 101 - Wednesday, December 3rd, 6pm**
- **Trivia with Maria - Thursday, December 4th, 11am**
- **Senior Shenanigans! hosted by Unscripted Learning in the Park Terrace Café - Thursdays, December 4th & 11th, 1pm** A playful improv comedy class where quick thinking, creativity, and laughter take center stage. Through fun games and spontaneous silliness, you'll discover the joy of staying mentally playful at any age. No experience needed-just a sense of humor and a willingness to have fun with friends old and new. Laugh loud, think fast, and play like a kid again!
- **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, January 21st at 1:30pm 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>
- **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.

NEW

- **Antique and Vintage Sewing Machine Class - "Through the Years"** We'll discuss the history of the sewing machine, the "Sewing Machine War" and delve into the lockstitch mechanism. Next, we'll sit down to sewing machines we'll provide for hands-on instruction involving threading, thread tension, the needle, and bobbin winding. Participants are invited to bring their own sewing machine for use during the class. **Join us for lunch on Friday, December 19 for the opportunity to win a refurbished Singer99 sewing machine with cabinet donated by class instructor, Lou Sendelbach.** Lou started restoration projects nearly 50 years ago, during that time, having restored furniture, cars, RVs, mid-century stereos, and now antique and vintage sewing machines and cabinets. For more information, see his website at; www.retrosew.org. **If you are interested in joining this class in the new year, email or call Catherine Manis at cmanis@vista.gov or (760) 643- 5281**
- **Fall Prevention** "Take control of your fear of falling and stay active with an 8-session program designed to help older adults reduce fall risk and improve balance. This class will be led by an experienced occupational therapist with expertise in fall prevention for older adults. Content includes exercise to improve balance, discussions about home safety, and exploration of how to reduce fear of falling. The total cost for these 8 sessions is \$40.00, and participants need to commit to attending 6/8 sessions to benefit fully from this class. **If you are interested in joining this class in the new year, email or call Catherine Manis at cmanis@vista.gov or (760) 643- 5281 by December 31st.**
- **COMING IN JANUARY - Beginning Tap Dance, Mondays 10:45-11:45am** Learn how to Flap, Shuffle, Ball Change, and More. This low impact fun class is taught by volunteer Diane Felthous. Diane has owned three performing art studios, tap danced on the Lawrence Welk Show, was directed by Gene Kelly and many, many more things. Sign up at the Ambassador's desk in the Azalea building.

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 Chair Yoga (\$)	10:45-11:45 "Danzerise"	9:30-10:30 Chair Yoga (\$)
Free Activities, Classes, Services				
11:00-12:00 Start with Art Jasmine Room Ann Force on 1st & 2nd Monday Marcos Solorio on 3rd & 4th Monday	11:00-12:00 Bingo	10:30-11:30 Theatre Appreciation Class 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)	
		1:00-2:30 Music Appreciation (2nd & 4th Wednesday) Azalea Room	11:00-12:00 Trivia with Maria (1st Thursday) 1:00-2:30 Senior Shenanigans Improv 1:00-2:30 Cyber Seniors Computer Lab (1st and 3rd Thursday)	
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) Jasmine Room	9:00-12:00 Happy Stitchers Jasmine Room
	1:00-3:00 Mahjong Game Room		1:00-3:00 Mahjong 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 - DECEMBER 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>1</p> <p>Chicken Florentine Whole Grain Pasta Mixed Vegetables Orange</p> <p><i>Ken Sprinkle Live @11:30</i></p>	<p>2</p> <p>Shepherd's Pie Mashed Potato Topping Peas & Carrots Whole Wheat Bread Apple</p> <p style="color: red;">Bingo!</p>	<p>3</p> <p>Pork Posole Mixed Rice Black Beans & Corn Collard Greens Banana</p> <p style="color: green;">OR Soup & Salad*</p>	<p>4</p> <p>Mongolian Chicken Whole Grain Pasta Green Beans Mandarin Oranges</p> <p><i>David Topham Live @ 11:30</i> <i>Exercise for Seniors @12:30</i></p>	<p>5</p> <p>Beef Sukiyaki Mixed Rice Zucchini & Carrots Pineapple</p>	
<p>8</p> <p style="color: green;">VEGETARIAN</p> <p>4-Cheese Ravioli Marinara Sauce Spinach Lentil Stew Whole Wheat Bread Peaches</p> <p><i>Boys & Girls Club & Loteria @11am</i></p>	<p>9</p> <p>Hamburger Whole Wheat Burger Roll Potato Salad Coleslaw Apple</p> <p style="color: red;">Bingo!</p>	<p>10</p> <p style="color: red;">HOLIDAY GALA</p> <p>Chicken Cordon Bleu w/ Bearnaise Sauce Mashed Potatoes Peas & Carrots Whole Wheat Roll Pineapple</p> <p style="color: green;">NO SALAD BAR</p>	<p>11</p> <p>Chicken Quesadilla w/ Pico de Gallo Black Beans Salad Mexican Rice California Blend Apple Sauce</p> <p><i>Lou Rosgen @ 11am</i></p>	<p>12</p> <p>Chicken Curry Sweet Potato Mixed Rice Mandarin Oranges</p>	
<p>15</p> <p>Sloppy Joe Carrots Black Beans & Corn Whole Wheat Sandwich Bun Orange</p> <p><i>Singo-Bingo @ 11am</i></p>	<p>16</p> <p>Ground Beef Casserole Whole Grain Penne Pasta Normandy Blend Whole Wheat Bread Pineapple</p> <p><i>Preschool Carolers @ 12:15</i></p> <p style="color: red;">Bingo!</p>	<p>17</p> <p>Beef Chili Rice Peas & Carrots Whole Wheat Roll Apple</p> <p style="color: green;">OR Soup & Salad*</p>	<p>18</p> <p style="color: green;">VEGETARIAN</p> <p>Moroccan Chickpea Stew Rice Pilaf Spinach Pineapple</p> <p style="color: red;">BDAY & ANNIVERSARY CELEBRATION</p>	<p>19</p> <p>Meat Lasagna Spring Mix Salad Italian Blend Whole Wheat Bread Fruit Cocktail</p>	
<p>22</p> <p>Chicken Tortilla Soup Mexican Rice Normandy Blend Corn Tortilla Chips Orange</p> <p><i>Toe Tappers @11:30am</i></p>	<p>23</p> <p>Smoked Pulled Pork Slider Red Potatoes Spinach Banana</p> <p style="color: red;">Bingo!</p>	<p>24</p> <p style="color: red;"><i>Honey Ham</i> <i>w/ Brown Sugar Glaze</i> <i>Scallop Potatoes</i> <i>Green Beans</i> <i>Whole Wheat Roll</i> <i>Apple</i></p> <p style="color: green;">NO SALAD BAR</p>	<p>25</p> <p style="color: red;">CLOSED</p> 	<p>26</p> <p style="color: red;">CLOSED</p>	
<p>29</p> <p style="color: red;">CLOSED</p>	<p>30</p> <p style="color: red;">CLOSED</p>	<p>31</p> <p style="color: red;">CLOSED</p>	<p>JAN-1</p> <p style="color: red;">CLOSED</p>	<p style="color: green;">MENU LEGEND:</p> <p style="color: green;">*Denotes meal ≥ 1000 mg Sodium</p> <p style="color: green;">**Subject to Change</p> <p style="color: green;">1% Milk served daily</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 style="color: red;">Menu subject to change</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 lunch reservation.

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

WHAT'S HAPPENING THIS MONTH

DECK THE HALLS

MONDAY, DECEMBER 1 9AM

HELP US TRANSFORM THE CENTER INTO A HOLIDAY WONDERLAND. DECORATIONS AND LIGHT REFRESHMENTS.

CHRISTMAS CHEER WITH KEN SPRINKLE.

MONDAY, DECEMBER 1 11:30AM

EARRING MAKING W/DAWN

TUESDAY, DECEMBER 2 1PM

CREATING HOLIDAY CARDS W/FIRSTLIGHT HOME CARE

WEDNESDAY, DECEMBER 3 1PM

CHRISTMAS CHEER WITH DAVID TOPHAM

THURSDAY, DECEMBER 4 11:30AM

CHRISTMAS ORNAMENT DECORATING WITH DAWN

FRIDAY, DECEMBER 5 11AM

LOTERIA WITH BOYS & GIRLS CLUB, CSUSM SERVICE-LEARNING DEPARTMENT & HELPFUL HONDA

MONDAY, DECEMBER 8 11AM

PRIZES AND CHAMPURRADO (MEXICAN HOT CHOCOLATE)

HOLIDAY GALA BLACK TIE-AFFAIR

WEDNESDAY, DECEMBER 10 11AM

LIVE ENTERTAINMENT WITH THE JIMMY PATTON DUO

BLUEGRASS BY WOOD, WIRE & BLUEGRASS

THURSDAY, DECEMBER 11 2PM

WEAR COMFY PLAID OR YOUR FAVORITE (UGLY OR NOT) CHRISTMAS SWEATER. SANTA GNOME MAKING WITH LYDIA, PECAN PIE, EGGNOG AND SPICED CIDER.

SINGO BINGO WITH SYLVIA

MONDAY, DECEMBER 15 11AM

CHRISTMAS CAROLS WITH PRESCHOOL KIDS

TUESDAY, DECEMBER 16 12:15PM

TOE TAPPERS & TAPAS CHRISTMAS PERFORMANCE

MONDAY, DECEMBER 22 11:30AM

December 2025 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11-12 Start with Art – Ann Force</p> <p>9:00 Deck the Halls holiday decorating</p> <p>11:30 Christmas Cheer with Ken Sprinkle</p>	<p>2</p> <p>11-12 Bingo</p> <p>1-3 Craft Club with Zia</p> <p>1-3 Mahjong</p> <p>1:00 Earring making w/Dawn</p>	<p>3</p> <p>9:30-10:30 Chair Yoga fee-based class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>1:00 Creating Holiday Cards w/FirstLight Home Care</p> <p>6:00 Medicare 101</p>	<p>4</p> <p>10:45-11:45 Free “Danzerercise” Class</p> <p>11:00 Trivia by Maria</p> <p>11:30 Christmas Cheer with David Topham</p> <p>1-3 Mahjong</p> <p>1-2:30 Cyber Seniors</p>	<p>5</p> <p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga fee-based class</p> <p>11-12 Christmas Ornament Decorating w/Dawn</p>
<p>8</p> <p>11-12 Start with Art – Ann Force</p> <p>11-12 Loteria & Champurrado</p>	<p>9</p> <p>11-12 Bingo</p> <p>1-3 Mischief Makers</p> <p>1-3 Mahjong</p>	<p>10</p> <p>9:30-10:30 Chair Yoga fee-based class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>1-2:30 Music Appreciation</p> <p>11:00 Holiday Gala Black Tie Affair with The Jimmy Patton Duo</p>	<p>11</p> <p>10-12 “Ask a Social Worker” Appointments</p> <p>10:45-11:45 Free “Danzerercise” Class</p> <p>11:00 Lou Rosgen</p> <p>12-3 Stash Busters Club</p> <p>1-3 Mahjong</p> <p>2-3 Blue Grass Christmas performance</p>	<p>12</p> <p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga fee-based class</p>
<p>15</p> <p>11-12 Start with Art – Marcos Solorio</p> <p>11-12 Singo Bingo with Sylvia</p>	<p>16</p> <p>11-12 Bingo</p> <p>1-3 Craft Club w/ Zia</p> <p>1-3 Mahjong</p> <p>3-4 Culture Caravan Pre-Trip Info Session & Registration</p> <p>12:15 Christmas Carols with Kids</p>	<p>17</p> <p>9:30-10:30 Chair Yoga fee-based class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>5-7 After Hours Holiday Gala with Clay Colton</p>	<p>18</p> <p>9-12 “Ask an Attorney” Appointments</p> <p>10:45-11:45 Free “Danzerercise” Class</p> <p>12:30 Birthday & Anniversary Celebration</p> <p>1-3 Mahjong</p> <p>1-2:30 Cyber Seniors</p>	<p>19</p> <p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga fee-based class</p> <p>12:00 Christmas Around the World & Favorite Traditions</p>
<p>22</p> <p>11-12 Start with Art – Marcos Solorio</p> <p>11:30 Toe Tappers & Tapas Christmas Performance</p>	<p>23</p> <p>11-12 Bingo</p> <p>1-3 Mischief Makers</p> <p>1-3 Mahjong</p>	<p>24</p> <p>9:30-10:30 Chair Yoga fee-based class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class</p> <p>12:00 Christmas Eve Luncheon</p>	<p>25</p> <p>SENIOR CENTER CLOSED</p>	<p>26</p> <p>SENIOR CENTER CLOSED</p>
<p>29</p> <p>SENIOR CENTER CLOSED</p>	<p>30</p> <p>SENIOR CENTER CLOSED</p>	<p>31</p> <p>SENIOR CENTER CLOSED</p>	<p>1</p> <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>SENIOR CENTER CLOSED</p>

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).

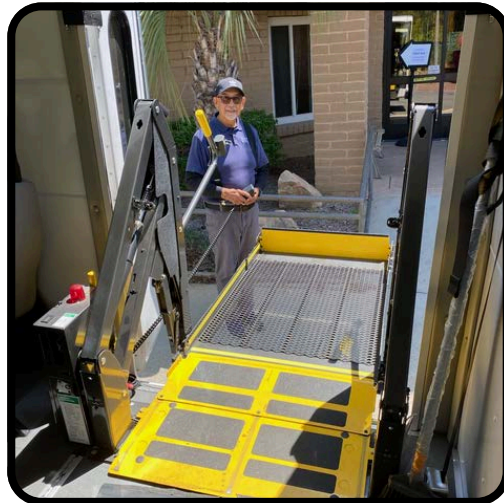
Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

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 (**December 1**): Alberton's

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

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

Second Wednesday (**December 10**): **No Trips**

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

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

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

Bonus Friday Trip (December 19): Super Target

CULTURE CARAVAN

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

Join us for a Presentation of upcoming Culture Caravan trips at the City of Vista's Gloria McClellan Senior Center on **Tuesday, December 16 at 3:00pm** in the Azalea Room located inside the Azalea Building.

Registration opens In-Person and Online Tuesday, December 16 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 December 17 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.** 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.

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

Egypt is famous for its pyramids but Sudan actually has more pyramids: 255 compared to 118 in Egypt. Mexico has more than 20 pyramids and in fact the Great Pyramid of Cholula is the largest pyramid on Earth, even bigger than the Great Pyramid of Giza in Egypt.

- **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 Boys & Girls Club of Vista, CSUSM and Helpful Honda!

The Boys & Girls Club of Vista will be hosting its 5th Annual Florals and Cards for Seniors Event sponsored by California State University of San Marcos Service-Learning Department and Helpful Honda on Monday, December 8 at 11:00am. This year's event will include loteria, prizes, champurrado and surprises. Over the last five years, 2,500 seniors have been supported by this program, allowing local youth who attend the Club to add some extra holiday cheer to the lives of Vista seniors. One of our most consistent delivery locations over the year's has been the City of Vista's Gloria McClellan Senior Center where seniors participate in social, nutritional, educational, and health and wellness programs.



*Wishing you and your family
a safe and happy Holiday Season*